



**THE IMPORTANCE OF PHYSICAL EDUCATION TOOLS IN EDUCATING A
HEALTHY GENERATION AND INCREASING LESSON EFFICIENCY**

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Abstract: in this article, special attention is paid to the means of physical education in raising the young generation, who are the owners of our future, and improving the effectiveness of the lesson.

Key words: physical education, physical education tools, physical education course, lesson efficiency, physical exercise, sports, health, healthy and well-rounded generation, mentally healthy, mentally fresh, physically mature.

**ЗНАЧЕНИЕ СРЕДСТВ ФИЗИЧЕСКОГО ВОСПИТАНИЯ В ВОСПИТАНИИ
ЗДОРОВОГО ПОКОЛЕНИЯ И ПОВЫШЕНИИ ЭФФЕКТИВНОСТИ УРОКА**

Аннотация: в данной статье особое внимание уделяется средствам физического воспитания в воспитании молодого поколения, являющихся хозяевами нашего будущего, и повышении эффективности урока.

Ключевые слова: физическое воспитание, средства физического воспитания, курс физического воспитания, эффективность занятий, физические упражнения, спорт, здоровье, здоровое и всесторонне развитое поколение, психически здоровое.

The task of raising a healthy and harmonious generation, which is extremely important for the present day of our state and society, especially for the future, is one of the pressing issues. In this regard, important and non-delaying work has been carried out in our republic. The adoption of the law on the new taxhire" on the net of physical education and Sports " will be important.

In order to further improve the health of the population of our country, our President Sh. n n order to further improve the health of the population of our country, our President Sh. M. Mirziyoev The decision "on measures for the further development of Physical Education and mass sports" was issued by Sh. M. Mirziyoev. In this decision, the population of our Republic is regularly engaged in sports in strengthening their health through physical education and sports for all walks of life, and opportunities have been created at the level of demand.

In the direction of improving the state youth policy of the decree of the president of the Republic of Uzbekistan "on the strategy of Action for the further development of the Republic of Uzbekistan":

to educate young people who are physically healthy, mentally and mentally developed, who think independently, are loyal to the Motherland, have a strict life perspective, deepen democratic reforms and increase their social activity in the process of developing civil society;

support and realization of the creative and intellectual potential of the younger generation, the formation of a healthy lifestyle among children and young people, their wide involvement in physical education and sports;

in the implementation of State Youth Policy, the organization of effective activities of state authorities and governing bodies, institutions, youth and other organizations is defined.

The importance of the means of physical education in the education of the younger generation, the owners of our future, as mentally healthy, mentally refreshed, physically mature and competent people is incomparable.

One of the urgent and unquenchable tasks of today is to increase the attention to the quality and effectiveness of mass sports in educational institutions, families, neighborhoods, as well as to further strengthen the health of the person. In the implementation of these tasks, it would be of great importance to bring to life 5 important initiatives to raise the morale of young people developed by our president and to organize their free time mazzmurlı.

Improving the health of the growing younger generation is one of the main tasks facing the system of public education. Today, the younger generation, educated in the general secondary schools of, must mature and mature in every way. In this regard, the action games that are being carried out with the student in general secondary schools are important.

Strengthening health and increasing physical fitness are considered one of the important conditions for the comprehensive harmonious development of the individual, maintaining and strengthening his workmanship in educational and labor activities. And in this, the importance of National Action Games is extremely high. National action games are one of the most important and practical tools in raising children and adolescents. National action games involve a different complex of physical exercises, with the ability to overcome obstacles of different character and show different qualities and abilities. In addition, competitions that usually give joy to children are also part of the National Action game lar sentence.

The importance of action games, which will be held in the process of physical education classes and training activities on the educational agenda with students in general secondary education schools, is invaluable in the education of the future owners of the 1st young generation as healthy, mature and competent people in all aspects

The effective use of coordination exercises is important in increasing the overall physical fitness of the growing younger generation.

Improving the quality and effectiveness of the physical education lesson of its students in general secondary schools is one of the most basic and unpardonable tasks of today.

The effective use of games to improve the physical fitness of students of the general secondary training school is considered to be of great importance in improving their physical development, strengthening their physical fitness and health, and improving the quality of the lesson, its effectiveness.

