

Improvement of Physical Education and Sport Efficiency in the Continuous Education System

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Abstract - This article discusses the formation of a recreational lifestyle with the help of folk games in continuous production. Since, the use of folk games in the lessons develop education.

Keywords - Continuous Education, Wellness, Special Exercises, Body Building, Formation, Development.

The unprecedented reforms carried out in our country during the years of independence have brought about dramatic changes in all spheres of our society.

In particular, the development of continuous education system is considered as one of the priority tasks for upbringing a comprehensively advanced generation, which is evidence of the specific socio-economic policy in our country.

Of course, it is important to emphasize the importance of physical education and sports.

Educational and upbringing activities in the field of physical education and sports have been effectively organized by government decisions such as, law of the Republic of Uzbekistan "On Education" (June 1997), "On Physical Education and Sport" (January 14, 1992, new edition 2000).

Physical education means, first of all, the anatomical structure of the human body, the formation and development of organs and the degree of physical activity (physiological) performance.

Their upbringing, preservation and improving with natural movement skills and special exercises means the idea of body building.

Sport as a means of physical education has become a popular trait and a level of knowledge, namely, its own name, and types. With its content and education processes, it is called "sports" among the nations of the world.

It is well known that in the system of physical education, various types of sports are widely used in physical education classes, sports clubs, sections and special competitions which are organized by public schools, academic lyceums, vocational colleges and higher educational institutions, children's and teenagers' sports schools, sports schools of Olympic reserve, sports organizations, and also in teams and their sub-divisional (regional, city, district) sports teams, as well as in preparation processes for international sporting competitions.

All of these sports institutions are required to organize physical education classes and sports activities in a high level, enhance the physical culture of students, bring up young people both mentally and physically and at the same time, the following requirements are demanded from physical education teachers and sports coaches:

- Careful preparation for the classes and their effective organization;
- Correct and accurate assessment of students' interest and enthusiasm for the lesson;
- Theoretical justification of the exercises before the practical implementation;
- Visual demonstration should be actively used in the organization of classes.

Moreover, it is also important to mention that a good pedagogical approach to training, an optimal method of teaching and training is a key factor that determines the rational impact of exercise.

At the same time, the following factors should be considered:

- Characteristics of the trainee (age, gender, level of health, work, study, rest, and lifestyle);
- Specifics of physical exercises, their complexity, novelty, load, emotion, etc;

For instance, it is possible to encourage and motivate students and make them feel better before the training by showing them sports videos of Uzbekistan's sports masters before the start of the training according to sports type.

Sports activities don't just mean only practicing.

A planned systematic exercise involves first and foremost training young people in the physical or selected sport.

However, physical education and sports require first of all spiritual and moral training.

For this purpose, during the training teachers, sports trainers and learners or students are encouraged to:

- Get acquainted with the special TV projects reflecting the secrets of the achievements of sports masters and mutually analyze them;
- Improve their tactical skills using computer graphics devoted to sports games;
- Organize special questionnaires, tests and quizzes to improve the mental and psychological training of the athlete;
- Frequent meetings with sports masters, receiving their advice and recommendations are considered one of the important events.

According to expert theorists, the development of the sport mainly occurs in the following forms:

- Subject of study (subject, textbook);
- Public sports (the range of trainees according to types);

- Big sport, such as, activities that involve high levels of performance (sports master, champion, record, etc.).

This, in turn, will also be available in a professional type. Raising young people in this way requires further improvement of quality and effectiveness of physical training and sports. To achieve this aim, during the study it is necessary to take advantage of modern educational technologies. For each student, each new lesson should be a new work, providing them with unpredictable impressions, and enhancing their interest.

For example, if we give the title of "Rustam Kasimjanov of the class" to a winner student in chess, first of all, the student with this title can have self-confidence and self-esteem and this, in turn, will encourage him to conquer new heights. And the other students who study with him will try to follow his path. Or, if the most active football team is given the title of "Mirjalol Kasimov's followers" by the coach, this will have a special effect on the students and they will feel a sense of responsibility for justifying and maintaining that name. A clear example of this is many talented girls who are currently winning the Zulfiya State Prize under the slogan "Girls of Zulfiya". Most of them are learners and student's girls who have got the first places in national and world championships in different types of sports.

The participation process of young people in physical education classes or sports competitions occur in many variations. Some of them, despite their high physical abilities, lack self-confidence and cannot properly evaluate their capabilities. Such young people may even be in the mood of giving up on their first moments of defeat. For some students, however, sporting activities may prove otherwise. They may overestimate their strengths and abilities, and consequently, they may attempt to influence others, especially their classmates, and even they may have a sense of arrogance.

It is also important to carry out spiritual-moral activities with these students in the mentioned order. For instance, to a student who has developed physical capabilities and self-confidence, the following morals should be taught:

- "There are people who are stronger, smarter and more educated than I am!"
- "The strong will always be sincere, humble, kind and merciful"; - "Sport is created to make people healthy, cheerful and happy!"
- "The sport is the herald of friendship, kindness and tolerance!"

The methods and tools of teachers and coaches working with parents also play a crucial role in motivating the youth in sports, improving their physical and sports performance and achieving the efficiency of training.

A simple example of that is a student who has excelled in training lesson will first of all inform his parents. Because they want to get the praise from their

parents. And any physical education teacher and trainer must understand this subtle aspect. In this regard, thank-you notes from teachers, schools and neighborhood for the parents of students who have achieved success at training will be a good starting point for the students, especially in the family, and later in the country, and one day to become unmatched athletes worldwide. Therefore, the organization of educational process based on the concept of “Family-neighborhood- school cooperation” will create favorable opportunities for increasing the effectiveness of physical education and sports.

It is known that the purpose of physical education of students in educational institution is:

1. Wellness.
2. Educating as a completely perfect person.
3. Preparing them ready for homeland defense and labor.

In addition, sports activities are one of the leading and most important factors in promoting the young people, first and foremost, to make the reputation of their family, neighborhood, and country known to the world. Therefore, to accomplish this task not only physical education teachers but also each subject teacher must perform responsibility on their shoulders, consistently and systematically integrate physical education into students and direct their talents to competitions, contests and Olympiads, through the principles of justice, fairness, objectivity and efficiently use the opportunity created in our country.

In conclusion, to increase the effectiveness of physical education and sport in the system of continuous education, the following must be carried out:

- Correct and accurate assessment of students' interest and enthusiasm for the lesson;
- Theoretical justification of the exercises before the practical implementation;
- improving the tactical skills of the students with the use of modern computer graphics devoted to sports games, as well as demonstration of the organization of classes;
- Frequent meetings with sports masters, receiving their advice and recommendations.

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