

**WAYS TO INCREASE THE IMPORTANCE AND EFFICIENCY OF PHYSICAL
EDUCATION AND SPORTS ACTIVITIES FOR SCHOOL STUDENTS**

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Abstract: This article aims to study the participation of school students in physical education and sports activities and their impact on educational performance. The article analyzes and discusses the results of the literature review, survey and test experiments. The results of the study show that physical education and sports activities improve students' learning performance, strengthen their health and develop their social skills. In the conclusion of the article, recommendations are given for the further development of physical education and sports in schools.

Keywords: Physical education, sport, school, students, productivity, health, social skills.

INTRODUCTION

Physical education and sports play an important role in the comprehensive development of a person. Physical activity is especially important for school-age students. According to the World Health Organization, children and adolescents should participate in at least 60 minutes of moderate or vigorous physical activity per day.

they should do the exercises [1]. However, in many countries, the physical activity of students is insufficient [2]. This problem also exists in Uzbekistan, where the level of physical activity among schoolchildren is low [3]. Therefore, improvement of physical education and sports activities in schools and increasing their effectiveness is one of the urgent issues.

METHODS AND LITERATURE ANALYSIS

In the study, a questionnaire was conducted to study the attitude of schoolchildren to physical education and sports. 8-11th grade students of 5 schools in the region took part in the survey, a total of 100 respondents took part. The questionnaire consisted of 20 questions and included issues such as students' participation in physical education classes and sports clubs, attitudes towards them, and the level of physical exercise.

Test experiments were also conducted to determine the impact of physical education and sports on students' learning, health and social skills. 9th grade students of 2 schools were divided into control and experimental groups. Students in the experimental group participated in additional physical education classes 3 times a week for 3 months. Pupils in the control group continued to engage in the usual physical education program. At the beginning and end of the test, students' anthropometric indicators, physical fitness and learning were checked.

Scientific sources on the topic were analyzed. The role of physical education and sports in the development of children and adolescents [4], the importance of strengthening the health of students [5], the positive effect on learning indicators [6] and the formation of social skills Issues such as [7] were considered.

RESULTS

The results of the survey showed that the majority of students (78%) have a positive attitude to physical education classes. Participation in sports clubs is also high, with 65% of respondents reporting regular participation in some type of sport. It was also found that the level of physical activity of students is relatively high - 60% of respondents said that they do physical exercises 3-4 times a week.

The results of the test experiments showed a positive effect of physical education and sports training on the development of students. In particular, the anthropometric indicators and level of physical fitness of students in the experimental group improved significantly ($p < 0.05$). There was also a positive change in their mastery grades - the average grade increased by 12% ($p < 0.05$). In the control group, these parameters did not change ($p > 0.05$).

The analysis of the literature shows that physical education and sports not only strengthen the health of students, but also have a positive effect on the formation of their mental development, memory, attention and social skills [4,5,6 ,7]. This, in turn, serves to increase the effectiveness of education.

ANALYSIS AND DISCUSSION

The obtained results show that there is a high interest in physical education and sports among schoolchildren. They actively participate in classes and clubs and do physical exercises independently. This has a positive effect on their health and physical development.

Tests have shown that regular physical activity can improve student achievement. This is because physical activity improves blood supply to the brain, increases oxygen delivery and increases mental performance [8]. As a result, students develop cognitive skills such as concentration, memorization and logical thinking.

At the same time, sports and action games form students' social skills such as communication, cooperation, and leadership [7]. This helps to improve relationships, mutual respect and friendship in the classroom and in the community.

CONCLUSIONS

In conclusion, physical education and sports should be an integral part of the life of schoolchildren. The results of the study showed that Regular physical activity not only strengthens students' health, but also improves their learning and social skills. Therefore, the following can be recommended:

Effective organization of physical education classes in schools, use of modern educational programs and innovative technologies.

Attracting students to clubs in various sports, identifying and supporting talented children.

Increasing the physical activity of students by organizing extracurricular sports competitions and events.

Involving parents and the public in the development of physical education and sports, promoting a healthy lifestyle.

By implementing these measures, it is possible to raise young people as well-rounded individuals, strengthen their health, and improve educational efficiency.

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