

**ISSUES OF FORMATION AND DEVELOPMENT OF  
FAMILY PHYSICAL CULTURE.**

**Bavatov Faizulla Shamuradovich <sup>1</sup>**

<sup>1</sup> Assistant Of The Department Of Social Sciences, Jizzak  
Branch Of Kazan Federal University

**ARTICLE INFO**

**ABSTRACT:**

**ARTICLE HISTORY:**

*Received: 10.01.2025*

*Revised: 11.01.2025*

*Accepted: 12.01.2025*

**KEYWORDS:**

*Family, physical culture, healthy lifestyle, physical exercises, family education, adults, children, physical fitness, sports, healthy generation, pedagogues, psychologists, manuals, neighborhood, medicine, community development, physical education corner, cooperation, research.*

*The article examines the formation and development of family physical culture. Special attention is paid to the importance of physical culture and practical examples of parents and other adults in creating a healthy lifestyle for family members. It is also emphasized the need for cooperation of research institutions, pedagogues and medical specialists in the formation of physical culture in families. The article presents practical proposals and systematic works such as promoting physical culture in families, widening physical education and sports, organizing family activities and physical culture corners. The article includes recommendations aimed at forming the physical fitness of family members and having a positive impact on the development of society.*

**INTRODUCTION.** When it comes to the issue of family physical culture, it is necessary to mention that the adults in the family (mainly parents) should have a high level of knowledge and views in the field of physical culture. When parents and grandparents in the family are engaged in physical exercises, if they have sufficient knowledge about physical education and sports, the children in the family will be brought up in the same way. Therefore, the practical example of adults in the family is considered important.

The role of physical culture is incomparable in forming a healthy lifestyle in the family, forming a physically healthy and intellectually mature generation. Creating an environment

of physical fitness in families and widely promoting physical culture issues should be one of the priorities not only of physical culture specialists or medical workers, but also of the general public. For this, it is important to establish cooperation as mentioned above. Also, under the leadership of the Republican "Family" center, it is necessary to implement appropriate program work aimed at promoting physical education and sports in families. On the basis of this center, it is appropriate to establish activities promoting family physical education and sports.

Science is developing more and more in our republic. We all know that the work of specialists in the field of physical education and sports is becoming more and more important day by day. In particular, a number of our scientists are conducting research in such areas as children's physical education, women's sports, sports for the disabled. In our opinion, coordination of the activities of such specialists, effective use of the results of their creative research will be the basis for the wider formation of physical culture in families. The importance of the formation of physical culture in families can be seen in the following:- oila a'zolarining salomatligi mustahkamlanadi;

- physical fitness, which is part of the concept of a healthy lifestyle in the family, is reflected in the content;
- the growth and development of children in the family is normal;
- the formation of physical culture in the family finally had a positive effect on the development of society.

We believe that it is necessary to carry out the following systematic works for the formation of physical culture in families, and we include them as suggestions.

1. Effective use of the creative potential of leading scientists, pedagogues, psychologists and experts in various fields who have extensive life experience conducting research on family issues under the leadership of the Republican Center "Family" and a number of other interested organizations, coordinating their activities, they it is necessary to support the initiatives reported by

2. Publication of various manuals suitable for each of the family members (for example, literature consisting of a set of exercises for children, women, adults, etc.). To ensure that the published manuals are simple and understandable.

3. Widely conduct activities that promote the concept of physical culture within the framework of neighborhood, educational institution and family cooperation.

4. Organization of "physical culture corner" in families.

5. Carrying out educational work on the effectiveness of physical exercises within the framework of cooperation of family and regional medical associations (QVP).

6. Establishing a systematic activity on the issue of physical culture within the neighborhood citizens' assemblies.

**References:**

1. Development of physical education and sports in the Republic of Uzbekistan problems. Collection of materials of the scientific and theoretical conference of higher educational institutions. T.: 2008.

2. K. Mahkamjonov [and others]. Organization and holding of sports holidays. Textbook. Tashkent "Economy-Finance". 2008.

3. Legal and moral foundations of ensuring family stability. A collection of materials of the republican scientific and practical conference. Tashkent-2012.

