

EDUCATION OF PHYSICALLY PERFECT GENERATION

Z. Toshmatova

QDPI Teacher

ABSTRACT

This article talks about the importance of raising a mentally and physically mature generation in preschool educational organizations.

Keywords: Physical, healthy, generation, development, healthy lifestyle, intellectual, opportunities.

INTRODUCTION

In the five priority directions of the development of the Republic of Uzbekistan, in the improvement of the state policy on youth, they are to raise physically healthy, mentally and intellectually developed, independent-thinking young people who have a firm outlook on life, who are loyal to the Motherland, to deepen democratic reforms and to develop civil society. In the process, it is determined to increase their social activity, to support and realize the creative and intellectual potential of the young generation, to form a healthy lifestyle among children and young people, and to involve them in physical education and sports.

In our country, the necessary conditions and opportunities have been created for raising a healthy and mature generation, for youth to realize their creative and intellectual potential, and for the young men and women of our country to grow up to be well-rounded and well-rounded individuals. The goals and tasks of physical education are to teach the future young generation various theoretical knowledge, the historical laws, methods, and tools of the development of the physical education system, as well as to provide comprehensive and in-depth knowledge about the characteristics of physical education, knowledge that will be of practical importance in their future work activities. It consists of forming skills and abilities. Physical education is a pedagogical process aimed at forming physical and volitional qualities in children, mentally and physically preparing them for labor and the defense of the Motherland, and is an integral part of social education. The existing social conditions based on highly developed production indicate the need to raise a young generation that is physically strong, capable of working with high productivity in the production process, not afraid of difficulties, and also always ready to defend the homeland.

Physical education is a process aimed at the comprehensive development of the young generation on the basis of social and historical experience, formation of their mind, behavior and worldview.

The laws of physiological maturation of the organism, the spiritual development of a person, the achievement of philosophical and pedagogical thoughts, as well as the level of social culture give a general direction to the purpose of physical education. In the famous words of L. Tolstoy: "To be mentally healthy, you need to be physically fit"

Raising a mentally and physically mature generation is considered not only a national need, but also a matter of national importance, and it is a noble goal for all brotherly peoples born and raised in our multi-ethnic homeland.

The physical fitness of our children is the main link in the process of bringing up mature and mature individuals, which is the main basis of the reforms being carried out in the education system of our country.

Modern theory of physical education may allow uncertainty in some arguments and conclusions about the execution of actions. For example, in rhythmic gymnastics, acrobatics, diving, figure skating, etc., expression of movement is assessed only by eye. Each of the judges will express his opinion in his own way, and the general conclusion will be drawn accordingly. This method of observation requires a very strong capacity of the researcher or observer

REFERENCES

1. Djamilova N.N Children's physical education. Study guide T.: "NIF MSH"-2021y, 146 p.
2. Djamilova N.N Children's physical education. Textbook T.: "NIF MSH"-2021y, 292 p.
3. Teaching preschool children to Uzbek folk dance elements
Z Toshmatova, M Khusanova - Development and innovations in ..., 2023 - econferences.ru
Student of Kokand State Pedagogical institute <https://doi.org/10.5281/zenodo.7645992>
4. ORGANIZATIONAL AND PEDAGOGICAL CHARACTERISTICS OF PRESCHOOL EDUCATION SYSTEM ABROAD
TZ Jumanovna - Galaxy International Interdisciplinary Research Journal, 2022 - giirj.com
GALAXY INTERNATIONAL INTERDISCIPLINARY RESEARCH JOURNAL (GIIRJ) ISSN (E): 2347-6915 Vol. 10, Issue 11, Nov. (2022) 538 ORGANIZATION Page 1 GALAXY ...