JISMONIY TARBIYA VA SPORT MASHG`ULOTLARINI ILG`OR PEDAGOGIK TEXNOLOGIYALAR ASOSIDA TASHKIL ETISH

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ANNOTATSIYA

Hozirgi kunga kelib barcha murabbiylarga, o‘qituvchilarga, sportchilarga ma‘lum bo‘lishi kerakki, yengil atletikaning turlarini o‘rgatish dava o‘quv mash‘gulotlarida maxsus tayyorlov mashqlarining ahamiyati juda katta. Ushbu maqolada jismoniy madaniyatda shaxsni har tomonlama rivojlantirish haqida ilmiy qarashlar bayon etilgan. Ilmiy faktlar asosida ilmiy fikr va mulohazalar keltirilgan. Tarixan jismoniy madaniyat, birinchi navbatda, yosh avlodni va katta yoshdagi aholini mehnatga to'liq tayyorlashga jamiyatning amaliy ehtiyojlari ta'siri ostida rivojlandi. Shu bilan birga, ta'lim va tarbiya tizimlarining shakllanishi bilan jismoniy madaniyat vosita ko'nikmalarini shakllantirishning asosiy omiliga aylandi

Kalit so'zlar: Jismoniy madaniyat, shaxs, ruvojlantirish, ma'naviyat, ta'lim, faoliyat, sport, jamiyat.

ORGANIZING PHYSICAL CULTURE AND SPORTS ON THE BASIS OF ADVANCED PEDAGOGICAL TECHNOLOGIES

ABSTRACT

Nowadays, all coaches, educators, and athletes should know that the importance of special training exercises in the training of athletics is very important. This article describes the scientific views on the comprehensive development of the individual in physical culture. Scientific opinions and comments are given on the basis of scientific facts. Historically, physical culture has developed primarily under the influence of the practical needs of society to fully prepare the younger generation and the older population for work. At the same time, with the formation of education and training systems, physical culture has become a key factor in the formation of motor skills

Keywords: Physical culture, personality, development, spirituality, education, activity, sports, society.