



CONSIDER THE PHYSICAL EDUCATION OF OUR YOUNG PEOPLE, IT IS IMPORTANT TO EDUCATE THEM TO BE PHYSICALLY ENDURANT FOR THE MILITARY SERVICE

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Abstract : *In the article, tips are given to increase the methods of training in the spirit of physical education and endurance. It shows how these types of education can benefit the youth themselves, social life and humanity. At the same time, the article presents activities that affect the physical condition and personal characteristics of young people, increase their health and abilities. Such types of education are very important for the life of young people, because they should improve their health and the ability to think independently.*

Key words: *independent thinking, physical education, spirit of endurance, youth, health, sports, sense of responsibility, problems and situations in life, helping humanity, ability.*

INTRODUCTION

The introduction to the topic shows the importance of physical training and training in the spirit of endurance, and it is said that such types of training are important for the life of young people. Later sections will explain these topics in more detail and provide more detailed information on the types of education.

Young people should improve their physical education through sports activities. They develop their character, loyalty and sense of responsibility by participating in sports.

The article provides the following tips for increasing physical education and training in the spirit of endurance: increasing physical training through sports, increasing the ability to help humanity with the help of training in the spirit of endurance, preparing for problems and situations in life. The article shows the reasons why education in the spirit of physical education and endurance is important for our society in an independent life.

The article observes the importance of paying attention to the physical education of our youth, educating them in the spirit of physical endurance for military service. It helps young people to monitor themselves, maintain health and gain new opportunities through sports and other physical activities in physical education. Resilience education helps develop the necessary skills and characteristics to prepare young people for the changes they face in life.

LITERATURE ANALYSIS AND METHODS

Physical education is very important for the health of young people. This type of training focuses on their strong, well-built and developed physical condition. It is



necessary to develop the spirit of resilience in young people. In this way, they become more efficient, loyal and ready to help humanity. Young people prepare for life's challenges. In such situations, they become useful for their country and nation. It explains how education in the spirit of physical education and endurance should benefit young people themselves and social life. More details of these topics and other information provide more learning opportunities. Physical education and education of young people in the spirit of endurance is necessary for their independent life. These types of education help them develop the necessary skills and characteristics to prepare them for life's challenges and situations.

Physical training is done through sports or other physical activities. These activities can help young people monitor themselves, stay healthy, and gain new opportunities. Resilience training is essential to prepare young people for the changes that life will bring. This type of upbringing helps them develop a reliable character and a sense of responsibility. They are prepared to deal directly with life's problems and situations.

There are many pollinations in the physical education of young people. Their interaction and use of each other gives them new opportunities. Educating in the spirit of resilience increases the capacity of young people to help humanity. This type of upbringing helps them to improve their relationships with the public and other people by getting to know your father. Young people prepare for situations in their lives that suit them. At the same time, it gives them new opportunities and shortcuts, leading to increased confidence and independent thinking.

Education in the spirit of physical education and resilience gives young people an important role in society. Preservation of their personal characteristics and health, increasing their ability to help humanity is necessary for its development and independence. Therefore, these types of education are one of the most important factors in the life of young people. I can provide more information about physical education and training in the spirit of endurance in the following form: Physical education is carried out through the promotion of physical development, health maintenance and new types of sports activities among young people. Educating in the spirit of resilience serves to prepare young people for the changes they face in life. In this methodology, young people have a character that is self-confident and compatible with negative views. With this, they prepare for life's problems and situations.

The following tips may be useful for practicing physical education and endurance education: Young people can improve their physical education through sports activities. Their cooperation and mutual support is designed to bring health and new opportunities. Young people prepare to help humanity by getting to know the public and your father. With this, their character, their ability to help humanity, and their sense of responsibility are enhanced. Young people prepare for situations in their lives that suit them. At the same time, it gives them new opportunities and shortcuts, leading to increased confidence and independent thinking. Education in the spirit of



physical education and endurance is necessary to keep young people in good spirits and in good health . These types of education are one of the most effective leading factors in the activities of young people and are very important for their independent life.

RESULTS AND DISCUSSION

Physical education focuses on the physical condition of our youth. It depends on the type of training required , for example, through sports and other physical activities. The health and personal characteristics of young people are related to this type of education .

about preparing our youth for the changes that will come in life, but also about imagining helping humanity . This type of education is gaining importance in modern society, because the independence and development of our resilient country is related to the physical and spiritual support of its citizens.

