

## ***IMPROVING PHYSICAL EDUCATION IN STUDENTS***

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***Annotation:*** *this article reflects on the development of Physical Culture in students and on important aspects of education in physical education and sports training.*

***Keywords:*** *student, training, mastering, process, institution, competition, pedagogical, theoretical.*

***Аннотация:*** *В данной статье рассматриваются важные аспекты развития физической культуры у учащихся, а также воспитания в занятиях физической культурой и спортом.*

***Ключевые слова:*** *студент, обучение, освоение, процесс, учреждение, конкурс, педагогический, теоретический.*

The purpose of the features of education in the process of physical education and sports training will be to teach students and students to the requirements for the physical development of their organism and a healthy lifestyle. At the same time, sports and wellness activities of physical education greatly contribute to the positive assimilation of specialist training. Student and student physical education events take the forms of morning exercise, physical education classes, sports circle training, sports wellness competitions and holidays.

Morning exercise classes are performed in the student dormitory in public, during the months of residence and in the family independently. Physical education activities in educational institutions will consist of training of students and students, training, wellness and life activities. Physical education processes are organized at all stages. In the organization of physical education, the pedagogical team of the educational institution has a great education of physical education teachers and sports coaches. In educational institutions, physical education activities are morning exercise, physical education classes are activities in sports circles, sports competitions and holidays, and tourism activities on weekends and holidays.

The work on physical education in an educational institution differs from students and students in very homogeneous forms that require diligence, initiative, organization. They help to train organizational skills, activity, resourcefulness in students and students.

The purpose of physical education of students in an educational institution:

1. Wellness.
2. To educate as a mature person in all respects.

3. Preparation for the defense of the motherland and for cocktails. Based on the purpose of physical education, the main tasks of physical education are set for the recovery, conditioning, physical development of students and students, the formation of movement skills and skills:

To give special knowledge of physical exercises and sports, as exercise, is understood a variety of voluntary action activities that are consciously carried out, meeting the requirements of the laws of physical education. Such movement activities were historically systematized, accumulated and stylistically supplemented as gymnastics, games, sports, tourism exercises. Instill in them hygienic knowledge and skills. This task consists in giving the student and the student the appropriate knowledge regarding the benefits of physical training,

hygienic rules, compliance with all the rules of physical education provided for in the program.

All this to strengthen health, their hygiene they are directly involved in their knowledge of the rules and their observance, which is achieved by the joint action of the school, family, community and children themselves. Physical exercises and sports are taught in physical education classes, agenda activities, and circle training. As a result of it, physical development is ensured. Sports interests are also formed in students and students and involved in sports. Health, improving, helping students to develop and correct physical activity. Factors of nature include improving the health of students under the influence of water, sun, air, and improving the body's resistance to diseases.

To conduct physical education activities as clean as possible in the air, or to organize the provision of sports halls with fresh air. To lead students and students in water treatments, swimming and diving training, and to manage sunbathing activities. It is carried out on walks, excursions and tourism Sessions. This task is the most important of all physical culture and sports work in an educational institution. It is necessary to be in the center of attention of any teacher, a team of educators. Therefore, it is necessary for the normal development of students and students from physical humor. Formation and improvement of movement, skills and skills, training in new types of movement and movement activities.

The content of the student and students ' Physical Culture program is structured in such a way that students regularly engage in Physical Culture classes, at home, physical culture circles and sports circles, systematically acquiring vital necessary movement skills such as walking, running, throwing, scratching, balancing. All the listed activities help to develop a versatile physique, prepare them for a cocktail. In the formation of movement skills and skills in students and students, it is necessary to approach them based on gender, age and physical fitness, as well as personal ability. Improving physical qualities.

Agility, strength, agility and endurance and flexibility are all the qualities that a person needs. They are inextricably linked with the formation of movement skills in students and students. Conducting physical exercises for a short or long time at a different pace, with different complexities, contributes to the development of the above qualities. Develop physical qualities in accordance with each other.

Organization of classes in accordance with the personal abilities of those involved, as well as the involvement of students in sports. Education of mental and aesthetic qualities. Education of integrity, rigor, discipline, community, friendship and comradeship, cultural behavior skills, attitude to work and social property. The whole process of physical education helps to educate such valuable moral and volitional qualities. Many exercise, play movements will help to train courage and friendship traits. Also, the formation and upbringing of love, patriotism, prejudices for the motherland. Formation of the right figure.

Formation of skills to keep the figure straight when roaming and walking. The correct formation of a reed is a complex and long-lasting process. Therefore, in order to achieve positive results in this area, it is advisable to keep the figure straight when walking, while standing; exercise should be widely used; the content of physical culture classes should definitely include exercises related to improving the figure, Gymnastics up to classes, Physical Culture times, Physical Culture times, physical education, work with physical and mental activities without stopping on themselves, and give home relevant tasks. It is envisaged that timely examination of the given tasks, as well as testing in practice, will achieve results on this basis.

It is one of the important tasks to educate students and students from a wide range of mental foundations, since the consciousness of students and students is during development. It is possible to achieve the desired results only when you are able to direct the upbringing for the better. Involvement in physical education and sports activities. It consists in getting the student and students accustomed to systematically performing physical exercises not only in educational institutions,

but also at home. This is an important task, to increase the quality of the student, and students, it is necessary to make all the activities carried out live, the content and form of the material to be studied interesting, exciting, to spend under the sincere treatment of the head of the training, to create conditions for the interaction of those involved. Involving students and students in sports according to their personal interests and physical abilities.

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