

Social and Pedagogical Factors, Forming Foundations of Physical Culture in Students

Ergashev Ulug'bek Adhamovich

Teacher of Fergana Polytechnic Institute.

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Annotation

This article outlines the need for an integrated approach to teaching the harmonious generation. The article also describes how to integrate physical and spiritual-moral education in the personality of the student...

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The main goal of reforms aimed at developing the system of lifelong education in the country is the integration of education and production. The need to develop education at the present stage of scientific and technological progress, in close cooperation with the market economy and production, is one of the main goals of the National Personnel Training Program. Therefore, the effective use of integration in the development of education becomes a priority.

Integration is the merging, joining or combining of separate parts or elements into a single whole. The concept of "integration" was already explained by Spencer in the 18th century. We also tried integration as a factor in the development of thinking and interpret it as a synthesis of interdisciplinary communication and forms of learning. "Integration" means "the whole." So these are the different parts of the process of growth of thinking, we will look at integration as a phenomenon from a methodology point of view. The word "integration" comes from the Latin word "integratio" - restoration, replenishment and "integar" - which means whole.

When developing scientific and pedagogical foundations for integrating subject topics physical education, which is one of the disciplines in the general secondary education system, increases the efficiency of learning and eliminates the burden of overwork and stress. In addition to the scientific research of professors and scientists of our country on integration issues, foreign scientists also conducted their own research. "Integration is the convergence and interdependence of ramifications in differentiation processes. The integration process manifests itself in a high form of interdisciplinary interconnection."

When the term "integration" is introduced into the educational process, it has two meanings. Firstly, it is to provide the opportunity to perceive the world around us as a whole (the goal is integrated learning);

and secondly, to integrate common aspects of scientific knowledge in the discipline (integration is seen as a learning tool). In view of the above, integration is a systematic link between academic disciplines, paving the way for complementarity, complementarity and improvement of science. Integration can be seen as a source for finding new evidence that confirms or deepens your students' observations and conclusions in various subjects. In this regard, our research is aimed at integrating physical and moral education into the formation of a student's personality. In every social system there are such concepts as physical education, training and education, spirituality and enlightenment, which ensure the physical growth of a person, and this requires studying the changes occurring in pedagogy to study in connection with the development of society. Raising a harmoniously developed generation is of national importance not only for meeting national needs, but also for all peoples born and raised in our multinational homeland. Sport is not only physical, but also an important factor in spiritual and moral development. It strengthens willpower, teaches you to strive for a specific goal, endure difficulties and be patient and enduring

Fosters in a person a sense of confidence, pride and faith in victory As the First President of the Republic Islam Abduganievich Karimov said, a nation with a healthy, educated and selfless generation will certainly build a great future. Indeed, "nothing can make a country known to the world as quickly as sports." Sport brings up a courageous, energetic and resilient person."

The issue of raising a physically and spiritually mature generation in our country is our national task, and the main task of our present policy is to consistently and persistently carry out our work to achieve this goal. The fact that with the goal of raising a healthy, spiritually and morally mature, intellectually developed, physically strong and comprehensively developed personality, 2010 was declared the "Year of Harmoniously Developed Youth" is a clear example of this. Physical education plays a key role in the comprehensive development of the younger generation: mental, spiritual, moral and physical. To successfully solve the problems of educating a morally and spiritually mature personality, historical traditions, spiritual values, the study of the scientific heritage and historical and educational experience of our ancestors, and the introduction of their achievements into educational and educational work are of great importance. As is known, thinking, lifestyle, physical culture, spiritual and moral views of any nation or nation do not arise spontaneously in free space. The basis for their formation and development are precise historical, natural and social factors. If you look at history, you can see that the activities of our great personalities are connected not only with organizational abilities and deep knowledge, but also with the ethics and moral standards of the people. Good manners also mean that you need to respect not only others, but also yourself.

