

EDUCATING SCHOOLGIRLS IN THE SPIRIT OF THE OLYMPICS

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ABSTRACT:

The article is about proration of Olympiad ideas among sportswomen in order to get healthy and prepare the Olympic champions.

KEY WORDS: ancient, Sogd, Massaget women, sport, girl pupils, healthy in physical culture, order, resolution, organizational work, exercise ancestors.

INTRODUCTION:

Today, the training of Olympians requires a deep scientific and methodological approach. At different times, women have different attitudes to physical education. The differences in attitudes were primarily due to the laws in society, religious views, and the idea that women were the weaker sex. In the East, as well as in our regions, in the Middle Ages, there was a lot of resistance to women exercising.

In ancient times, in the Sogdian, Massaget, and other tribes, which were our ancestors, women practiced on an equal footing with men. In the civil wars, his weight was borne by women on an equal footing with men, and according to historical records, "My dear history" was written by G.A. Hidoyatov's book emphasizes that the women of the Sogdian and Massaget tribes were skilled horsemen, snipers, swordsmen and wrestlers. In the modern Olympics, women were first allowed to participate in archery exercises from 1904. At the 1908 London Olympics, they competed in

figure skating and tennis, swimming from 1912, and gymnastics and athletics from 1928. allowed. In every Olympic Games, women's sports results have grown. Thanks to the independence of our republic, there is ample opportunity for schoolgirls to engage in physical culture and sports, however, it is no secret that the participation of Uzbek girls in the Olympics is still low. This now requires certain organizational work among the student girls. It can be said that now this work has begun and they are continuing with rapid photos.

For example, the Decree of the First President of the Republic of Uzbekistan IA Karimov No. PF 3154 "On the establishment of the Fund for the Development of Children's Sports in Uzbekistan" dated October 24, 2002, the Decree of the President Sh.M. Mirziyoyev dated June 3, 2017 No. PP 3031 Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated January 29, 2019 No 65 "On measures to radically improve the system of public administration in the field of physical culture and sports" PF 5368 dated March 5, 2018 "On measures to further develop sports" and the resolution "About acceptance of special tests and competitions" Alpomish "and" Barchinoy ", determining the level of health", 2019

An example is the decision of February 13, No. 118 "On approval of the Concept of development of physical culture and mass

sports" in the Republic of Uzbekistan for 2019-2023.

In order to implement Olympic ideas among schoolgirls, to educate them in the spirit of Olympic ideas, special attention should be paid to physical education classes and extracurricular activities in schools. Nowadays, it is not correct to assume that all physical education and sports activities are tied to the economic level. It can be said that the lack of professionalism and initiative in professionals exacerbates the shortcomings.

Qualities such as perseverance, aspiration, perseverance, endurance are much higher in schoolgirls than in boys. It is enough to start them on the initiative. Currently, many schoolgirls in the country are known for their sports achievements. For example, Shohida Ahmedova freestyle wrestling, Olima Kamilova, Mukhtasar Tokhirova shooting and others. In the implementation of Olympic ideas among schoolgirls, educating them in the spirit of Olympic ideas, not only training Olympians, is also the health of the nation. In this regard, we make the following recommendations for educating schoolgirls in the spirit of their Olympic ideas.

1. Carrying out advocacy work with parents on the physical education of schoolgirls.
2. More reflection of Olympic ideas in the content of the school curriculum of physical education and other scientific and methodological manuals.
3. Publication of popular picture books for students, reflecting the Olympic champions and their sporting achievements.
4. Dedication of scientific research, physical education and sports of schoolgirls.
5. More coverage of best practices in preschool education, primary education, public education, "Bolajon" magazines.
6. Organization of training courses for women in physical education and sports, etc.

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