



Strengthening the Health and Spiritual Maturity of Young People through Physical Education and Sports

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Abstract: This article shows how physical education and sports can help children and adolescents to developmental and spiritual vitality, patriotism and patriotism.

Keywords: Development of patriotism, physical education, physical culture, training, physical education classes.

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Introduction

The human body senses a biological need for action regularly. These actions serve as an active biological stimulus in the achievement of physical maturity and intellectual development. The period of intensive growth and development of the organism coincides with the period of childhood and adolescence [1-3].

Emphasizing that physical education and sports are an integral part of the process of strengthening health, as well as the harmonious development of the younger generation, they highlighted the role of physical education and sports in educating a harmoniously developed generation.

At present, various sports complexes have been built and handed over to our youth in the development of physical culture and sports. For example, swimming, tennis, gymnastics, wrestling, weightlifting and athletics. In the family, the mother is always raising the child. The future of the family will be bright only if our mothers bring up the family in the right way and create a healthy environment. In the family, the mother takes care of the child from birth [4,5,6,7].

The main part

Every mother teaches her child various physical movements from an early age. After the birth of a child in the family, if a child is exercised and bathed frequently from certain infancy, the child will grow up with a healthy, strong, immune system, and the body will grow strong. And for some, as a baby gets older, he or she will outgrow this. Since the child is often with the mother, it would be advisable to monitor her physical culture and sports as she grows physically healthy.

The role of women in the family in the upbringing of children affects not only their own family but also the community and society as a whole. The age and sex of the child should be taken into account when engaging in physical activity [8,9,10,11]. Then this practice will have a positive effect. The main reason for this is several morphological, physiological and biochemical changes in the growth and development of the child's body. Genetic factors and environmental factors play an important role in the manifestation of these changes. As proof of our opinion, if we look at today's families, parents have made it a condition for their children to do various sports in their free time.

Observing the passive state of the growth process in the child's body leads to the fact that during adolescence, there are signs of disease in the musculoskeletal system and internal organs. The child develops mental discomfort. Today, there is scientifically based research on the significant impact of physical education and sports on the formation of a healthy and harmoniously developed citizen of the republic, the ability of children to withstand the adverse effects of health and the external environment. Physical education and sports stimulate the mental and spiritual well-being of children and adolescents, as well as instil feelings of patriotism and love for the Motherland [12-19]. Physical education and sports can give a lot to a child and a teenager. It can occur as a result of physical development, physical qualities and movement skills, improvement of skills, increase of body resources and working capacity, strengthening of immunity against many diseases.

The tasks of physical education of this young generation include:

- Promoting health, strengthening students, promoting their proper physical development and maintaining high mental performance;
- Training of physical qualities (flexibility, strength, speed, agility, and endurance) and the formation of vital movement skills and abilities: walking, running, jumping, throwing, overcoming obstacles, line training;
- Equipping students with specialized knowledge and skills in the field of physical education and sports. Thus, in the process of physical education and sports, students develop willpower qualities such as aspiration, initiative, perseverance, courage, discipline, as well as mutual friendship and appreciation of teamwork, which are necessary for them. feelings like homeland protection are formed.

Athletes, on the other hand, are hard-working and hard-working to achieve results. Not only does it break records, but it also builds the will, the discipline, the habit to work, the value to work. Physical culture teaches obedience to the laws of society, Gymnastics, sports, tourism and other physical activities strictly require rules and regulations from the trainees. Failure to do so will distract the athlete or trainee from the goal. It puts the athlete's life in danger.

It is enough to consider the results of his moral education in sports. For example, suppose a player collides while fighting for the ball. Someone is to blame. You also want to respond to rudeness, but the athlete's ethical standards require that the requirements of the ethical norm prevail in order for the athlete to be able to self-control and resolve the conflict peacefully. Moral norms call for respect for the individual, for the struggle for peace for the future, which is expressed in the form of mutual support, especially during competitions. The spirit of humanism is very high among the peoples of the East over their rivals. This means that good health and physical fitness cultivate the moral values and willpower of a member of society.

In the process of physical education, some tasks of aesthetic education are solved and implemented. Nurturing the aesthetics of behaviour - culture. Gymnastics, sports, games, tourism reflect all aspects of human physical quality. Athletes' behaviour should be a part of the life of the sport and beyond.

Misconduct is assessed as contrary to aesthetics. Ensuring the beauty of the human body is a sign of good health and vitality.

Conclusion

Aesthetic education is based on the ability to perceive beauty, sports technique, the ability to feel the hidden beauty in the expression of the elegance of movement. It shows that our parents understand a healthy lifestyle. It can be said that creating a healthy family environment is often in the hands of mothers. As mentioned above, it would not be wrong to say that it is the responsibility of parents to bring up intelligent, talented and healthy young people in the development of society, in the development of a free and prosperous country.

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