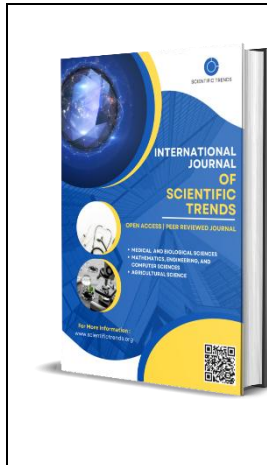


# Importance of Physical Education in School

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## Abstract

**Physical education is combined with intellectual, moral, work and aesthetic education. We need to use modern technologies in new ways to interest and increase the interest of the young generation in physical education from the school age. In order to fundamentally improve the teaching of physical education in general secondary schools and ensure the effectiveness of the system of continuous professional development of physical education teachers, to establish a regular improvement of their professional and physical skills.**

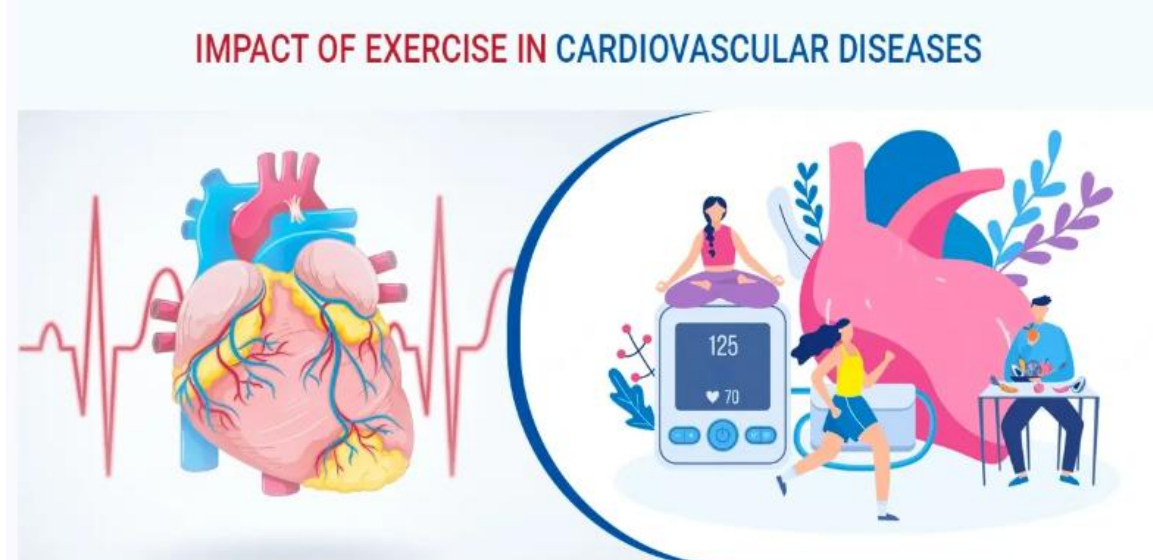
**Keywords:** Through physical education classes, students will acquire knowledge and skills on forming a healthy lifestyle. They learn important life principles such as regular exercise, proper nutrition, following a daily routine and giving up bad habits. Physical education at school plays a major role in the physical and mental development of children. Through this subject, students will have the opportunity to live a healthy life, regularly engage in physical activity and develop sports culture.

## Introduction

Physical education (body education) is an integral part of general education aimed at strengthening health and harmonious development of the human body. It is one of the indicators indicating the state of physical culture in society. The main means of physical education. Physical training, body conditioning, work and life hygiene. Physical education is combined with intellectual, moral, work and aesthetic education. We need to use modern technologies in new ways to interest and increase the interest of the young generation in physical education from the school age. In order to fundamentally improve the teaching of physical education in general secondary schools and ensure the effectiveness of the system of continuous professional development of physical education teachers, to establish a regular improvement of their professional and physical skills. The science of physical education is one of the important subjects that serve to strengthen the health of students, ensure their physical development and accustom them to a healthy lifestyle. As one of the main subjects in the school curriculum, physical education not only increases the physical activity of students, but also has a positive effect on their mental and spiritual health.

### 1. The main goals of the science of physical education

2. **Health Promotion** – Regular physical activity strengthens the cardiovascular system, boosts immunity and improves general physical endurance.



**3. Increase movement activity** - Students develop movement coordination by participating in various sports



**4. Physical development** - plays an important role in training the body and ensuring proper muscle development.

**5. Formation of teamwork** - physical education training develops students' communication skills through team games.

**6. Strengthen discipline and willpower** – Sports and physical activities help students to be disciplined and develop the skills to set goals and achieve them.

**The role of physical education in the educational process** Physical education classes at school are of great importance in the general development of children. They help direct students' energy, prevent fatigue, and focus during class. At the same time, physical exercise reduces stress and fatigue and increases children's interest in learning.

**Physical education and healthy lifestyle** Through physical education classes, students will acquire knowledge and skills on forming a healthy lifestyle. They learn important life principles

such as regular exercise, proper nutrition, following a daily routine and giving up bad habits. Physical education at school plays a major role in the physical and mental development of children. Through this subject, students will have the opportunity to live a healthy life, regularly engage in physical activity and develop sports culture. Therefore, special attention should be paid to physical education in schools. It is known that attention is paid to training the young generation and raising them to be physically healthy from school age. In this, of course, the role and importance of the science of physical education taught in schools is extremely great. After all, the mind is healthy only when the body is healthy.

In the process of physical education and sports training, the purpose of teaching features is to teach the requirements of physical development and healthy lifestyle. At the same time, it helps a lot in positive learning. Physical education activities are in the form of morning physical education, physical education classes, club activities, sports fitness competitions and holidays. In the organization of physical education, the pedagogical team of the educational institution, especially physical education teachers and sports coaches, is of great importance. By means of physical education activities, movement skills and abilities are formed in students with the help of walking, running and jumping and throwing and climbing exercises. Positive changes occur and the body becomes healthy with the help of physical exercises and the healing forces of nature, as well as hygienic means, which are considered as means of physical education.

In the times when the task of raising the young generation to be mature and perfect both physically and mentally was set, it was considered the main issue to carry out two educational directions harmoniously and to ensure their effectiveness. In the process of physical education of students, general and private tasks are solved. The general tasks consist of education, physical training and health improvement, and the specific ones are solved in the form of special tasks in the program of the State **Education Standard from physical education. private duties include:**

- 1) to strengthen, develop and train students' body health;
- 2) to develop physical qualities suitable for this age in order to be ready for various labor activities;
- 3) development of movement skills and abilities necessary for life and Arming with what will be needed later;
- 4) to give students new knowledge about physical culture;
- 5) to make students interested in regular exercise and form a habit for it;
- 6) solves the tasks of training students to be physical culture activists and thereby training their organizational skills.

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