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# CHARACTERISTICS OF PHYSICAL CULTURE FORMATION IN THE FAMILY

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**Annotation:** This article discusses in detail the characteristics of the formation of physical culture in the family. The following ideas were expressed in the article, travel, physical training, morning gymnastics, and bedtime walks were discussed. At the same time, the tasks and features of forming physical education in the family.

**Key words:** Family, physical culture, physical exercises, morning hygienic gymnastics, family walks, trips, excursions, lessons.

Honoring the family as a sacred place, creating an atmosphere of peace and prosperity in the family are the qualities characteristic of our people from time immemorial. Family and family values are the most important foundations on which any person's life is built. The formation of personality begins in the family. Family values instill the necessary skills for the harmonious development of nature.

Having theoretical knowledge of family physical culture and the forms of its training are necessary aspects of multifaceted professional training. Every household should have its own corner of physical culture. By creating the necessary conditions for doing physical exercises, the development of the children's body and physical fitness will be controlled by parents, and the habit of engaging in physical culture activities of a healthy lifestyle will be formed.

More non-standard equipment in the family physical culture corner:

- sand bars of different weights (as dumbbells) are used;

- "artificial bars" fixed to the ground or movable, with different heights, exercises with the use of body weight;

- simple stones of different weights (for lifting, throwing);

- turnstiles; a small jumping trench;

- filling bushes;

- jumping ropes;

- 4-5 m long tree or upright climbing pole. It can be equipped with a gymnastic ladder (shoti), a gallows pulled from a wire to practice balance.

Forms of family exercise classes:

- morning hygienic gymnastics training;

- physical culture classes before and during lesson preparation, physical culture breaks;

- preparation of tasks given at home in the subject of physical culture;

- training in free time under the guidance of adults or regular physical exercises,

- sports training;

- outdoor walks before sleep;

- family outings, trips and outings on weekends.

It would be expedient to dwell on some of the above-mentioned forms of physical exercise in the family.

Rules for building a morning hygienic gymnastics complex. Morning hygienic

gymnastics accelerates the restoration of the body to a healthy state, increases the flow of blood and lymph in all parts of the body and accelerates breathing, which activates the metabolism and quickly eliminates the decomposition products accumulated overnight.

Regular morning exercise strengthens the motor apparatus, promotes the development of physical forces, especially strength, flexibility and dexterity. In addition, during morning exercises, you can learn many sports techniques; charging allows you to overcome the dynamic characteristics of a modern person, improve your health, and increase physical and mental work. Daily morning gymnastics, supplemented with water treatments, is an effective means of increasing physical fitness, willpower and body temperature.

The effectiveness of morning gymnastics is based on compliance with the hygienic rules of its implementation, the selection of special exercises and their doses, taking into account the effectiveness of charging and compatibility with other forms of physical education.

The effectiveness of morning exercises is primarily related to the choice of exercises, load dosage and exercise intensity. Charging time depends on physical fitness, it is recommended to charge for at least 30 minutes. Morning hygienic gymnastics complexes should include exercises for all muscle groups, exercises for flexibility and mobility, and breathing exercises.

When performing morning hygienic gymnastics, it is recommended to follow a certain sequence of exercises:

Walking, jogging, walking (2-3 min.);

Performing exercises with deep breathing;

Flexibility and mobility exercises for arms, neck, trunk, legs;

Exercises without weights or without weights for arms, trunk and legs;

Family walks, trips, excursions, out of the city, to mountain areas, forests, parks, parks, will increase the possibility of actively relaxing the body and restoring its spent energy.

It is this trip that allows you to determine whether it is family or not. If parents at the resort prefer to leave their children to animators or nannies, and they themselves want to go on an excursion or to the beach, then, in our opinion, this has nothing to do with family tourism. You could describe it as a family vacation.

Family tourism solves the following tasks:

- It helps to establish family unity and emotional ties, mutual understanding, cooperation between parents and children, correction of parent-child relations, realization of family values;

- Satisfies the need for rest and physical activity. This applies especially to the sports of family tourism;

- Pays attention to a healthy, active lifestyle and the development of health technologies;

- Helps active socialization of children, many types of family tourism, such as group tourism, group work, cooperation, group interactions create natural conditions for children to acquire social experience.

Physical education in places of living, recreation and work. Competitions in places of living, recreation and work. Participation in competitions is one of the most effective forms of physical training and sports activities of the population.

A certain system of mass physical education-health competitions has been formed in the places of living, recreation and work. The following four competitions are held in residential areas:

1) allowing those who wish to participate, using non-standard exercises, holding attractions, folk games;

2) spartakiades, which include a complex of competitions held between neighborhoods, student residences, housing owners' associations according to the current rules;

3) competitions, relays in some types of sports;

4) family sports holidays and spartakiades held with simplified rules, but following the basic sports principles.