The history of the world shows that the spirit of military patriotism has contributed greatly to the development of our country. At the same time, educating young people in the spirit of military patriotism is also an important act. Young people have national feelings and ideas, and play a major role in protecting our country and serving its development. For these reasons, it is important to conduct various activities to increase the spirit of military patriotism. For example, sports clubs, military councils, military capacity building and other activities can be observed. Such activities lead to the physical and spiritual development of young people, to increase the spirit of humanity and solidarity, and to the strengthening of national feelings and ideas. Questions based on the consequences of educating young people in the spirit of military patriotism are also very important. Such issues will be questions aimed at achieving the essential goals of the youth, such as national feelings and ideas, the spirit of humanity and solidarity, protecting the health of our national morals and serving the development of our country.

rights and opportunities in their personal, social and political lives . For this reason, it is necessary for us to make the spirit of military patriotism, which is shared by all, not only for the further expansion of our history, but also for the temporary fan of our national masses.

is an issue that will never lose its relevance and importance for all of us . This actual issue is a continuous process, which consists of a complex of interrelated political- legal , social-economic, ideological-ideological, cultural-educational events. Today, the work of educating young people in the spirit of military and patriotism is carried out in accordance with the Constitution and laws of the Republic of Uzbekistan, decisions of the chambers of the Oliy Majlis of the Republic of Uzbekistan, decrees and decisions of the President of the Republic of Uzbekistan, decisions and orders of the Cabinet of Ministers, general military regulations of the Armed Forces and other legal documents.



In particular, in the "State program for the implementation of the five priority directions of the development of the Republic of Uzbekistan in 2017-2021 in the "Year of supporting youth and strengthening the health of the population", assistance in training young people for professions that are in high demand in the labor market on the basis of the "Patriotic" organization. responsible for giving. At the same time , it was also said that propaganda and propaganda work will be carried out to improve their military knowledge, skills and abilities. It is clear to us that military-patriotic education is a component of general education, and it is aimed at forming the readiness and ability to selflessly defend the Motherland in young people. Its spiritual-educational and theoretical basis is the conclusions of relevant modern scientific fields about the protection of the Motherland, the historical and modern practical experience of our people about the Motherland and its protection, its scientific heritage, as well as universal human values and modern requirements related to this issue . strengthening, protecting them from various foreign ideas and threats, raising them to be independent, strong-willed, selfless and patriotic people should become one of the main goals. As stated by Shavkat Mirziyoyev, Supreme Commander-in-Chief of the Republic of Uzbekistan, "education and training cannot be separated from each other, these two processes are harmonious and continuous only when they are organized on a continuous basis . It produces patriotic young people with worldview, thinking and modern skills . As a result of the increase of patriotic and selfless people in the society, fundamentally positive changes will occur in the spiritual and educational life and in other areas . creation of necessary conditions and opportunities for its full manifestation is the priority of state policy. Strengthening the foundations of the Third Renaissance of New Uzbekistan and contributing to its gradual development as a patriotic person should become one of the cherished hopes of all our compatriots. Indeed , " New Uzbekistan is the dream of all of us, the dream of our hardworking, peace-loving people." It reflects the ancient hopes and aspirations of our people in a unique way. From the distant past

Today, the dreams and hopes of our nation, which were formed on the basis of our national thinking and were expressed in various ideas and practical actions, have been summed up in the concept of New Uzbekistan. If we all stick together, study tirelessly , do our work perfectly and efficiently, acquire modern knowledge and work tirelessly, our lives and society will certainly change," says President Shavkat Mirziyoyev. Prospective plans and radical democratic reforms require patriotism education based on new views and approaches. First of all, "New Uzbekistan", "Towards the Third Renaissance", "The Army and the People are one and the same soul", "One intellectual is a spiritual patron of one neighborhood", "Each intellectual - a coach for five young people", "Seven neighborhoods for one child - parents", "Enlightenment against ignorance, fighting with ideas against ideas", "We are a nation with high pride, nobility and spirituality", "New Uzbekistan is an enlightened state", " Courage and military legacy of our great commanders", "Enlightenment and religious



