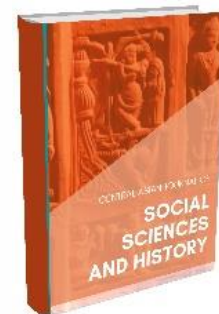




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Technology of Forming a Sense of Respect in Students Towards the Competitors on the Basis of Conducting Sports Events

Norboyev Abdukodir Jumakulovich
Lecturer at the Termiz State University

Abstract:

Laws and decisions on the organization of sports events adopted by our President in recent years are an important impetus for the organization of mass sports and sports events in our country. Nowadays, a lot of attention is focused on sports. Many sports holidays are organized for our youth in other fields as well, the "Barkamol Avlod" and "Universiada" sports games are a clear proof of this.

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Physical education activities in educational institutions consist of physical development, health and preparation of pupils and students for life activities. Physical education processes are organized at all stages. In the organization of physical education, the pedagogical team of the educational institution, physical education teachers and sports coaches are of great importance. Physical education activities in educational institutions are morning physical education, physical education classes, training in sports clubs, sports competitions and tourism activities conducted on holidays and weekends.

In the physical education activities, the students' movement skills and abilities are formed by performing vital activities such as walking, running, jumping, throwing, and climbing. Positive changes occur and the body becomes healthy with the help of physical exercises and the healing forces of nature, as well as hygienic means, which are considered as means of physical education. This law fully applies to physical education in schools.

Physical education of pupils and students is an organized pedagogical process of their physical

activities. Physical education activities in an educational institution differ in very diverse forms that require enthusiasm, initiative, and organization from pupils and students. They help to educate pupils and students in organizational skills, activity and resourcefulness.

The purpose of physical education of students in an educational institution:

1. Health.
2. Educate to become a mature person in every way.
3. Preparing for the defense of the Motherland and the cocktail.

Based on the purpose of physical education, the main tasks of physical education are defined in terms of health, exercise, physical development, and formation of movement skills and abilities of pupils and students:

Providing special knowledge about physical exercises and sports. Physical exercise is understood as a different set of voluntary movement activities that meet the requirements of the laws of physical education and are performed consciously. Such movement activities have been historically systematized, collected, and styled as gymnastics, games, sports, and tourism exercises. To teach them hygienic knowledge and skills. This task is to provide students with the necessary knowledge about the benefits of physical training, hygiene rules, and the rules for correct performance of all physical exercises provided for in the program. All of these are directly related to health promotion, their knowledge and adherence to hygiene rules, and this is achieved by the joint action of the school, family, community and children themselves. Exercise and sports are taught in physical education classes, daily activities and club activities. As a result, physical development is ensured. Also, pupils and students are interested in sports and are attracted to sports.

Strengthening health, helping students to develop and train properly. Under the influence of natural factors, water, sun, and air, the health of students will be strengthened, trained, and the body will be more resistant to diseases. Carrying out physical education classes in fresh air as much as possible or organizing sports halls with fresh air. Directing pupils and students in water treatments, swimming and bathing, and sunbathing activities. These activities are carried out during walks, excursions and tourism activities. This task is considered the most important of all physical culture and sports activities in an educational institution. It should be the center of attention of every teacher and team of pedagogues. Therefore, pupils and students should develop normally from a physical point of view.

Formation and improvement of movement, skills and abilities, training in new types of movement and movement activities. The content of the physical culture program of pupils and students is structured in such a way that students regularly engage in physical culture classes, at home, in physical culture clubs and sports clubs, and perform life-necessary movements such as walking, running, throwing, crawling, and balancing. acquire skills systematically. All the listed activities will help in all-round physical development and preparation for cocktails. In the formation of movement skills and abilities of pupils and students, it is necessary to approach them according to their gender, age, physical fitness and personal abilities. Improvement of physical qualities. Speed, strength, dexterity and endurance and flexibility are qualities that everyone needs. They are inextricably linked with the formation of movement skills in pupils and students. Carrying out physical exercises for a short or long time at different speeds and with different complications helps to develop the above qualities. Development of physical qualities in accordance with each other. Organizing classes according to the personal abilities

of the participants and involving students in sports.

