

PEDAGOGICAL OPPORTUNITIES FOR EDUCATION OF STUDENTS THROUGH SPORTS COMPETITIONS

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ANNOTATION

The article covers the issues of regular sports activities of secondary school students and participation in sports competitions. It has also been written about the positive impact of sports competitions on the all-round learning of students.

Keywords: sport, sports competitions, national pride, national consciousness, national thinking, national identity.

As the President noted, no matter what goals we set for ourselves, no matter what great things we strive to accomplish, at the heart of all our noble actions, at the root of all our good intentions lies the healthy education of our children, both physically and spiritually, and their happiness, the dream of seeing a prosperous future has been realized, of raising a generation that will have no equal in the world. Indeed, in our country, the education of the mature generation is considered not only as a matter of education, sports or medicine, but as a multifaceted, large-scale task that requires the comprehensive mobilization of the activities of all sectors.

The implementers of this ideological goal, embodying the dreams, desires, goals and objectives of our ancestors, require the social need to raise a healthy and perfect generation, that is, youth as perfect people, which is what our President dreamed of. To educate a perfect personality means: improving a person in all respects, improving him through the embodiment of spiritual wealth, moral purity, physical perfection, intellectual development, political-ideological vigilance, depth.

As modern technologies develop and reforms change, everyone should have the opportunity to independently enrich their knowledge. Sunday skills, skills need to start from an early age. Therefore, children's health, physical fitness, need for education, their worldview, etc. depend on the qualifications of physical education teachers. One of them is to enrich the children's daily routine with various sports activities. For example, holding sports competitions is an important factor in the development of students in all aspects, except for the task of independent physical exercise, introduction to sports, and the formation of motor skills and abilities. These are the goals. But to realize this goal, it is necessary to organize sports competitions, increase their efficiency and carry out more preparation. Below we will talk about the possibilities of competitive physical exercises in instilling a sense of national pride in students.

In order to determine and control the level of physical fitness of children and assimilation of the material presented in classes, one-on-one competitions, competitive races, relay races, jumping, exercises with balls, training and playing various games are held. Among them, it is advisable to perform mixed exercises in the form of competitions.

We believe that in order to instill national pride through sports competitions in secondary schools, the following requirements must be met:

- paying attention to national and modern types and forms of sports competitions;

- taking into account the physical capabilities, interests and needs of students at sports competitions;
- increase the activity, creativity and initiative of students at sports competitions;
- emotional and mental preparation for sports competitions.

When planning sports competitions to develop national self-awareness, national thinking and national identity of schoolchildren, they are guided by the following:

- competitions correspond to the age and mental state of students;
- influence on consciousness, intelligence, physical maturity of students, spiritual world and practical activities;
- its role in restoring our values in the field of physical education and sport;
- the embodiment of all aspects of national pride.

If the management and control of sports competitions held to instill national pride are properly organized and directed, and if the physical activity of students in competitions is fairly assessed and encouraged, good results can be achieved in this regard.

The following main objectives can be solved by holding sports competitions at school.

1. Strengthen the health of students, train parts of their body, develop them physically, influence the growth of their working abilities;
2. Awakening students' interest in sports, developing and consolidating skills and competencies related to physical activity;
3. Development of basic motor qualities (such as strength, speed, agility) in accordance with the age and gender of students. These physical qualities do not exist separately, but one of them occupies a leading place in a particular type of activity. For example, you can say agility in a football competition and speed in a running competition.

Sports competitions create the necessary conditions for the comprehensive development of students' actions and qualities, as well as their physical development and general working abilities. At the same time, competitions have an impact on the development of moral and volitional qualities of students and the formation of behavioral skills.

The quality and effectiveness of sports competitions depends on the systematic and consistent conduct of physical education classes, sports clubs and sections.

If knowledge, skills and abilities in the field of sports are thoroughly acquired in physical education lessons, if students regularly engage in a certain sport in sports sections in their free time, planned sports competitions can be held effectively and at a high level. Because students who play sports can demonstrate high results in competitions. As a result, students develop a sense of pride and pride in their and their team's accomplishments. The successes achieved encourage students to strive for new goals.

Sports competitions have the ability to effectively and positively influence the development and development of students. They help shape and nurture national pride among students. And finally, based on the education of national pride, the primary task is to educate students as comprehensively developed people who serve public life, activities, active participants in society, strengthening and developing independence, a democratic society based on legal citizenship.

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