

## **Modern Directions of Children's Sports Development**

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### **ABSTRACT**

*In this article, it is important to inform women and girls about physical culture, its tools and the methods used in their use by sportsmen when they participate in mass fitness sports competitions.*

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During the years of independence, great things were done to realize our noble goals. The "National Personnel Training Program", recognized as the "Uzbek model" of continuing education and bearing fruit today, serves as the basis of our far-sighted work. Fundamentally reforming the education system, raising it to the level of modern requirements, establishing a new system of national personnel training, and raising a competent, potential generation for the future are the priorities of the state policy.

In particular, special attention is paid to the construction of modern sports complexes in remote villages. Fundamentally improving the quality of teaching in the schools, vocational colleges, lyceums and higher educational institutions of our country through the wide introduction of new information, communication and pedagogical technologies, electronic textbooks, multimedia tools into the educational process, educational institutions - strengthening of the laboratory base with modern educational and laboratory equipment, computer equipment, as well as further development of an effective system for material and moral stimulation of the work of teachers and trainers is being carried out on a large scale.

The development of physical training, sports rehabilitation in educational institutions, increasing the interest of students and young people in sports, strengthening their knowledge, skills and qualifications is becoming a demand of the time.

This is the dream of our people who live with firm belief that the future of Uzbekistan is great. As the President noted, let's not set any goals for ourselves, let's not strive to do any great things, at the basis of all our noble actions, at the basis of all our noble intentions is to raise our children healthy both physically and spiritually. Their happiness, to see a prosperous future, to raise a generation that will be second to none in the world is embodied.

It is very important to fundamentally improve the quality and effectiveness of teaching physical education, to conduct it in a way that is integral to life. It is very important to prepare students for socially useful work and to protect the Motherland. Involving leading coaches, proud athletes, extensive use of their rich experience and training, application of national action games based on our national values during practical training, training of leading athletes (World, Asian, Republican champions, " Umid

Nihollar", "Barkamol Avlod", "Universiade" winners) and their joint training are of great importance in conducting physical education classes at a high level.

Sport and physical education are becoming an integral part of young people's life in the current era, when fundamental reforms are being implemented in all aspects of social life. Creating opportunities and conditions for young people, who are the future of our independent Uzbekistan, showing them the right way, raising them to be spiritually and physically strong are the urgent problems of today. It is impossible to count the number of self-sacrificing children of our people who are physically fit, strong, who show love to their families and children, who are able to take and give their lives for the freedom of the country and the nation.

Our brave heroes, such as Alpomish, Barchinoy, Tomaris, Farhad, who took place in our epics, have become our national pride. Of course, such poor young men and women do not suddenly become strong and brave on their own. According to experts, courage and bravery in a person can be innate. However, studies have shown that qualities such as strength, speed, and endurance can be cultivated through exercise. The world-famous great statesmen and generals Jalaluddin Manguberdi, Amir Temur, Babur, Mirzo Ulugbek were not only examples of fighting, bravery, justice, humanitarianism, science, but also their soldiers, who paid special attention to the need to educate the defenders of the country from a young age.

Many of our scholars, such as Beruni, Ibn Sina, Farabi, Navai, who made an incomparable contribution to human civilization and its bright future, as well as the world-famous Al-Bukhari, N. Kubro, A. Yassavi, who spread knowledge of religion who emphasized the need to give lessons on spiritual and physical education. The children's sports development fund under the Ministry of Public Education of the Republic of Uzbekistan aims to form and strengthen the material base of children's physical education and sports in all regions of the country, primarily in rural areas, to establish a network of modern children's sports complexes near secondary schools and residential areas. equipping them with modern sports equipment and equipment, and ensuring their effective use, serves as one of the main directions of activity.

From this point of view, raising a physically and spiritually mature generation is the main goal of the children's sports development fund. Today, the question of how the activities of the children's sports development fund is effective in the locality should be evaluated from the point of view of attracting young people to sports in rural schools. In fact, the role of sports in the life of a person and family, the fact that it is the basis of physical health, and the importance of realizing their abilities and talents for young people who are taking an independent step in life, is very important.

It is impossible to bring the education system to the level of developed countries, to train highly knowledgeable competitive specialists, to form an expert personality, to strengthen his professional training, without educational tools.

Ensuring the dynamics of professional training, taking into account the dynamically growing needs of the modern labor market, the state and society, in the regular formation of professional knowledge and skills of future specialists.

is the main purpose of preparation. In this, the intellectual potential of teachers;

training-methodical-information supply;

resources for professional development;

the level of spiritual maturity of the teacher and students is of sufficient importance.

The multifaceted and complex nature of the issue of forming a fully mature, perfect person shows the importance of the problem of pedagogical competence for the theory and practice of modern education. Because this task cannot be performed without the teacher's skills, his maturity, deep professional knowledge, skills and qualifications, and special knowledge. In this regard, it is important to improve the professional competence of pedagogues working in educational institutions.

One of the important qualities and requirements of a teacher's profession is to love children, be interested in their lives, and respect each person. The child

Only a person who loves, who can mobilize all his strength and knowledge to educate children to become loyal citizens of the great Motherland in the future, can be a real teacher. A person who is indifferent to the child, is not interested in his future, and is indifferent to the teaching profession cannot be a real teacher. Such qualities characteristic of the teaching profession are formed by the pedagogical manners in it. Pedagogical etiquette is a high professional virtue of a teacher. It is a quality that helps the teacher to be stable, to be able to control his emotions, to define and determine the means and norms of pedagogical influence on children. Only a teacher with high pedagogical ethics can establish a moderate psychological climate in the classroom and find a quick way to children's hearts. According to the nature of his service, the teacher should also have organizational qualities. For this, it is necessary for the teacher to have the ability to initiate and organize, to always be energetic, enthusiastic, confident in his own strength and capabilities. An enterprising and enthusiastic teacher can lead the children on his own, and the students will follow him. At the same time, trying to self-educate and work tirelessly on oneself is an integral part of professional qualities.

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