



FAN, TA'LIM VA AMALIYOT INTEGRATSIYASI

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THE ROLE AND IMPORTANCE OF PHYSICAL EDUCATION IN THE FAMILY

Annotation

In this article, the system of physical education in the family can be achieved if a number of methods, such as counseling, persuasion, demand, command and reprimand, punishment, encouragement, are not used properly and in moderation. is highlighted.

Key words: family, physical education, child rearing, parenting.

The future of our country depends, first of all, on harmoniously developed young people who are loyal to their homeland, self-sacrificing and have high spiritual qualities, who have perfect achievements in modern science and technology. One of the most important issues in the development of a child's personality in the family is, first of all, physical health, mental endurance, freshness, deep thinking and thinking. Such issues are formed primarily in the family.

Today, a number of decrees and resolutions focus on the birth of a physically and mentally healthy child in every family and their physical development in the family. Physical education, first in turn, it is advisable to start with the family. It is important that our young people understand the deepening of the system of physical education in a family environment before marriage. It is not in vain that our people say the proverbs: "He who enters with blood comes out with his soul", "He who is covered with a blanket goes away in a shroud", "See his mother and take his daughter", "He does what he sees in a bird's nest", The role of our country in the world, its economic and intellectual potential, its contribution

to the development of science and culture is determined by the degree [1]. The main basis of living standards is the family. Society is interested in a spiritually and morally healthy, strong family [3]. Therefore, strengthening the family, raising children, as well as improving their living conditions, is considered at the level of state importance. "The family is the basic unit of society and has the right to protection by society and the state," the Constitution of the Republic of Uzbekistan states [1]. A spiritually rich, morally mature, intellectually developed, well-educated, physically strong, well-rounded person is formed, first of all, in a family with a healthy lifestyle [2]. In creating a healthy family environment, the following recommendations should be considered:

- to form in the family a feeling of love for the motherland;
- creating a healthy environment among family members;
- Enriching family members' intellectual knowledge of physical culture and sports;
- upbringing young people in the family based on spiritual and physical ideas;
- control over the observance of daily family discipline;
- regular exercise, active physical activity and regular sports;
- Ensuring the intellectual development of young people in partnership with the family, school and community;
- Make physical training a part of everyday life in the family.

By fully complying with the above recommendations, regular physical activity and sports would improve the health of families.

The system of physical education in the family is in its place and in a number of ways, such as counseling, persuasion, demand, command and reprimand, punishment, encouragement.

if not used, the intended purpose will not be achieved. The fact that parents work together and set an example for them leaves an indelible mark on the hearts of their children.

This, in turn, understands and applies the responsibilities of parents, such as the nature of the family, values, duties, responsibilities, family responsibilities, the upbringing of children in the family, the financial well-being of the family, maintaining its peace. Highly spiritual parents teach their children to be humane, patriotic, morally pure, educated, humble, noble and, of course, physically strong. Such a family is characterized by its spiritual maturity and worldview.

Since the first years of independence, a lot of work has been going on in the republic to revive wealth spiritual culture of the peoples of Uzbekistan. Particular emphasis was placed on education, health care, physical culture and sports. Increased attention was paid to issues such as improving the health of the population, the physical development of young people and students, increasing capacity for work and efficiency of work of workers and intellectuals. Didn't go unnoticed and such an important area as the development of the abilities of gifted athletes, taking into account the increasing international requirements and modern standards. At the same time, the issues of prolonging life and improving its quality remained a priority education of a healthy generation through the promotion of a healthy lifestyle, creating conditions for sports, both for professional athletes and for the entire population of the country.



In this direction, the contribution of the First President of the Republic of Uzbekistan I. Karimov is significant, who said: "A culture of personal health care should be helped to inculcate from a very young age, all the forces of the family, school, mahalla, health care system, physical culture and sports.

It is important that people learn, not in words, but in deeds, to value their health and take care of it as a national treasure."

At the initiative of the Head of State, annually on the eve of March 8 - International Women's Day female students are awarded the Zulfiya State Prize in the field of culture and sports, as well as annually on the eve of March 8 - International Women's Day for Girl Students sportswear is given. This is an important factor in the further popularization of sports among girls, their development healthy, strong and robust. Thanks to the measures of the state of Uzbekistan for years of independence, the incidence of women and children has significantly decreased, three times maternal and child mortality, women's life expectancy increased from 67 to 75 years. In general, sports and physical culture have become an integral and important part of a completely updated system of education and upbringing of the young female generation.

Uzbekistan shows great concern for the development of women's sports, including one of its most beautiful types - rhythmic gymnastics, which promotes physical and aesthetic education of girls, increasing their interest in music and dance, shaping their inner, spiritual beauty. Ample opportunities are being created for the training of women trainers and physical education teachers.

In short, we must not forget that the family, which is sacred to each of us, not only affects the upbringing of children, but also the strength of the family, and thus the stability of society.

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