

## THE ROLE OF PHYSICAL EDUCATION AND SPORTS IN THE FORMATION OF UNIVERSAL VALUES IN SCHOOLCHILDREN

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### ABSTRACT:

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*The importance and necessity of forming the knowledge and skills of schoolchildren, educating them in the spirit of devotion to national and universal values, as well as the concept of education based on the acquired knowledge in the younger generation, represent issues of forming intellectual maturity, worldview, human convictions, duty and responsibility, moral qualities inherent in the people of our society.*

Consistent work is being carried out in Uzbekistan on the comprehensive development of school education. In particular, the main goals and objectives include educating young people in the spirit of patriotism, instilling in them respect for national and universal values, self-awareness and loyalty, raising the prestige of the teaching profession and the qualitative composition of teachers, improving textbooks and educational and methodological complexes based on modern requirements, and creating modern models of school educational institutions that meet international standards. Therefore, the issue of reforming school education and organizing it based on modern requirements is of particular importance. It is known that the concept of upbringing represents the goal of intellectual development based on the knowledge acquired in the younger generation - worldview, human beliefs, duty and responsibility, and the creation of moral qualities inherent in the people of our society.

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In today's developing era, based on the fundamental reforms being carried out in our country, the issue of comprehensive education of the younger generation and updating the educational process for student youth requires serious attention. In this regard, the improvement of the educational process, the enrichment of the content and quality of education, and its organization based on modern requirements are defined as priority areas of state policy in our Constitution.

In order to form the knowledge and skills of schoolchildren, educate them in the spirit of loyalty to national and universal values, increase the prestige of the teaching profession and the qualitative composition of teachers, improve textbooks and educational and methodological complexes based on modern requirements, create modern models of public education institutions that meet international standards, as well as carry out work in accordance with the content of state programs provided for in the process of implementing the New Uzbekistan Development Strategy for 2022-2026.

Also, upbringing is defined as the purposeful and systematic influence of a teacher on the psyche of pupils in order to instill in their consciousness the desired positive qualities. Upbringing is a continuous process throughout a person's life. Therefore, the word "education" often refers to the content of the work involved in the educational process.

Education is a process organized under the guidance of a specialist with the necessary knowledge, forming knowledge, skills, and abilities in the student, developing the child's knowledge and abilities, and expanding their worldview.

Upbringing is organized in a limited place (for example, in a study room, classroom, laboratory), if the child is formed and developed from birth to the end of life under the influence of the family, school, and society. It is conducted under the guidance of a teacher-educator at a specific designated time.

As is known, the main priority goal of the education system is the upbringing of a comprehensively developed generation. The fact that this very responsible task is carried out based on national customs, traditions, and values is reflected, first of all, in the laws and decisions adopted by our state proves our point. Specific tasks in this area are outlined in the Law "On Education," the Decree of the President of the Republic of Uzbekistan "On Approving the National Program for the Development of School Education for 2022-2026," and the reports of the President of the Republic of Uzbekistan.

The most important issue in the process of education is the priority of national and universal values. This requires education and upbringing using customs and traditions

  
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formed over centuries to pass on the rich cultural heritage left by ancestors to future generations. The future of our country is created by the youth who form the basis of our country's population.

Based on the above opinions and considerations, it should be said that the development of feelings of national pride in student youth through physical education and sports is of great importance. Accordingly, we consider it expedient to fulfill the following in the upbringing of the younger generation as spiritually mature:

- Conducting extensive awareness-raising work about our universal and national values.
- Organize meetings and open dialogues with leading veteran athletes and wrestlers.
- Holding various conferences, sports competitions, and reviews dedicated to our national values.
- Organization of scientific and practical seminars dedicated to the problems and solutions of national values.
- Attracting talented student athletes to research work.
- Organization of scientific conferences dedicated to national and universal values in our republic.
- Expanding the ways of instilling knowledge about national values, customs, and traditions in the minds of young students.
- Organize round tables about great figures and great commanders (Shiroq, Spitamen, Tomyris, Pahlavon Mahmud, Mahmud Tarobi, Jaloliddin Manguberdi, Amir Temur, Zahiriddin Muhammad Babur, and others).

Frequent organization of historical intellectual games to deepen students' understanding of our glorious history.

- Further study of the educational and philosophical aspects of Kurash.
- In this regard, taking into account national characteristics, establishing and effectively using national traditions in the educational process.
- Further improvement of organized sports training, paying more attention to its educational aspects.
- Restoring and developing national traditions and values, informing students about them, and effectively using universal values in the educational process on a large scale.
- Defining ways to conduct educational processes, national and universal traditions, values in connection with the issues of the new era and independence, etc.

**Conclusion:** Sport not only helps young people live a healthy, active, and successful life, but also plays an important role in their comprehensive development. From this point of view, we believe that the formation of a sense of national pride in young people through sports is relevant and necessary.

## Literature

1. Constitution of the Republic of Uzbekistan. [Text] Official publication. - Tashkent: "Uzbekistan" Publishing House, 2023. - 120 p.
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