In improving the quality and efficiency of physical education classes of students in general secondary education schools, physical education on the educational agenda - health-improving activities, extracurricular and extracurricular physical education, mass sports events, sports competitions, sayılar, in the neighborhood and in the family-organized sports training, which is of great importance and importance.

Of great importance in the education of a person is the action games that take place in physical education classes, in the process of training, in sports events organized outside the classroom and in school.

The means of physical education and sports, which are currently used in the process of teaching and educating young people, have a wide range of influencing aspects in the formation of the personality of students. Strengthening health and increasing physical fitness is one of the important conditions for ensuring the comprehensive harmonious development of the individual, the preservation and strengthening of his workmanship in educational and labor activities. And in this, the importance of action games is extremely high

Action playlar is one of the most influential methods of physical education and is an important tool in the joint successful implementation of mental, moral and breathtaking education in the learnerlar. Therefore, it is also necessary to pay attention to such aspects of children's play as spirit, nature, level, actions of participants.

P..F. In its exercise system, Lestgaft represents games as a means of physical education. She tells him to prepare for life with the help of the g.FP.F. In its exercise system, Lestgaft represents games as a means of physical education. She tells him to prepare for life with the help of the game. P.F.Lestgaft's demands for action games have not lost their value so far; chunonchi, he had expressed the need to set specific goals for each game, that the games being played correspond to the strength and abilities of the participants, that the game should have a positive emotional impact on shughull, that the games should be held systematically and regularly, trying to increase the activity and independence of the participants.

The reader, playing in imitation of all sorts of things in marriage, in the field of Labor, natural phenomena and in the life of Animals, begins to understand the meaning of this phenomenon and actions, gradually gaining life experience, learning to overcome difficulties, in which movement skills are formed, and his imagination becomes richer.

It is necessary to give a wide place to play lari, where children play creativity. But such games cannot be left out of the attention and guidance of parents and caregivers.t is necessary to give a wide place to play lari, where children play lari creativity. But such games cannot be left out of the attention and guidance of parents and caregivers. It is necessary to cultivate observation, initiative, Independence, hard work in children with a gradual correctness of the game and to be able to correctly assess the situation around them, the actions of his and his comrades, and to educate them in the spirit of the correct attitude towards personal failure.

By doing so, the child will gradually acquire the necessary qualifications, and thanks to these qualifications, he will be able to properly spend his energy, act well thought out in various situations during the game, and in the future, depending on the increase in experience, easily cope with the difficulties encountered in marriage.

Both in raising a child in the family and in raising a child in kindergarten, his active desire to know the tevarak-the surrounding world is initially manifested in the game.y doing so, the child will gradually acquire the necessary qualifications, and thanks to these qualifications, he will be able to properly spend his energy, act well thought out in various situations during the game, and in the future, depending on the increase in experience, easily cope with the difficulties encountered in marriage.

Both in raising a child in the family and in raising a child in kindergarten, his active desire to know the tevarak-the surrounding world is initially manifested in the game. During the game, their understanding of existence deepens and strengthens.

When children are brought up in the family and children's institutions, they are completely occupied with play and ermakslar, with the entrance to the school, their main interest and attention is focused on studying.

Playing action games for their students is such a stage in which they begin independent activities aimed at acquiring new knowledge and concepts. In addition to working on the school experience plot and working profitably at home, children spend part of their free time on various games and pastimes. When children are brought up in the family and children's institutions, they are completely occupied with play and ermakslar, with the entrance to the school, their main interest and attention is focused on studying.

Playing action games for their students is such a stage in which they begin independent activities aimed at acquiring new knowledge and concepts. In addition to working on the school experience plot and working profitably at home, children spend part of their free time on various games and pastimes. Doing so allows them to meet their needs and have a good rest.

Action gamelar will be of great importance in the growth and improvement of the child's movements, which include exercises such as walking, running, jumping, whipping or throwing something, crawling on something. Along with the improvement of movements, physical abilities also progress, the functioning of the heart and respiratory system improves.

In conclusion, it can be said that the action gamelar is of great importance not only to increase the physical fitness of children, but also to educate them mentally and morally. In games in which a team plays, children are brought up with the qualities of showing ingenuity and determination to achieve the goal, to perceive responsibility in front of the team, not only for their own actions, but also for the behavior of their comrades.

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