tolerance", "It is your duty to be a cure for the nation's pain", "For human dignity", we should pay more attention to improving the national idea and its ideological foundations. Today, the formation and education of young people on the basis of enlightenment is becoming one of the most important and basic tasks. In fact, it is necessary to form the education of young people on a modern basis, taking into account scientific and technological requirements, on a scientific and spiritual basis based on the needs of today. A new, systematic approach to education, family, pre-school education, general education, secondary special vocational and higher education institutions, social-pedagogical opportunities of neighborhoods and raising the scientific-methodological unity between them to a new level is necessary for the formation of basic qualities in children. Strengthening stability in society and ensuring thorough security of the state is vital for Uzbekistan. With this in mind, the Republic of Uzbekistan, as an independent state and a subject of international relations, bases its defense policy on the principles of peaceful coexistence of all countries, non-interference in the internal affairs of other countries, respect for their independence, as well as the inviolability and immutability of interstate borders. Based on these principles, with the support of the "Patriot" organization, which helps the defense of Uzbekistan during the Third Renaissance of New Uzbekistan, in educating young people in the spirit of national ideals and loyalty to the Motherland, instilling in their hearts and minds that the protection of the Motherland is an honorable and sacred duty, and in strengthening their confidence in the power and potential of our national army, We hope that it will achieve significant work in the formation of ideological immunity against various internal and external threats. As stated by Shavkat Mirziyoyev, Commander-in-Chief of the Republic of Uzbekistan, "Today, our military is proving in practice that it is not inferior to the military servicemen of the world's leading countries in terms of their post-professional training level. At international military training competitions, inter-army and sports competitions, representatives of Uzbekistan show their skill, spirit, will to victory, and clearly show that they are the worthy successors of our great ancestors. Undoubtedly, all this arouses a sense of pride in our national army in the entire people of Uzbekistan, especially in our youth, and a sense of respect for the honorable profession of the defender of the Motherland. Military -patriotic education is a component of general education. The basis of military-patriotic education is patriotic education. Accordingly, military-patriotic education is based on patriotic education, which is an integral part of all education, knowledge, faith, and worldview of every future and growing generation from the smallest youth. The concept of patriotic education has a broader meaning than the concepts of military-patriotic education and education. As we said earlier, patriotic upbringing and education continues from the day of birth of every person until the end of his life. "Watan" is an Arabic word and in Uzbek language it means place of birth, country, abode. It is not for nothing that our wise people said: "The motherland is peaceful", "Your motherland is your golden cradle", "If your motherland is strong,



your complexion will not be straw", "Elegance in a land that knows grief", "Motherland is a shroud", " A person without a country is a nightingale without a tune", "Be a shepherd in your hand until a man becomes a king in his country". Educating young people in the spirit of military patriotism means forming a sense of loyalty to the Motherland in young people, regardless of their nationality, language and profession, encouraging them to fulfill their civic duties and constitutional obligations, society. and is a multi- level, systematic, purposeful and coordinated activity of state bodies, public associations and other organizations aimed at educating people capable of protecting the interests of the state . The stages and directions of military patriotism are clearly and clearly stated in the concept of educating young people in the spirit of military patriotism. Accordingly, military-patriotic upbringing and education are carried out in a mutually harmonious manner in the following four stages:

The first stage (ages 3-7) is considered to be the stage in which the first ideas about the surrounding world and the Motherland appear, in which children are taught various poems, tunes and songs in family and preschool educational organizations, show cartoons and various games, understand the world by drawing pictures, state symbols (flag, coat of arms, anthem) includes formation of love for the motherland in them.

In the second stage (ages 7-16), strengthening the students' love and loyalty to the Motherland, fulfilling their filial duty to the motherland with high responsibility, expanding their positive thoughts towards our Armed Forces, raising the prestige of military service, making young people physically healthy, spiritually mature, and broad- minded . , is encouraged to good deeds such as forming as a well-rounded person who thinks independently.

In the third stage (ages 16-18), young people are directed to ensure mental and physical readiness to serve the Motherland and its defense. The need for physically strong and intellectually mature youth for our national army, the importance of military service , and the reforms being carried out in the Armed Forces will be detailed.

The fourth stage (ages 18-30) involves improving the physical and spiritual abilities, leadership skills and intellectual potential, general and professional skills of young people, encouraging them to regularly work on themselves, lead a healthy life and achieve this . " serves not only patriotic feelings, but also to study and analyze the historical roots of our national heritage, to widely promote the exemplary life of our great ancestors and brave contemporaries who showed heroism for the freedom of the Motherland . became the holder of a ticket for admission on a joint basis to conduct a 3-stage multi-combat military sports competition that combines the selection conditions for entering higher military educational institutions (medical examination, physical training, psychological preparation, tests) with the participation of 10-11 graders in educational schools (higher of the Republic of Uzbekistan with the exception of the military aviation educational institution). In the same way, the multi -



competition military sports competition was held with the participation of 9th grade students, and the winners of the republic stage, who achieved the highest result, will receive a ticket to enter the military academic lyceums of their choice "Temurbeklar School" on the basis of quota.

shows the importance of paying attention to the physical education of our youth, educating them in the spirit of physical endurance for military service. Such types of education show the benefit of young people to themselves, social life and humanity.

Education in the spirit of physical education and endurance is very important for the life of young people. Physical training is done through sports or other physical activities. These activities can help young people monitor themselves, stay healthy, and gain new opportunities. Resilience education helps young people develop the necessary skills and attributes to prepare them for the changes they face in life.

The article shows the reasons why physical education and education in the spirit of endurance are important for our society in independent life. Young people should improve their health and independent thinking through physical training and education in the spirit of endurance.

Also, the article presents methods of training in the spirit of physical education and endurance. Such types of education help to increase the necessary skills and characteristics to prepare young people for problems and situations in life.

According to all instructions, physical training and training in the spirit of endurance is necessary for the interaction of our youth, the ability to help humanity and independence. Therefore, these types of education are one of the most important factors in the life of young people.

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