

IMPROVING THE ACTIVITIES OF SPORTS SCHOOLS

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ANNOTATION

In recent years, the country has been taking consistent measures to promote physical culture and sports, promote a healthy lifestyle among the population, create the necessary conditions for physical rehabilitation of people with disabilities and ensure the country's worthy participation in international sports.

Keywords: sports, sports schools, young athletes, coaches, mass sports, sports facilities.

АННОТАЦИЯ

Республикада охириги йилларда жисмоний тарбия ва спортни оммалаштириш, аҳоли ўртасида соғлом турмуш тарзини тарғиб қилиш, имкониятлари чекланган шахсларнинг жисмоний реабилитацияси учун зарур шарт-шароитлар яратиш ҳамда мамлакатнинг халқаро спорт майдонларида муносиб иштирок этишини таъминлаш борасида изчил чора-тадбирлар амалга оширилмоқда.

Калит сўзлар: спорт, спорт мактаблари, ёш спортчилар, мураббий, оммавий спорт, спорт иншоотлари.

АННОТАЦИЯ

В республике в последние годы осуществляются последовательные меры по популяризации физической культуры и спорта, пропаганде здорового образа жизни среди населения, созданию необходимых условий для физической реабилитации лиц с ограниченными физическими возможностями и обеспечению достойного выступления страны на международной спортивной арене.

Ключевые слова: спорт, спортивные школы, молодые спортсмены, тренер, массовый спорт, спортивные сооружения.

INTRODUCTION

One of the most pressing issues today in our country is the formation of physical and mental health of the younger generation, the development of children's sports, the full support of young people in healthy lifestyles and regular participation in sports.

Taking into account the role of physical culture and sports in educating the next generation in a healthy way, targeted state-level programs are being developed and implemented to further improve sports, create its educational and material base at the level of modern requirements and increase public interest in sports.

Resolution of the Cabinet of Ministers of the Republic of Uzbekistan No. 118 of February 13, 2019 approved the concept of development of physical culture and mass sports in the Republic of Uzbekistan for 2018-2023.

The concept consists of 11 chapters and 53 items. to ensure the full and effective use of health and sports infrastructure, as well as to further improve it. The resolution also approved a program of measures to implement the Concept. Within the framework of the concept, innovative methods of physical education will be improved, starting from preschool educational institutions. Citizens' physical activity is increased by ensuring that they have access to facilities close to their homes (educational, medical, sports and recreational facilities). [1]

Amendments and additions to the Law of the Republic of Uzbekistan on Physical Culture and Sports No. 394 of September 4, 2015 were adopted by the Legislative Chamber on July 24, 2015 to further develop physical culture and sports in our country, which meets modern requirements. approved in August and a new edition was approved.

In recent years, the country has been taking consistent measures to promote physical culture and sports, promote a healthy lifestyle among the population, create the necessary conditions for physical rehabilitation of people with disabilities and ensure the country's worthy participation in international sports arenas. [2]

President of the Republic of Uzbekistan Sh. Decree No. PF-5924 of January 24, 2020 on measures to further improve and popularize physical culture and sports in the Republic of Uzbekistan, signed by Mirziyoyev. According to this decree, in order to form a comprehensively mature and physically healthy person with a high culture in the country, innovative forms and methods have been introduced in the process of selection of talented athletes, setting priorities for improving the skills and knowledge of the population in physical culture and sports.

It should be noted that the effectiveness of physical education and sports is determined not only by their continuity and regularity, but also by the intensity and impact value of these exercises. it is important to make appropriate changes, to study the dynamics of the development of mass sports among children and to determine the status of material legal normative and organizational factors associated with increasing the effectiveness of this process. [3,4 3-12 b]

Of course, there are a number of economic and social problems in the development of children's sports. Surveys and interviews with children across the country have shown that they are able to express their views on any changes taking place around them, including events in the field of physical culture and sports. Whether positive or negative, children have the ability to adapt quickly to such changes. It is clear that adherence to the principles envisaged in the upbringing of children as a comprehensively developed person will give good results.

In the course of sports trainings and competitions with school-age children in the country, the management of sports schools and coaches should aim to solve the following main tasks:

- strengthening children's health;
- Comprehensive hormonal development of schoolchildren, improving the skills of coaches in the field of physical culture and sports;
- training of physical qualities and development of motor skills;
- Improving daily work activities;
- Formation of ideas of national independence in children, education in the spirit of society on the basis of spiritual and enlightenment principles;
- Training of reserve athletes for the team of children and youth sports schools.

In order to achieve these goals, it is necessary to organize educational sports in children and youth sports schools on the basis of targeted, modern advanced pedagogical technologies.

In conclusion, special attention was paid to the consistent development of physical culture and sports, especially children's sports, the construction of modern sports complexes and stadiums in our cities and villages, providing them with modern sports equipment, highly qualified masters and coaches. . This, of course, will allow to carry out large-scale work on the formation of a healthy lifestyle, raising the medical culture of the population, the development of mass sports, as well as children's sports. There are those who say that the task of certain organizations is to involve children and youth in sports, to popularize sports among them, to teach our boys and girls to exercise. In fact, if each of us does our best to help the child who claims to be engaged in sports, to help him develop his abilities, the child will strive for his goal, will work tirelessly. In this way, we will contribute to the upbringing of a harmoniously developed generation, which is the great goal of our people.

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