

## SCIENTIFIC AND PRACTICAL BASES OF EDUCATING THE PHYSICAL QUALITIES OF STUDENTS

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### ABSTRACT

In the article students health, physical development reinforcement and cultivation ; physical adjectives develop and improvement ; motionless at times and in moments of action body correct catch skills formation ; Labor and Homeland to the defense to prepare implementation; physical upbringing and with sports systematic to engage in habituation and to this permanent their interests wake up issues own on the contrary found.

**Keywords:** Physical adjectives, physical exercises, physical education, sports, physical activity, practical exercises, hygiene, psychology process.

### INTRODUCTION

Current in the period students and young people physical in terms of to strengthen and patriotism in the spirit upbringing today's of the day main current from issues is one. School of students physical upbringing following main tasks own inside gets : Students health, physical development reinforcement and cultivation ; physical adjectives develop and improvement ; motionless at times and in moments of action body correct catch skills formation; Labor and Homeland to the defense to prepare implementation; physical upbringing and with sports systematic to engage in habituation and to this permanent interest to wake up ; this for whole physical upbringing system, that is physical upbringing lessons training day in mode physical upbringing activities ( physical minutes, lessons before morning hygienic exercises execution, break in times transferable exercise and games ), from the lesson outside physical upbringing of work all together impact reached just by chance this tasks as you wish can be carried out. physical upbringing their training sanitation and hygiene to the conditions strict compliance did without take to go It is necessary to develop a person in all aspects. and perfect development general in the system school at the age of the student physical upbringing separately place It is this. at the age of solid health, high work to perform ability adapted this in years movement activity and physical adjectives initial upbringing happened will be. The student's physical formation his/her important and spiritual-volitional development, all psychic functions development with close related will be. Such in development vital conditions and upbringing important role plays. The student's school at the age of physical of upbringing important task health reinforcement, student organism functions improvement, its correct development, to be careful help to give, work to perform is to increase the ability. Scientific from data movements shortage students only to your health negative impact just showing not, maybe their mental work to perform also reduce their abilities, in general development behind to stay, students to those around indifferent to do known. Students daily many in their lives and in their training movements need. Motionless student healthy does not grow. Movement is various diseases, especially cardiovascular, respiratory to

get, to get nervous system diseases prevent to take means. Movement is effective treatment tool. School at the age of upbringing human essence formation general in the process very important role to play saying transition need. This is it. at the age of various abilities much intense develops, physically adjectives is formed, character signs working It is this at the age of student's perfect development for solid to the foundation basis to plant need. School at the age of students to prepare organization in doing to success achieve for at school serious pedagogical affairs take to go necessary. Here it is because of school teachers new the roads searches, spiritual and physical their forces enough develop for initiative These issues are required to be addressed. solution to grow many in terms of elementary in the classrooms physical upbringing their work organization to reach related will be. School at the age of students physical upbringing - physical upbringing system initial from parts one is considered. The student's health high level and future big old human physical culture the foundation formation preschool physical upbringing results become to remain need, and it follows own inside takes physical exercises and games, exercise deeds with to engage in desire and interest and personal hygiene to the rules positive relationship, day in order action to do. - physical culture and in the field of sports students initial knowledge, learning interests and abilities. - teamwork in action active participation to grow games, dance fall, holidays, sports- public events. own body, torso correct to catch following to go to know, own development control to do.- organization, independence, morality, self-reliance service show and training for equipment trying to save. Here it is because of, Uzbekistan Republic first Law, Physical upbringing and sports and Education about yes laws to life implementation to grow according to huge work must be done will be. State socio-economic of the policy important structural part physical upbringing and sports Physical development upbringing and in the field of sports state of the policy main purpose their the nation health, youth education, population healthy marriage style formation and athletes the most large international in competitions successful performances regarding opportunities effective application is considered. Public physical upbringing and sports develop state social of the policy strategic goals to the point enters.

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