

ORGANIZATION AND HOLDING OF SPORTS COMPETITIONS AT SCHOOL

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Introduction. Sport is an organic part of physical culture and represents a set of material and spiritual values that are created and are used by society for playing physical activities of people, aimed at intensive specialized training for subsequent maximum manifestation of abilities through competition in advance defined motor actions. Therefore, sport is an activity that serves the interests society, implementing educational, preparatory and communicative functions, but is not a permanent specialty (profession) of a person. This is most clearly expressed in children's sports, since sports activities of students are extracurricular, not provided for state plans and programs as an academic discipline general education school and is carried out through extra-curricular and out-of-school forms of work, that is, purely on a voluntary basis.

As we can see, physical education and sports are closely interconnected with other aspects of education: mental, moral, labor, aesthetic and therefore has a great influence on the development the person involved in it in society. This is due to a number of reasons. First, the unity of purpose of all types of education; secondly, dialectic the educational process itself, during which not individual aspects of the human personality, but the whole personality as a whole; thirdly, the presence the general basis on which education unfolds, namely activity.

Almost all types of human activity are represented in sports: cognitive, value-oriented, communication, etc. Therefore, in the process physical education can actively shape the consciousness and behavior of people in the right direction.

In the process of sports activities, mental education is carried out participants. How does this happen? Here there are two connections: direct and indirect. The

direct connection lies in the fact that during the physical education has a direct impact on the development of intellectual the qualities of those involved. During exercise motor cognitive situations constantly arise, the solution of which requires a lot of mental effort. Already a simple solution motor tasks: how to make the movement faster, more precisely, what is needed to take to correct the mistake made, etc. – represents a chain of mental operations, including observation, generalization, acceptance solutions. The specificity of mental activity in the process of playing sports lies in the close interaction between body movements and mental operations: those involved continuously check the program of movements with its actual execution. As a result, conscious connections between muscle sensations, a motor task and a way to solve it. Movements become a way of knowing and mastering the world around.

The indirect connection of sports with the mental development of the individual is that physical exercise creates the necessary foundation in form of good health, which allows a person to fully perform mental activity. Sports are often used as a means to relieve mental stress and stimulate the intellectual activities.

In the process of playing sports, moral development also occurs. involved. It is aimed at the formation of socially valuable qualities that determine his attitude to other people, to society, to to themselves and in the aggregate represent what is commonly called moral education. This characteristic is pivotal in the definition personality. Its content is determined by the norms of morality prevailing in society.

Sports are developed against the background of communication, in a team, under teacher guidance. Communication is the most powerful factor. the formation of the moral qualities of those involved, from the very beginning of classes sports, they begin to realize their belonging to the team and, in accordance with rules and orders, learn to manage their actions, correlate them with the actions of others. Thus the will is strengthened, discipline, a habit is formed to comply with the norms of moral behavior.

In games and sports competitions there are rich opportunities for formation of norms of collective behavior. Mastering various command functions, students learn

not only to organize their behavior, but also actively influence the actions of their comrades, perceive the tasks of the team as one's own, to mobilize the activities of others in the interests of commands. Under the guidance of a coach, such important moral values are strengthened. qualities, such as responsibility to the team, a sense of duty, pride in the success of the team, school, etc.

Conclusion. So, in conclusion, it should be noted that in school sports competitions solve the same problems as in physical education in general. In addition, they are an effective incentive for systematic training.

Sports, contributing to the development of physical culture and sports in country. Sports competitions are used to prepare for subsequent, more responsible, competition; selection, identification of sports data and fitness, quality assurance and training and educational work; agitation for sports, propaganda of the ideas of the physical education and sports.

References

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