

**PHYSICAL EDUCATION AND SPORTS IN THE SYSTEM OF PROTECTING AND STRENGTHENING
THE HEALTH OF CHILDREN AND SCHOOLCHILDREN**

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In strengthening the health of physical education and sportsmen, the comprehensive development of the individual, as well as the formation of the skills and abilities necessary for life, play an important role. The goals of the physical education lesson are: to cultivate high moral, voluntary qualities, hard work, and activity in students, to make them physically strong, dexterous, healthy, strong, able to overcome hardships, to teach students the skills necessary for life (walking, running, jumping, throwing, scrambling, (swimming, climbing up and down, using equipment and devices of athletes), acquiring knowledge about the theory and methodology of physical training, hygiene, anatomy and physiology of physical exercises in swimmers: inculcating the skills of a sports promoter, community organizer, walker, and the skills of correct interpretation of the aesthetics of movement , is to form high school students' future professional practical skills, to introduce students to the history of the Olympic Games, the lives and activities of great lexicographers, legendary folk heroes, and modern well-known athletes of our republic.

From the day children are taught at school, physical education should be taught to them about "nature, health and human concepts" using the tools and methods of sports. These tasks can be successfully solved only by fully using all the components of physical education.

Therefore, various forms of physical education and sports were developed and applied to life. They include traditional and non-traditional activities. Special attention was paid to the harvest holiday, winter vacation days, competitions dedicated to Nowruz holiday, public sports holidays, becoming a tradition and a health check-up for the school team. Based on these, a scheme system for organizing and conducting competitions within the framework of types of education was developed.

1. "Yoshlik", "Umid nikhollari" houses are held every year in schools, district level - autumn vacation, regional level - winter vacation, republican level - spring vacation.

The goals are the formation of a healthy lifestyle, the need for active mobility in the young generation, the use of sports in physical, spiritual and patriotic education. Selection of talented teenagers and their inclusion in the system of preparation of sports reserves.

2. "Barkamol Avlod" houses are organized among the students of vocational colleges and academic lyceums, with the purpose of educating students from a physical and spiritual point of view, turning a healthy lifestyle into a vital need, preparing them for service in the armed forces, and selecting and entering children into the system of training sports reserves. .

3. Every year, the purpose of holding Universiade with the participation of students of higher education institutions is to improve physical development and physical preparation, to strengthen healthy lifestyle guidelines, to select champions and to enter national teams of the republic.

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