

PRINCIPLES OF DEVELOPMENT OF CHILDREN'S SPORTS IN UZBEKISTAN

F . Polvonova ,
G . Ergasheva
Navoi State Pedagogical Institute

Annotation

The scientific theoretical foundations of the development of children's sports in the Republic, the main directions in the works and speeches of the president, the national program of training personnel in presidential decisions and decrees on this field, the program of healthy generation, the physical education and sports programs, the law and other documents showed vividly.

Keywords: theoretical , physical education , conditioning, health minutes .

The adoption of the law “on Physical Education” in the Republic, the establishment of the order “for a healthy generation”, the presidential decree “on the development of Fudbol in the Republic”, the establishment of the “International Cup of the president of Uzbekistan” in order to develop tennis became the first foundations in improving sports. The construction and repair of sports facilities in our country in accordance with world standards has been turned into a nationwide work. It is taking care of the creation of schools for the education (training) of healthy, energetic, strong-willed, diligent, skilled athletes who can adequately protect the honor of our motherland. To create a creative healthy environment with sufficient conditions for our athletes to participate in all competitions in the world. In the process of physical education, not only health-improving, but also educational tasks were carried out. In addition to mass sports competitions, special classes should be held in educational institutions. In this case, it is important to take into account both territorial and ethnic, social, cultural factors. Extracurricular forms of training include: gigin Gymnastics, conditioning, health minutes (hour) break for movement, walks, a physical education hour for groups with extended days, sports clubs, health and sports days, physical education holidays, wellness camps, school sessions for sports, sports competitions at school, etc. Forms of extracurricular activities-youth and children's sports schools, tourist-travel some, sports sessions in student houses and palaces, children's Recreation Park, sports sessions in their living areas, physical wellness combos, (schoolchildren) district, conditions of students are such as sports competitions in the region and the Republic.

Currently, the most important process is the implementation of extracurricular and extracurricular activities with a rich content, which includes our national traditions and geographical and climatic features of Uzbekistan. Obtaining mutual knowledge is an important area. If it is carried out regularly, it will give the expected results. When organizing mutual learning or knowledge acquisition, physical education only turns the knowledge gained by students into a daily habit, when physical education becomes a necessity not only in the course process, but also in extracurricular situations, the habit becomes a focus on the place and the need for physical education. Especially mature becomes stable moral meyers. It is especially worthwhile to familiarize yourself with the pride of Uzbekistan in sports.

One should not look in a narrow sense at the formation of physical health training as the main topic. Because it is the main part of the lifestyle, the system that ensures the health of the nation. It should

not be forgotten that the constant participation of students in sports sessions that are relevant to them, participation in competitions is the first purposeful step towards high Sports slopes. The level to which the quality of work from class and extracurricular physical education and sports should be, depends on the greater involvement of students in the Sports School of children and adolescents. This also determines the future of the sport of our Republic.

Another feature of extracurricular and extracurricular physical and health activities is the organization of a system of work in mutual harmony of the school, family, public organizations and all persons involved in the educational process. In this area, it is necessary to give a wide place to the Sports Festival "healthy wrestlers", the game "cheerful starts", "pupils spartakiad".

The following were established as the most important criteria for assessing the effectiveness of the use of children's sports facilities. Among children of school age, the incidence of the disease has decreased significantly. Their activity and Physical Culture increased. At the same time, according to the results of the inspection, we figured out how many serious defects and shortcomings.

Commissioned children's sports are not yet using the facilities efficiently enough, the available facilities are not fully operational. Updating and replacing outdated sports equipment and equipment is not providing on time. The facilities of the constructed swimming pools are not used at a low level. Work is not underway to provide children's sports facilities with trainers, especially women's trainers. There are such cases in kashkadarya, Syrdarya, Surkhandarya, Khorezm regions and Tashkent.

Explanatory work is being carried out on the widespread involvement of students and young people in sports, first of all, Navoi, Surkhandarya and Kashkadarya regions. Things are still unsatisfactory about involving girls in sports, especially in rural areas.

The most important criteria for assessing the effectiveness of the use of children's sports facilities are established.

First of all, the popularity of sports-general education schools, vocational colleges and academic lyceums is a change in the level of coverage of students for regular sports activities;

Secondly, the level of equipment of children's sports facilities with sports equipment and equipment, based on the established norms;

Thirdly, the provision of children's sports facilities, in accordance with the approved norms, in educational institutions with highly qualified, professionally trained treneng personnel and physical education students, including women's treneng;

Fourth, the level of use of sports facilities-the amount of hours of regular classes in various sports during the day and week, the number of sports students held, etc;

Fifth, the effectiveness of playing sports - the number of winners of national and international competitions, which the athlete under the age of 19 has grown from among children and young people;

Today, the further development of physical education and sports, especially children's sports, meets modern requirements in every city and village. Our work on the construction of sports grounds, facilities and complexes equipped with the necessary equipment has a positive effect.

It should be said with pleasure that over the years of independence, more than 1 thousand 200 new sports facilities were built in our country, and more than a thousand of them were built in rural areas.

This provided an opportunity for more than 260 thousand children to regularly engage in many sports.

The girl achieved significant results in the current years in involving children, first of all, rural girls in sports. Based on the slogan "No one should be left out of Sports Life", 3 billion 500 million soums of sports training and equipment for 120 thousand girls from low-income families were purchased.

I would like to draw your attention to another important case. When the program for the development of rhythmic gymnastics was adopted in our country, the number of girls engaged in this elegant type of sport increased 6-7 times this year, and in some regions-10-12 times.

In this sense, it is especially noteworthy that more than a third of the more than 500 young athletes who participated in 42 international competitions this year from our country are girls.

It is known that at the first Junior Olympic Games in Singapore this summer, our youth athletes took a worthy part and won 9 medals. And at the high-mentioned Asian Games, Athletes of Uzbekistan won 11 gold, 22 silver, 23 bronze medals in strong competitions with representatives of powerful countries recognized not only on the continent, but also on the world level, won 8th place at the All-Russian level and won a place in the top ten.

Taking advantage of today's opportunity, I am pleased to mention some of our talented young athletes who glorify the glory of our motherland to the whole world in international arena.

Our youth, such as Rishat Sobirov, Rustam Kasimzhonov, Vladimir Toychiev, Vadim men'kov, Dilshod Mansurov, Yulia Tarasov, Arthur Toymazov, Elshod Rasulov, Svetlana Radzivil, Serik Mirbekov, Gerasin Kuchnev, Sergey Borzov, Alexey Babozhonov, Vyatcheslov Gorn, Alexey Machalov, won gold medals at Asian Games.

In particular, Vadim Minkov, a student of the Tashkent State Institute of physical composition, a two-time world champion in Canoeva rowing, became a real pride of our people. This talented athlete in 2010 was recognized as the best athlete in the world in terms of his own performance.

All this will further strengthen our confidence in the successful performance of the Uzbek national team at the 2012 Olympic Games in London.

We believe that the Uzbek junior national team, which has played a great match in the Asian Football Championship, will also show its skills at the World Championship in Mexico next year.

Literature:

1. Decree of Islam Karimov dated October 24, 2002 "on the creation of the Fund for the development of children's sports of Uzbekistan".
2. www.google.uz
3. www.vikipediya.uz
4. Decision on measures to develop rugby sports in the Republic of Uzbekistan.