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**IMPORTANT ASPECTS OF INVOLVING CHILDREN IN PHYSICAL EDUCATION AND SPORTS
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ABOUT ARTICLE**Key words:** Physically fit generation, moral education, physical culture, healthy lifestyle, physical education, sports, spirituality, sports rehabilitation.**Abstract:** In this article, it is payed attention the involvement of children in the processes of physical education and sports rehabilitation. The processes of raising a mentally and physically mature generation were analyzed.**Received:** 10.06.2023**Accepted:** 15.06.2023**Published:** 20.06.2023

INTRODUCTION

In our country, the necessary conditions and opportunities have been created for raising a healthy and well-rounded generation, for youth to realize their creative and intellectual potential, and for the young men and women of our country to become well-rounded individuals. As in every field, a number of priority goals and tasks have been defined in the field of physical education and sports based on conditions and opportunities.

The goals and tasks of physical education are to teach the future young generation various theoretical knowledge, the historical laws, methods, and tools of the development of the physical education system, as well as to give them comprehensive and in-depth knowledge about the characteristics of physical education, knowledge that will be of practical importance in their future work activities. It consists of forming skills and abilities.

Physical education is a pedagogical process aimed at forming physical and volitional qualities in children, mentally and physically preparing them for labor and the defense of the Motherland, and is an integral part of social education.

The existing social conditions based on highly developed production show the need to raise a young generation that is physically strong, capable of working with high efficiency in the production process, not afraid of difficulties, and also always ready to defend the homeland.

Physical education is a process aimed at the comprehensive development of the young generation based on socio-historical experience, the formation of their consciousness, behavior and worldview. The laws of physiological maturation of the organism, the spiritual development of a person, the achievement of philosophical and pedagogical ideas, as well as social culture. level gives a general direction to the purpose of physical education. In the famous words of L. Tolstoy: "To be mentally healthy, you need to be physically fit."

Raising a mentally and physically healthy generation is not only a national need, but also a matter of national importance, and it is a noble goal for all the brotherly peoples born and raised in our multi-ethnic homeland. It is important as the main link of the process of educating and bringing to adulthood mature, well-rounded individuals, which is the main basis of the reforms carried out in the system. It is necessary to properly form the concepts of physical education and physical culture to each young generation. . It can be said with confidence that physical culture means creative activity aimed at changing and improving human nature through physical exercises.

Physical culture is notable for its focus on "cultivating" the human body. Therefore, it is important to develop the child's personality in all aspects along with the formation of body "culture". This or that illness of a person is a payment for the slow development in his psyche and body. From the moment a child is born, his freedom of development in society is limited. Limitation of freedom of activity leads to various diseases. In order to achieve health, it is necessary to adapt the child to the surrounding environment and help him live in harmony. In this, there are the concepts of physical education and physical culture have a special place.

In addition to being of primary importance in the formation of physical culture of a child, physical education serves as a means of imparting universal and national cultural values to him.

Physical education makes a worthy contribution to the all-round development of a person and is the basis for his mental, spiritual and moral development. It also strengthens social relations between people, friendship, kindness, humanity, kindness, and generosity.

According to the initiative of the President of the Republic of Uzbekistan Sh. Mirziyoev, "Legal and normative frameworks of the Government of Uzbekistan for the further development of the Republic of Uzbekistan for the development of physical education and sports were created in accordance with the Constitution and norms of international law.

Involvement of children in educational institutions in the processes of physical education and sports rehabilitation and development of their physical skills and abilities, as well as physical education and sports are of great importance in enriching the inner world of children. Children's inner world is enriched with spirituality and enlightenment. At the root of being spiritual and enlightened is hard work. Only a physically fit person can fully understand the essence of hard work.

The experience of the time shows that the future of the state is closely related to the development of the youth living in this society. In the organization of physical education, to educate children's feelings of caring about maintaining and strengthening their health, training the body, correct physical development, increasing its working capacity, and in them a new movement formation of skills, qualifications, arming them with special knowledge, development of physical qualities appropriate to children's age and gender (strength, quickness, agility, endurance, endurance, hard work, endurance, will, determination of character), personal hygiene the aim is to educate conscious attitudes towards conservation.

The famous medical academician, Buterina from Russia, conducted a special study and identified the most favorable positions of the body for proper, easy and beneficial breathing for the body and included them in breathing exercises.

The exercises at the top of the list showed the states of standing, bowing, and prostrating in prayer.

Our Prophet Muhammad Mustafa, may God bless him and grant him peace, who was the most perfect example in everything, showed that everything starts from the family, and he started education and reforms from his family. We can see an example of this in physical education.

Aerobics are the best sports for kids because they are perfect for improving muscle strength as well as improving endurance. On the contrary, it is necessary to be very careful with some sports that can cause serious injuries due to bad posture or excessive load.

As for children under the age of three, it is best to let them explore and fully familiarize themselves with their surroundings. That's why they work well to run, jump or climb to improve motor skills and coordination.

Children between the ages of three and five should enjoy exercising. The most recommended sport is swimming, as it not only helps to increase endurance, but also provides better coordination of all parts of the body.

When a child is five to seven years old, it is necessary to choose one of several types of sports to find out which one he prefers to practice. Experts recommend choosing basketball and other sports in the same group as basketball, such as tennis. In the first case, the child improves the physical part in addition to learning aspects such as discipline. Participating in team sports helps to communicate with other children, to learn what it means to work in a team, and to develop values such as friendship or solidarity.

When a child is between seven and twelve years old, playing sports should be done almost every day to maintain physical condition and avoid certain childhood diseases such as diabetes or overweight. At this age, the child is already able to take the sport he plays seriously and devote himself completely professionally.

The following tasks are solved in the process of organizing physical education and sports rehabilitation:

- strengthening children's health, their physical development;

- increase children's mental and physical abilities;
- development and strengthening of natural mobility in children;
- teaching children new types of movement;
- development of voluntary qualities (strength, agility, courage, endurance, determination, etc.) in children;
- education of children's moral qualities (discipline, responsibility, being with the team, etc.);
- formation of children's need for regular physical education and sports;
- ensuring that the child is physically healthy, getting used to following the rules of personal hygiene, nurturing a conscious attitude to one's own health.

CONCLUSION

It is the responsible and honorable duty of the public to ensure that children, who are the future of independent Uzbekistan, become perfect human beings, to raise worthy successors of their country to be high-virtuous, sound-thinking, and respectful of national and universal human values. is counted. In the minds and hearts of young people, feelings of loyalty to the idea of independence, high spirituality and humanitarian traditions will take deeper root, strengthening their immunity against foreign ideas such as radicalism and extremism, purposeful and systematic physical education aimed at preventing crimes and offenses. we should organize sports competitions and events, create opportunities for young people to find their place in society through physical education and sports.

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