

## PHYSICAL AND MENTAL TRAINING OF THE FUTURE GENERATION

Hamraqulov Tulqin

Senior Teacher of Kokan State Pedagogical Institute

Department of Sports and Action Games

### ANNOTATION

In this article, it is said that physical education is the main factor in the health of the future generation, not only physical, but also mental training, and that physical education has its place in the moral part as well.

**Keywords:** moral, labor and aesthetic education, fencing, horse riding, archery.

### INTRODUCTION

Physical education, physical education is an integral part of general education aimed at strengthening health and harmonious development of the human body. It is one of the indicators indicating the state of physical culture in society. the main means of physical education: physical training, physical training, work and life hygiene. physical education is combined with intellectual, moral, work and aesthetic education.

Special attention has been paid to physical education since the primitive period. Initially, it represented various rituals, which existed in the form of physical exercises, various games, labor processes, hunting, competitions and trials similar to military operations. Later, training young people in swordsmanship, horse riding, archery, and one-on-one combat became one of the main tasks of the society. During the Renaissance, attention to physical education became even stronger. Humanists tried to include physical education in the curriculum. Physical education was considered as an important part of family education and school pedagogical process in Europe in the Middle Ages. J. J. Rousseau emphasized the importance of physical education in children's mental maturity and work education in his pedagogical treatise called "Emile, or About Education". In the 18th century, mainly under the influence of Rousseau's ideas, the "schools of humanity and good behavior" - philanthropists, which appeared in Germany, led to the improvement of the forms and methods of physical education. Gymnastics takes a strong place in the school curriculum. At the end of the 19th century and the beginning of the 20th century, France, Great Britain, etc. national systems of physical education were formed in the countries.

### The Main Part

In Uzbekistan, physical education has long been considered the main means of strengthening health. Mahmud Koshgari's work "Devonu Lugotit Turk" contains information about more than 100 folk games. "Alpomish" Uzbek folk heroic epic, "Farkhod va Shirin" by Alisher Navoi, "Badoye ul-vaqaye" ("Rare events" by Zayniddin Vasifi), "Boburnoma" by Babur, etc. examples are told.

By the years of independence in Uzbekistan, physical education and sports rose to the level of state policy. In 1992 (and in 2000 in a new version) the adoption of the Law "On Physical Education and Sports", in 1993 the development of the Healthy Generation State Program, the

Cabinet of Ministers on the Development of Special Types of Sports, and finally in 1999 "Physical Education and Sports in Uzbekistan" The decision "On measures for further development of sports" created the legal basis of physical education.

A wide-ranging system of physical education: family-preschool period (from infancy to kindergarten age), school age, secondary and higher education period, and includes physical education of adults (male and female). In Uzbekistan, physical education in secondary schools is considered a pedagogical process and is carried out through physical education classes and training in sports sections. 2 hours a week physical education classes have been introduced in grades 1-9 according to the "State Educational Standard of Physical Education for General Secondary Schools". Special tests were developed in 1999 in order to popularize physical education among students and improve their health. "Alpomish" and "Barchinoy" badges of 3 levels were established for those who successfully passed these tests. 1,588,298 students successfully passed these tests (2002). Also, public competitions "Umid Nihollar" for schoolchildren, "Barkamol Avlod" for lyceum-college students, and "Universiade" for university students were held every 2 years. "Alpomish Games" festival and "Tomaris Games" are held every 2nd year in terms of folk games and mass sports.

What should be taken as the basic concept of physical culture? Before expressing its rule, let's touch on some issues related to culture that will help to reveal its essence. The general concept of "culture" is often compared with the concept of mastering and changing nature, existence. The concept of nature includes all animate and inanimate beings in the world that do not depend on man and are not the result of his work, exist according to natural laws, and have not been changed by man. We understand the cultural phenomenon as the methods and results of human activities that change nature and society, that is, activities that satisfy human needs and are aimed at changing nature. During the development of culture, such types of activities (forms, methods) appear, which are aimed at the improvement of a person's self and change of his personal nature. Physical culture is part of such a culture. Physical culture has a direct influence on the qualities and capabilities of a person in life. These are received from nature as a great gift and passed on from generation to generation. Physical culture develops as a genetic basis of development, during the lifetime of generations, under the influence of living conditions, activities and upbringing.