"Alpomish" and "Barchinoy" complexes, basic and auxiliary gymnastics, sports games and various exercises typical of other sports are the main content of this competition.

Physical education club. One of the main forms of extracurricular activities in physical education is the physical education club. All activities of the club are carried out on the basis of a plan approved together with the student organization. A physical education organizer is elected in each class and he attracts students to participate in the activities of the physical education club.

Depending on the conditions in the primary school and the number of participants, one of the forms of organizing the club is chosen. The organization of the club is separate for each class or for all elementary school students who are lagging behind in mastering the learning material. Study groups consisting of 20-30 people are divided into groups. Classes are held once or twice a week for 45 minutes.

Duties:

a) activation of the mode of movement of young schoolchildren.

b) expanding the scope of students' special knowledge and movement skills.

c) formation of their interest in physical training.

The content and direction of the training should ensure all-round physical development of students, their acquisition of the "school of actions", formation of the correct posture, and quality mastering of the curriculum material.

The training is based on the school program, but they are performed in a more complicated environment and more in the form of a game. For example, line-up exercises, general development exercises with time limitation, combining the movements of various parts of the body, etc. In order to develop movement qualities, elements of games and sports competitions are widely used in the lesson. For this purpose, it is advisable to hold games on a walk. The use of means has a complex recommendation. The distribution of training types in the annual planning is determined according to the sequence of mandatory lessons in the program material.

General physical training is one of the forms of additional work in physical education and a stage of transition to specialized sports. One or the other sports are organized in order to improve the physical fitness of children for specialization, to determine their interests and capabilities.

Study groups of 20-25 people are formed from those admitted to the department, according to age, gender, and level of physical fitness.

Training is held twice a week for 45-60 minutes.

Duties:

a) to attract as many students as possible to external physical training classes and to influence the choice of sports specialization:

b) to improve the physical training of students and help to successfully fulfill the requirements of the curriculum on this basis.

According to the decision of the President of the Republic of Uzbekistan and the Cabinet of Ministers "On measures for the further development of physical education and sports in the Republic of Uzbekistan, the Alpomish" and Barchinoy special tests were introduced in 2000.

"Alpomish" and Barchinoy special tests are the programmatic and normative basis of the physical education system of the population of Uzbekistan. Control standards determine the general level of physical fitness of the population for study, work and military service. Tests help to strengthen health, increase creative and labor activity. "Alpomish" special tests are intended for men, and "Barchinoy" special tests are intended for women.

Tests are a means of promoting a healthy lifestyle, attracting people to

physical education and sports, satisfying their desire to strengthen their health, and improving their physical fitness at various stages of life. Also, the tests help to develop mass sports in order to acquire the basic knowledge and practical skills of independent physical exercises, to identify and train talented athletes to use various forms of physical exercises during study, work and leisure.

Sports clubs are created for those who want to practice one type of sport.

Duties:

a) involving well-prepared students in regular sports activities,

b) to help the improvement of students' abilities in the chosen sport and on this basis fulfill the requirements of the "qualification" of the sports specialty;

c) preparing students to participate in the school team in district "city" competitions,

g) to help them acquire knowledge and skills in the work of refereeing and instructor "guiding" in the competition.

It differs in the simplicity of the organization of training in the preparation of doubts, does not require expensive and complex equipment, ensures the mass of students, provides an opportunity for all-round preparation of participants, is of practical importance and is related to the content of the curriculum. the main place should be given to sports.

Students of the main medical group "who have received permission to practice from a doctor" are accepted for the course. It is not appropriate to hold a qualifying competition, it limits the students from leaving the sports specialty and is contrary to the tasks of extracurricular activities.

Walks before going to sleep are also considered as one of the health activities in the content of family physical culture. After dinner, before going to sleep, 10-12 minutes of outdoor walks (walks) serve to provide the body with oxygen-rich blood at night. Physical culture owners of some health restoration activities have formed a wrong stereotype (habit) for themselves, such as running or doing physical exercises.

In conclusion, it can be said that the formation of physical culture in the family is an important foundation for the formation of healthy individuals in the society.

Therefore, the formation of physical culture in the family should be our highest goal.

Meaningful organization of the child's free time by forming physical culture in the family, at the same time prevents the parents' children from joining different trends or joining the children whose morals are disturbed by their parents' attention.

Our forefathers did not emphasize that "a healthy body and a healthy mind" is important to Bejis, therefore, forming physical culture in the family is one of the urgent issues of today.

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