

**THE IMPORTANCE OF PHYSICAL EDUCATION IN THE FORMATION OF
PHYSICAL SKILLS AND COMPETENCES OF CHILDREN UNDER 14 YEARS OF
AGE**

Khamidjonov Mukhamadbobir Ulugbek o'g'li

Andijan State Pedagogical Institute, teacher of the Department of Physical Education and Women's Sports.

Saidganiev Saidakhmad Oybek o'g'li

teacher of the Department of Physical Education and Women's Sports of Andijan State Pedagogical Institute.

Abstract: Kids this age need physical activity to construct strength, coordination, and confidence — and to lay the groundwork for a healthy lifestyle. They're additionally gaining greater manipulate over how lively they are. This article discusses the importance of bodily education in the formation of bodily abilities and potential of young people under 14 years of age.

Key words: Physical education; physical development; physical activity; physical skills; physical competence.

Physical inaction poses a significant mission in our modern society, rising as one of the predominant chance elements for mortality on a global scale. This problem is exacerbated by way of a number of elements, which include dietary habits and attitudes toward adopting a healthy and energetic lifestyle. The want to tackle each of these factors will become essential to recognize the advantages and drawbacks that can impact our health and bodily well-being. Childhood and preadolescence are critical stages in physical and mental development, and a lack of fantastic physical endeavor at some point of this length can have long-term consequences for fitness.

School-age children need to have many chances to do a variety of activities, sports, and video games that suit their personality, ability, age, and interests. Brainstorm with your youngsters on activities that experience right. Most kids may not mind a each day dose of health as long as it is fun. Physical pastime suggestions for school-age youngsters advocate that they get 1 hour or more of moderate to strong bodily pastime daily. In addition:

- Most of the physical exercise should be aerobic, where youngsters use massive muscle tissues and proceed for a length of time. Examples of aerobic recreation are running, swimming, and dancing.
- School-age kids commonly have brief bouts of average to robust physical undertaking alternating with light undertaking or rest at some stage in the day. Any average to sturdy exercise counts toward the 60-minute goal.
- Muscle-strengthening and bone-strengthening physical activity should be blanketed at least 3 days a week.
- Children naturally construct strong muscle tissues and bones when they run, jump, and play. Formal weight programs are not needed however are secure when exact designed and supervised.

Physical activity guidelines for teens recommend that they get 1 hour or more of moderate to strong physical activity daily. In addition: Most of the physical activity should be aerobic, where they use large muscles and continue for a period of time. Children under 14 should:

- aim for an common of at least 60 minutes of moderate or energetic intensity physical recreation a day throughout the week
- take section in a range of types and intensities of bodily endeavor across the week to enhance movement skills, muscle groups and bones
- reduce the time spent sitting or mendacity down and destroy up long periods of not shifting with some activity. Aim to unfold undertaking in the course of the day.

Physical education is truly one of the most awaited instructions by using children and adolescents. Whenever the bodily education teacher arrives for his class, the school environment is stuffed with wonderful energy coming from most teens and adolescents. Physical training is permeated with enjoyable components involving video games and even concentration things to do for students who do now not have a sporting profile but who like to challenge themselves. We reflect onconsideration on the benefits of faculty bodily schooling for the lives of teenagers and teenagers innumerable, among them, issues of pleasant of life, body awareness, socialization, and stress reduction, among other benefits. In addition, there is the vast enjoyable that these classes promote.

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