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PHYSICAL REHABILITATION AND PUBLIC SPORTS ACTIVITIES IN EDUCATIONAL
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ABOUT ARTICLE

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Abstract: In this article, one of the only ways to implement the physical education system of our country is gymnastics training. Fitness training helps to solve the main tasks of improving the health of the human body, shapes the stature of young people, increases physical performance, and helps them to grow mentally and deeply.

INTRODUCTION

In all educational institutions, additional physical fitness and mass sports activities are included and conducted in educational activities. The unity of study and non-study forms ensures successful mastering of the materials of the second program, consolidation of what has been passed. In a number of educational institutions, students' independent works are tested in practice according to the teacher's assignment. It is usually organized outside of school hours. Students do morning physical education in their dormitories and homes. In most academic lyceums and vocational colleges, "Minutes of physical education" are held during the school day. These activities undoubtedly benefit the health of students.

This corresponds exactly to the requirements of the decision "On measures for the further development of physical education and sports in Uzbekistan". According to the physical education program, "Health Day" is held once every quarter in educational institutions. Its program includes events for active recreation, public games, competitions according to the standards of "Alpomish" and "Barchinoy" special tests.

During vacations (summer and winter), some vocational colleges create sports-health and work and recreation camps to organize active recreation of students.

In them, training and exercises are held to improve sports skills, students are prepared to pass the standards of the "Alpomish" and "Barchinoy" special tests.

Physical culture team in educational institutions. The main link of the physical culture movement in Uzbekistan is the physical culture team. Physical culture teams are formed in enterprises, institutions, cooperative and collective farms, educational institutions.

YMY performs its activities under the leadership of the trade union organization of the educational institution. Direct work is organized by the board of the physical culture team. The chairman of the YMY board (sports club management) is elected at the beginning of the academic year at the general meeting of physical educators of the physical education institutions. All organizational, rehabilitation, public sports activities are conducted between students-athletes and the pedagogical team. Commissions will be established in the YMY council to lead activities in educational sports promotion and promotion, financial management and other areas.

They are shared by a talented student or students. For example, the Khayat, members of the "Kamolot" youth social movement, Khuzha Khayat, a member of the trade union of the educational institution, etc.

Organizers of physical education (group captains) are elected in training groups, active participants, guides and sports referees are at the forefront. The training of personnel in physical education in the needs of secondary special education should be carried out both in the process of physical training and in specially organized seminars. Implementation of educational sports activities for two ages that are mutually related; Development of popular sports and recording of athletes' skills.

Work of training machines in the educational and sports process.

1. Continuous development of the health of sportsmen, file functional characteristics, appropriate physical development.
2. To meet the requirements and standards of the "Alpomish" and "Barchinoy" special tests, which are necessary for effective work and defense of the homeland.
3. Acquiring special theoretical knowledge of students in the field of physical and mental health and the specialization of tunvan style.

4. Implementation of sports majors for those who are engaged in sports departments, compliance with the category mayors and requirements of the YSK of judging in sports.

5. Formation of the idea of national independence during sports training. They work with the YMY Council (sports club management), the head of sports sections, coaches and team instructors, and healthy people. They are not only responsible for maintaining good health, but also for improving the health of those who engage in physical culture and sports.

It should always be remembered that physical exercises can give a positive health effect only if they are used correctly. Therefore, in physical culture and spot training, anatomic and physiological characteristics of a person are taken into account, his gender, age, health status and level of training are taken into account, daily medical-pedagogical control is carried out.

In the work of the physical culture team council, sports sections and the training process of teams in various sports occupy a large place. In these sections and teams, students improve their sports skills, take part in internal sports competitions of the educational institution and competitions held by high-ranking sports organizations.

The more wellness groups and sports competitions are organized in educational institutions, the more fully the needs of students are met. The amount of YMY increases, no student is left out of the team.

In the educational institution, it is recommended to organize groups and sections for sports that ensure all-round physical fitness of students, they can be athletics, wrestling, sports games (basketball, volleyball, football, etc.).

Training sessions are organized during free time from school time, taking into account sports competitions and other events. Before the exam and during the exam, the mastery of each student involved in sports is taken into account, depending on the result, the teacher, coach, community-instructors can reduce the amount of training and their duration.

The tasks of sports sections are as follows

- To attract young students to regular sports activities;
- Strengthening health, training the organism of the participants, their harmonious development in every way;
- To ensure physical-technical, psychological, practical and theoretical preparation;

- Ensuring mass participation of employees in sports competitions:
- To achieve the students' fulfillment of "Alpomish" and "Barchinoy" special test requirements and standards:
- Ensuring the involvement of highly qualified athletes and national teams:
- Consists of training guides and public coaches, sports referees.

In order to organize educational and sports work at YMY, an educational and sports committee, a coaching council, a group of sports referees, a building of sports sections, public instructors and coaches are appointed, and the head and team captains are elected in the educational groups.

Educational and sports commission. The composition of the commission consists of physical education teachers (coaches), sports referees, good athletes. The chairman, deputy and secretary are elected from this composition. The commission is engaged in the organization of training sessions, preparation of "Alpomish" and "Barchinoy" special tests and athletes, public instructors, coaches and referees, control and accounting of educational and sports work.

The board of coaches will be formed in a large educational institution, competitions in the physical culture team, and the board of educational coaches. It includes state physical education teachers, coaches and community sports instructors. The council elects a chairman and a secretary who will carry out educational and sports activities to develop their activities.

Together with the heads of physical education, the coaching council will review the regulations and program of the sports competition, the plan for the training of "Alpomish" and "Barchinoy" special test participants and sportsmen's ranks at their meetings. Presents to the general meeting of physical educators for approval, listens to the reports of coaches on their work, reviews the end of educational work.

The referee group unites all the referees in the sports of the physical culture team and directs them to work. He elects the chairman, deputy and secretary. The group develops a plan. This plan provides refereeing in sports competitions in the physical culture team.

The group organizes training of sports referees, training of new personnel, attracts physical education activists to sports refereeing, appoints referees to competitions, promotes the rules of sports and other

sports. Knowledgeable and experienced judges are recommended to participate in district, city, regional competitions.

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