Education of mental and aesthetic qualities. Cultivation of bravery, determination, discipline, sense of community, friendship and camaraderie, cultural behavior skills, attitude to work and social property. The whole process of physical education helps to cultivate such valuable moral and willful qualities. Many physical exercises and play activities help to develop chivalry and friendship. Also, formation and upbringing of love for the Motherland, patriotism, feelings. Forming the right figure. Forming the skills of correct posture when walking and squatting. Correct formation of the figure is a complex and long-lasting process. Therefore, in order to achieve positive results in this field, it is advisable to maintain a correct posture when standing and walking; physical exercises should be widely used; It is necessary to include in the content of physical culture classes exercises related to height improvement, gymnastics before training, physical culture times, physical education, pupils and students should constantly work on themselves with physical and mental exercises, and give homework . It is expected to achieve results on the basis of timely verification of assigned tasks and testing in practice.

Educating pupils and students in a wide range of intellectual and moral aspects is one of the most important tasks, because the consciousness of pupils and students is during development. It is possible to achieve the desired results only when education is directed in a positive direction.

Involvement in physical education and sports activities. It is to accustom pupils and students to systematic physical exercises not only in educational institutions, but also at home. In order to fulfill this important task, all activities conducted with pupils and students should be lively, the content and form of the studied material should be interesting, exciting, conducted under the sincere treatment of the leader of the activity, the participants should interact with each other. It is necessary to create conditions for cooperation. Encouraging pupils and students to engage in sports according to their personal interests and physical abilities. Also, it is necessary to carry out general physical training and sports training in the places of residence and sports clubs. Education of organization in pupils and students, preparation of physical culture activities. In order to successfully carry out mass physical culture and sports activities in the educational institution, to conduct physical culture classes and trainings in full, students and students need the constant support of the physical culture activity of the teacher. Organizers of physical culture, team captains and group leaders in sports circles are elected among pupils and students. They are selected from among active participants. They closely support the physical culture team in the organization and management of physical education and sports events. Also, it is of great importance in attracting pupils and students to sports and increasing their interest in physical education. Physical development is the emergence, change and improvement of biological forms and functions in the body under the influence of education. This process is subject to the laws of structure, change, quantity and quality of the organism and its living environment. Strengthening the human body from a physical point of view necessarily occurs in accordance with the physical loads given to the body and as a result of proper training.

The process of teaching physical movements. Its task is to perform the behavior and improve it to ensure the emergence of skills. The process of repeating this stage is repeated many times. Each repetition looks the same from the outside, but the content of each time is new inside. He got something different from the previous one. Figuratively speaking, "repetition-without-repetition", "practice-without-practice" is like repetition. It is only in this way that the basis of the formation of the new movement activity is hidden. It is necessary to develop the spiritual qualities of the participants and connect them with life, society, and the needs of the work. It is necessary to encourage those engaged in the process of physical education to actively participate in the struggle to build a new

society. In order to educate students in the spirit of national independence, how they live, what they think about, how they work in production, how they study at school, how they behave in the family and in public places. Physical education specialists should know how to spend their time and others.

Summary. It is necessary for physical education specialists to know the level of development of physical abilities of the participants, to study individual character traits, intelligence, perception, emotional will, moral qualities, and individual differences in static needs. In the process of independent training, pupils' and students' attitude to physical education and sports is formed, the skills of independent exercise, movement and sports are increased. Along with teaching vital movements in independent training, physical qualities such as strength, endurance, flexibility, quickness, and agility are improved. As a result of the development of each physical quality, changes occur in the body. The organs of the human body are strengthened and the blood circulation develops as a result of improvement.

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