## CONCLUSION

Therefore, in the organization of the system of teaching and educating physical culture in the society, as the main factor, help to create various movement skills and qualifications and to expand the possibilities of a person's activities, physical abilities, and at the same time to realize intellectual, moral and aesthetic education. shows. In the conditions of technical progress, changes in the nature of work and living conditions, as a great asset in changing a person's physical culture, preventing disease, improving the functioning of the body's functions, increasing and maintaining work performance, in general, maintaining human health and physical culture is of great importance in strengthening.

## REFERENCES

1. Xasanova M., Ubaydullayev S. Communicative language teaching and learning //boshqaruv va etika qoidalari onlayn ilmiy jurnali. – 2022. – т. 2. – №. 1. – с. 125-128.
2. Madina X. Zamonaviy Ta'lim muhitida ta'lim strategiyalarini ishlab chiqishning ingliz tilini o'qitish samaradorligini ta'minlash asoslari //boshqaruv va etika qoidalari onlayn ilmiy jurnali. – 2023. – т. 3. – №. 3. – с. 27-30.
3. Xasanova M., Usmonova M. Techniques, tools and organizational forms of developing educational strategies //conferencea. – 2023. – с. 22-24.
4. Dilafruz A. The Practice-oriented approach to learning in europe //conferencea. – 2023. – с. 79-80.
5. Aliyeva D., Aliyeva S. Future of modern education system //conferencea. – 2023. – с. 37-39.
6. Muhtarovna A. D. Modern pedagogical innovations in teaching foreign languages for defectologists //euro-asia conferences. – 2021. – т. 3. – №. 1. – с. 168-170.
7. Sayyora, Alimsaidova. "IMPROVEMENT OF SOCIOLINGUISTIC COMPETENCE IN TEACHING THE RUSSIAN LANGUAGE." INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429 11.09 (2022): 313-316
8. Алимсаидова С.А. Дидактические принципы при обучении неродному языку Международный научный журнал «Молодой учёный». – Казань, 2015. – №23 часть X. С. 1062-1063
9. Xasanova M. ANALYSIS OF THE PEDAGOGICAL MECHANISMS OF THE EDUCATIONAL PROCESS IN THE FORMATION OF THE ACTIVITY OF TEACHING THE WORLD ENGLISH LANGUAGE //Galaxy International Interdisciplinary Research Journal. – 2023. – Т. 11. – №. 4. – С. 554-556.
10. Madina X. et al. Zamonaviy pedagogik yondashuvlar vositasida xorijiy til o'qitish metodikasini takomillashtirish //Science Promotion. – 2023. – Т. 2. – №. 1. – С. 222-225.
11. Xasanova M. THE PRACTICE OF USING AN ELECTRONIC COPY INSTEAD OF A TRADITIONAL METHOD //Conferencea. – 2023. – С. 119-122.
12. Aliyeva D., Alieva S., Sharobidinov M. PEDAGOGICAL MECHANISMS OF ENSURING EFFICIENCY OF ENGLISH TEACHING //Академические исследования в современной науке. – 2023. – Т. 2. – №. 23. – С. 19-23.
13. Aliyeva D. SYSTEMIC AND STRUCTURAL FEATURES OF ENGLISH AND RUSSIAN PHONETIC TERMINOLOGY //SCHOLAR. – 2023. – Т. 1. – №. 14. – С. 141-144.
14. Ахмедов У. An analysis of the titles of works of art in English from the perspective of linguistic pragmatics and linguistic culture //Общество и инновации. – 2023. – Т. 4. – №. 1/5. – С. 236-240.
15. Umidjon Usubovich Ahmedov. Non-communication in the naming of a work of art and its features. CURRENT RESEACH JOURNAL OF PHILOGICAL SCIENCES (2767-3758)3(O1).82-87. (2022/1/31.)
16. Akhmedov Umid. Restoration of name of works of art in English from the point of view of linguistics and linguo - cultural. International Journal of Social Science and Interdisciplinary. Research ISSN: 2277-3630 Impact Factor: 7.429. (2022/9/30,) 278-281.