



## **Formation of Physical Culture Aspects in Secondary Schools**

*Rozibayeva Zuhra Oybekovna*

*Nukus State Pedagogical Institute 4th year student of women's sports at the faculty of physical culture*

**Abstract:** Sport, which is considered a component of the physical culture of the society, means "trying hard", "competing" in the basic sense. Until the end of the 19th century and the beginning of the 20th century, it was considered as a means of recreation, entertainment, and then as a means of achieving a high physical performance and winning in competitions.

**Key words:** physical culture, methodology, training, society, educational system.

### **INTRODUCTION**

The basic ground of physical culture is conditionally created through "preschool and school physical culture". By this, we understand that physical culture is a compulsory subject of study in preschool institutions, comprehensive schools and other educational institutions. This, in turn, creates a basis for general physical education, the comprehensive development of physical abilities, and the foundation of solid health. This guarantees the creation of the basis of the level of physical strength necessary for a well-rounded person. The physical culture of the school serves as the main foundation for the formation of the ground for the physical education of the student. Sport is a component of physical culture. Sport, in particular, provides the development and growth of physical and related abilities.

Sports, considered a component of the physical culture of the society, means "trying hard", "competing" in the basic sense. Until the end of the 19th century and the beginning of the 20th century, it was considered as a means of recreation, entertainment, and then as a means of achieving a high physical performance and winning in competitions. The development of sport is manifested mainly in three ways - as an educational subject, as a mass-volunteer sport, and as a "big sport". As an educational subject, sport serves as a means of physical education in secondary and higher schools, in the army. Mass-volunteer sports are carried out outside of school and after working hours through state and public organizations and at the initiative of each person.

When the word "athlete" is pronounced, not only the image of a strong, resilient, agile and handsome young man or woman comes to mind, but also a strong-willed, well-spoken, always looking at life with good hope. we understand an optimist, a person who easily overcomes any difficulties, humble and calm about his achievements. Therefore, sport is an activity that serves the benefit of society, it performs an educational and communicative function, but it is not a permanent profession. Sport is an activity without production, that is, it is not connected with the creation of material wealth (wealth) and is subject to the laws of the educational process.

In children's sports, both of the above-mentioned signs are expressed in such a way that the sports activities of students are considered extracurricular and are partially included in the curricula and programs of general education schools as a subject, and have a separate importance in the form of extracurricular activities and activities in extracurricular institutions. , will be launched on a voluntary basis with attention. All the characteristic signs of sports are a whole and are reflected in children's sports. It can be defined as a different form of extracurricular activity of a child, or it can be considered

as a process consisting of special training, participation in competitions, or the development of predetermined optimal movement skills, taking into account the available opportunities. Children's sports are limited by their age, and include the period from the time they are allowed to enter special training until they graduate from general education.

Youth sports. There is a very short meaning in this concept. Its limit is determined by the age group:

Youth sports. Youth sports groups consist mainly of high school age students. This phrase is considered conditional and implies the participation of girls in sports. School sports are similar to children's sports depending on the age and other characteristics of the participants. The difference is that children's sports are organized through schools and out-of-school institutions, while school sports are organized only in schools with school students. In addition to the service provided for the physical culture of our sports society, it also embodies the service of physical education. The special aspect of physical education in sports is that the pedagogical system of achieving physical maturity is specialized and is called athlete's training.

In conclusion, it can be said that sport is a part of physical culture and is a common property of the culture of the existing society, and sports training serves the benefit of the educational system as a specialized part of physical education. Mass sports are part of physical culture. Big sport is the highest level of human body culture. Practical physical culture is divided into professional and military-practical physical culture. They are directly determined by the introduction of a special training system in the field of professional activity and related to the requirements and working conditions arising from a certain profession. Practical types of physical culture, their organic connection, professional training and practical military physical training are expressed by the establishment, formation and creation of the general physical training base.

In addition, the content of practical types of physical culture includes physical training and various physical exercises on the sports ground. Physical culture can be directed to health and is used for treatment purposes. This type of physical culture aims to restore the body's temporarily lost functional capabilities. Physical culture hygiene is focused on the working day framework, daily life and rest regime, serves to improve the daily functional state of the body and, in turn, creates an opportunity to form the "environment" of the main vital function.

#### **References:**

1. Goncharova O.V. Development of physical abilities of young athletes. Study guide, Tashkent. O'z DJTI, 2005 - 171 p.
2. Mahkamdjonov K, Tulenova Kh.B. General and extended "Physical education" program for preschool educational institutions. Science Tashkent., 2006