

## **CREATING A PHYSICAL AND CULTURAL ENVIRONMENT FOR TEACHERS**

*Elboeva Umida Rakhimdzhon kizi*  
*Nukus State Pedagogical Institute*  
*Student of the faculty "Physical culture"*

**Abstract:** Sport, which is considered an integral part of the physical culture of society, basically means "work", "compete". Until the end of the 19th and beginning of the 20th century, it was considered as a means of recreation, entertainment, and then as a means of achieving high physical performance and winning competitions.

**Key words:** physical culture, methodology, training, society, education system.

The basic base of physical culture is conditionally created through "preschool and school physical culture". By this we mean that physical culture is a mandatory subject of study in preschool institutions, comprehensive schools and other educational institutions. This, in turn, creates the basis for general physical education, the comprehensive development of physical abilities, the foundation of good health. This guarantees the creation on the basis of the level of physical strength necessary for a comprehensively developed person. The physical culture of the school serves as the main foundation for the formation of the soil for the physical education of the student. Sport is an integral part of physical culture. Sport, in particular, ensures the development and growth of physical and related abilities.

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The development of sports manifests itself mainly in three directions - as an educational subject, as a mass-volunteer sport and as a "big sport". As an academic subject, sport serves as a means of physical education in secondary and higher schools, in the army. Mass-volunteer sports are held outside school hours and after school hours through state and public organizations and at the initiative of each person.

When pronouncing the word "athlete", not only the image of a strong, hardy, mobile and beautiful young man or girl comes to mind, but also a strong-willed, eloquent, always looking at life with hope. to understand an optimist, a person who easily overcomes any difficulties, modest and calm in his achievements. Therefore, sport is an activity that serves the benefit of society, it performs an educational and communicative function, but is not a permanent profession. Sport is an activity without production, that is, it is not associated with the creation of material wealth (wealth) and is subject to the laws of the educational process.

In children's sports, both of the above features are expressed in such a way that the sports activities of students are considered extracurricular and are partially included in the curricula and programs of secondary schools as a subject, and have a separate meaning in the form of extracurricular activities and activities in extracurricular institutions, will be deployed on a voluntary basis with attention . All the characteristic features of sports form a single whole and are reflected in children's sports. It can be defined as another form of a child's extracurricular activities, or it can be viewed as a process consisting of special training, participation in competitions, or the development of given optimal motor skills, taking into account available opportunities. Children's sports are limited by age and include the period from the moment of admission to special training until the end of a comprehensive school. Youth sports. This concept has a very short meaning. Its limit is determined by the age group:

Youth sports. Children's and youth sports sections consist mainly of high school students. This phrase is considered conditional and implies the participation of girls in sports. School sports are similar to children's sports, depending on the age and other characteristics of the participants. The difference is that children's sports are organized through schools and out-of-school institutions, while school sports are organized only in schools with schoolchildren. In addition to the service rendered to the physical culture of our sports society, it also embodies the service of physical training. A feature of physical education in sports is that the pedagogical system of achieving physical maturity is specialized and is called physical education.

In conclusion, we can say that sport is a part of physical culture and is the common property of the culture of the existing society, and sports training serves the benefit of the education system as a specialized part of physical education. Mass sport is a part of physical culture. Big sport is the highest level of human body culture. Practical physical culture is divided into professional and military-practical physical culture. They are directly determined by the introduction of a special system of personnel training in the field of professional activity and are associated with the requirements and working conditions arising from a particular profession. Practical types of physical culture, their organic connection, professional training and military-practical physical training are expressed by the establishment, formation and creation of a base for general physical training.

In addition, the content of practical types of physical culture includes physical education and various physical exercises on the sports ground. Physical culture can be aimed at health and is used for medicinal purposes. This type of physical culture is aimed at restoring temporarily lost functionality of the body. Hygiene of physical culture is focused on the framework of the working day, mode of life and rest, serves to improve the daily functional state of the body and, in turn, creates the possibility of forming the "environment" of the main life activity.

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