



USE OF PHYSICAL EDUCATION TOOLS IN PHYSICAL EDUCATION AND SPORTS

Hakimova Gulshan Abduxalilovna

Termiz State University

Teacher of the department of sports management.

E-mail: gulshanhakimova93@gmail.com

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Received: September 11 th 2024 Accepted: October 10 th 2024	<i>In this article, the author presents preliminary information about the means of physical education and its importance for those who practice physical education and sports.</i>
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Sport serves physical development and helps to educate moral and willful qualities. Therefore, working with sports is especially useful during the formation of the human body and personality.

Various gymnastic exercises (exercises for general development) in working with students in order to form physical skills and solve various tasks of physical education. As a result of this, the ground is created for physical exercises and working with various sports at the next age.

Tourism allows to strengthen movement skills and develop physical qualities in natural conditions. At the school, outings around the city are organized with children using different modes of movement (walking, cycling, etc.). During a walk, you can do various exercises on the way (for example, jumping from a pole, jumping ropes, exercises with a ball, movement games, etc.), doing physical exercises in the open air will increase the effectiveness of fitness. .

The health-giving forces of nature are carried out in the process of physical education in two directions: the organization of physical exercise training and as a suitable condition, that is, the natural factors of the environment enhance the effect of physical exercise.

Knowing how to use the healing forces of nature correctly increases the positive effect of physical exercises on the human body. Open air. During physical exercises on sunny days, children feel positive, absorb more oxygen, increase the capacity of certain organs and body systems through metabolism. The sun, air and water are used to train the body, to increase the body's adaptation to high and low temperatures. As a result, the heat-controlling apparatus is trained and the human body has the ability to respond to sudden changes in weather. In this case, the adaptation of physical exercises from the natural factors of nature increases the effectiveness of training.

Natural forces of nature are used as independent tools. Water is used to clean the skin from dirt, to expand and narrow blood vessels, and for hair loss. The air of forests, parks, parks has a special substance (phytocytes) that helps to eliminate microbes and enrich blood with oxygen. sunlight helps to accumulate vitamin "C" under the skin. It is important to use the natural forces of nature in an adapted manner.

Hygienic factors are a necessary condition for solving the tasks of physical education. They increase the effectiveness of the effect of physical exercises on the body of the participants. Cleanliness of rooms, physical education equipment, toys, students' clothes and shoes prevents diseases. Carrying out hygienic exercises creates positive emotions in children and creates favorable conditions for mastering physical exercises. Hygienic factors include personal and public hygiene.

Hygienic factors are of independent importance: they contribute to the normal functioning of all organs and systems. For example: regular and high-quality nutrition has a positive effect on the functioning of the digestive organs and ensures timely delivery of necessary nutrients to other organs, helps the child's normal development and growth.

Strict adherence to the daily regimen teaches organization and discipline. Hygienic factors include personal and public hygiene.

Personal hygiene, the order of training, rest, the cleanliness of the place, the hygiene of the study and dining room, the playground, the cleanliness of the body and clothes, the cleanliness of sports equipment and supplies, and the effectiveness of physical education for the body. If physical exercises are carried out in clean, bright rooms, the development of physical movement qualities and mastering these exercises will be easier. They are of great importance in improving health and prolonging human life. Hygienic factors have independent importance: they help all systems and organs to work in a normal state. For example, high-quality and regular nutrition ensures the timely supply of nutrients to all organs, helps the proper growth and development of the child, and also prevents diseases by positively affecting the digestive system. Normal - restful sleep increases the activity of the nervous system and allows relaxation. Proper lighting of the room prevents the occurrence of eye diseases and creates favorable conditions for children's

spatial sensitivity. These are of great importance in improving health and prolonging human life. When playing sports, exercise, rest, and nutrition are of great importance.

Public hygiene: light, cleanliness of the place of exercise, equipment and facilities, or meeting the hygienic requirements of the rooms, etc. Although the natural factors of the environment and hygienic conditions are not the main special means of physical education, their influence is of great importance. Physical exercises are the main means of physical education. If the healing forces of nature and hygienic factors are used to solve the health problems, then physical exercises solve the main tasks of teaching the skills of each movement, training the qualities of movement, and developing a person physically and mentally. The above-mentioned means of physical education are the main condition for the implementation of health and education tasks. In the process of physical education, mental, aesthetic and moral tools are used, which shows the unity of all types of education.

Physical exercises, as a means of physical education, organize active movement activities. It is necessary to convey to the mind of those who exercise the features of physical exercises and the way to get good results.

The consciousness character of physical exercises can be seen in the sum of a number of mental processes. For example: high jump. The following general conclusion can be drawn from the above. Today, the main directions of development of public production are automation of production, complex mechanization, use of electronics and cybernetics. At the same time, physical strength is reduced (decreased), demands for long-term attention, mobility of functions, and quick coverage of the instrument display increase.

Physical exercises are also used in combating the shortcomings of movement and physical activity in certain categories of people. In this, they perform a "compensated" function. In production, physical deprivation results from the limitation of activities in the community and elsewhere. This reduces the function of many organs and systems, stagnation decreases under the external negative influence.

While all tools are involved in the process of physical education, physical exercises have their own importance in education and training. Physical exercise came about through labor. Art, military work, and religion have a significant influence on the development of physical exercises. But in the development of physical exercises, material requirements and living conditions are considered decisive factors. From the beginning, exercise has been associated with positive knowledge and skills.

Summary. Physical exercises are free movements. Performing, stopping and changing them is done at the discretion of the person. As mentioned above, physical exercises have a deep and comprehensive effect on the human body. Therefore, in order to increase the optimal efficiency of physical training, the following factors should be taken into account:

- a) individual circumstances of the training participants: age, gender, health, physical development, training level, mental, physical, emotional and other characteristics:
- b) characteristics of physical exercises (complexity, novelty, technical characteristics).
- c) external conditions: work, study, living, rest order concrete conditions of activity.

In the course of historical development, various complexes and systems of physical exercises, which are an important aspect of the physical education system, were created.

Knowing the laws of physical exercises affecting the whole body and some of its organs and systems is useful in using exercises for certain purposes, as well as correctly methodologically developed complexes that help to solve the problems. A scientific approach to the selection and application of physical exercises aimed at physical development requires a strict calculation of their effects on the human organism and the creation of the necessary conditions that ensure the effectiveness of the exercises. A properly organized methodology is crucial here. The most important factors in the development of children's sports in order to raise a perfect generation: paying serious attention to physical education classes in general schools, academic lyceums and vocational colleges, identifying talented and talented students, directing them to sports, students' such as carefully organizing the process of sports training and creating maximum conditions for them to regularly and consistently participate in sports. In order to solve such problems, clear and elaborate plans, scientific and methodical recommendations and manuals are required.

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