In particular, according to our national traditions, a person's perfection, first of all, is manifested in his spiritual and moral maturity, in his efforts to deeply explore and enrich the heritage of his ancestors, and to show respect to them. Not everyone can determine the level of perfection on their own. A harmoniously developed person is a person who is completely free from slavery and dependence. This is a person who will not blindly follow people who spread ideas that are alien and hostile to their people; he is active and will always work for the benefit of the enlightenment of his Motherland. High culture is formed, developed and improved in the educational process. Physical education is one of the important stages of teacher education, but a wide range of exercises, sports, travel, health factors (sun, water, air, hygiene) and outdoor games play a large role in its content. As mentioned earlier, people's natural movements are developed through special exercises and games that promote the development and improvement of joints. In particular, physical condition is an important factor in the formation and development of human

qualities. There are many games for meaningful and purposeful use in developing the senses such as consciousness, sight, hearing and feeling. For example, “White Bone” was played at night under the moon, young people and adults took part. In this game, with your eyes closed, you need to hear and feel the thrown dice. It takes speed, agility and strength to find and deliver the bone to the target. Because the bone can be taken by your opponents. In addition, mistakes such as running, falling, losing and incorrectly catching the ball in the relay games “hunters”, “geese swans”, “sowing potatoes”, bring pleasure to the competitor and increase the sports excitement of the teams. And at the same time, it pleases the audience. The performance of songs and poems in games such as “White Poplar, Blue Poplar”, “Geese-Swans” have unique educational features, promoting the development of oral speech in players and strengthening the vocal cords. One of the most important aspects of games is that the playing field is marked by certain boundaries and requires strict adherence to the rules of the game. Those who knowingly or unknowingly violate the rules of the game will be fined or given a suspended sentence. In order to make the game more organized, meaningful and interesting, the teacher and active students play a big role. The referees will be fair when conducting games. To study and conduct outdoor games, demonstrative, i.e., didactic principles and methods are often used. It is important to draw the place or playing field, express the rules with gestures and draw the technical actions of the players. The use of tables, drawings, slides, videos and other technical means fully illustrate gaming activities. Students perform this activity consistently and with perfection. The study and analysis of the social and pedagogical features of games determines the goals when conducting them among students. Of particular importance are national outdoor games for physical training, increasing the physical harmony of students and the wide distribution of this problem in other areas.

When forming the personality of students, while ensuring the integration of spiritual and physical education along with physical education classes, the subject “Odobnoma” (“Education Lessons”) conducted in the primary grades of secondary schools is of great importance. Each of the topics taught in this discipline will educate the younger generation committed to the values of humility, integrity, kindness, kindness, piety, hope, patience, kindness, generosity, humanity, commitment to work, love of work. In particular, in the course of studying the subject “Culture of Eastern Education”, the essence of the process of spiritual and moral education is explained to students by its theoretical foundations, content, forms and methods, along with this, students are given information about Uzbek ethnopedagogy in this area, the works of our great ancestors on spiritual and moral education, folklore, traditions, values, traditions, historical monuments about spiritual and moral education. It is very effective for these qualities to continue in physical education lessons. Drawing conclusions from the above, it is important to note that when forming the personality of students and ensuring the integration of physical and educational-moral education, it is advisable to perform the following tasks:

1. In-depth study and analysis of the process of ensuring the integration of physical and spiritual-moral education into the education of a harmoniously developed generation as a pedagogical problem.
2. To study the abstract pedagogical and psychological features of the physical and moral education of students.
3. Determination of optimal forms, methods and means of ensuring the integration of physical and moral education into the formation of personality.
4. Development of principles and patterns of integration of physical and moral education into the formation of personality.
5. Creation of moral and ethical criteria for the selection of physical exercises that form a harmoniously

developed generation.

6. Development of a program for integrating physical and moral education into the formation of a student's personality.

7. Development of scientific and methodological recommendations for determining the forms, methods and means of developing moral qualities in students through physical education.

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