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INTEGRATION OF PHYSICAL CULTURE PEDAGOGICAL FACTORS AND CULTURAL AND MORAL EDUCATION

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ABSTRACT

This article explains the necessity and possibilities of an integrated approach to the upbringing of a harmoniously developed generation. The article also outlines the ways of integrating physical and moral education into the formation of a student's personality. Basic concepts: education, upbringing, harmonious generation, integration, personality, physical education, spiritual and moral education, outdoor games, moral ethics, and didactic principle.

KEYWORDS

Education, upbringing, harmonious generation, integration, personality, physical education, spiritual and moral education, acting, morality and ethics, didactic principle.

INTRODUCTION

The main goal of reforms aimed at developing the system of lifelong education in the country is the integration of education and production. The need to develop education at the present stage of scientific

and technological progress, in close cooperation with the market economy and production, is one of the main goals of the National Program for Personnel Training. Therefore, the effective use of integration in

the development of education becomes a priority. Integration is the merging, joining or uniting of separate parts or elements into a single whole. The concept of “integration” was already explained by Spencer in the 18th century. We also tried to integrate as a factor in the development of thinking and interpret it as a synthesis of interdisciplinary communication and forms of learning. Integration means whole. So, these are the different parts of the growth process of thinking, we will consider integration as a phenomenon from the point of view of methodology.

THE MAIN PART

The word "integration" comes from the Latin word "integration" - restoration, replenishment and "integer" - which means the whole. When developing the scientific and pedagogical foundations for integrating the topics of the subject of physical education, which is one of the disciplines in the system of general secondary education, increases the effectiveness of training and eliminates the burden of overwork and stress. In addition to the scientific research of professors and scientists of our country on integration issues, foreign scientists also conducted their research. “Integration is the convergence and interdependence of branching in the processes of differentiation. The integration process manifests itself in a high form of interdisciplinary interconnection”. When the term “integration” is introduced into the educational process, it has two meanings. First, it is to allow perceiving the world around us as a whole (the goal is integrated learning); and secondly, to combine the general aspects of scientific knowledge in the discipline (integration is seen as a learning tool). Because of the above, integration is a systematic link between academic disciplines, paving the way for complementarity, complementarity and science

advancement. Integration can be seen as a source for finding new evidence that confirms or deepens your students' observations and conclusions in various subjects. In this regard, our research is aimed at integrating physical and moral education into the formation of a student's personality. In every social system, there are concepts such as physical education, training-education, spirituality and enlightenment, which ensure the physical growth of a person, and this requires the study of changes occurring in pedagogy to study in conjunction with the development of society. The upbringing of a harmoniously developed generation is of national importance not only for meeting national needs but also for all people born and raised in our multinational homeland. Sport is not only physical but also an important factor in spiritual and moral development. He teaches willpower, teaches to strive for a specific goal, endure difficulties and be patient and enduring. It fosters in a person a sense of confidence, pride and faith in victory As the First President of the Republic Karimov. I. A said a nation with a healthy, educated and selfless generation will certainly build a great future. Indeed, "nothing can make a country known to the world as quickly as sports." Sport brings up a brave, energetic and enduring person”. The issue of educating a physically and spiritually mature generation in our country is our national task, and the main task of our current policy is to consistently and persistently carry out our work to achieve this goal. The fact that in order to educate a healthy, spiritually and morally mature, intellectually developed, physically strong and comprehensively developed personality, 2010 was declared the “Year of Harmoniously Developed Youth” is a striking example of this. Physical education plays a key role in the all-around development of the younger generation: mental, spiritual, moral and physical.



For the successful solution of the tasks of educating a morally and spiritually mature personality, historical traditions, spiritual values, the study of the scientific heritage and historical and educational experience of our ancestors, the implementation of their achievements in educational and educational work are of great importance. As you know, thinking, lifestyle, physical culture, spiritual and moral views of any nation or people do not arise spontaneously in free space. Precise historical, natural and social factors are the basis for their formation and development. If you look at history, you can see that the activities of our great personalities are associated not only with organizational skills and deep knowledge but also with the ethics and moral norms of the people. Good manners also mean that respect is needed not only by those around you but also by yourself. In particular, according to our national traditions, the perfection of a person, first of all, manifests itself in his spiritual and moral maturity, in his efforts to deeply explore and enrich the heritage of his ancestors, to show respect to them. Not everyone can determine the level of perfection on their own. A harmoniously developed person is a person who is completely free from slavery and dependence. This is a person who will not blindly follow people spreading ideas alien, hostile to their people, he is active and always working for the benefit of enlightening his homeland. High culture is formed, developed and improved in the educational process. Physical education is one of the important stages of teacher education, but a wide range of exercises, sports, travel, health factors (sun, water, air, hygiene) and outdoor games play an important role in its content. As mentioned earlier, the natural movement of humans is developed through special exercises and games that promote the development and improvement of joints. In particular, physical condition is an important factor in the formation and development of human qualities. There are many

games for meaningful and targeted use in developing senses such as consciousness, sight, hearing and feeling. For example, "White Bone" was played at night under the moon, young people and adults took part. In this game with your eyes closed, you need to hear and feel the thrown dice. It takes speed, agility and strength to find and deliver the bone to the target. Because the bone can be taken by opponents.

CONCLUSION

Of particular importance are national outdoor games in physical training, increasing the physical harmony of students and the widespread of this problem in other areas. In the formation of the personality of students, while ensuring the integration of spiritual and physical education along with physical education classes, the subject "Odobnoma" ("Education Lessons") conducted in the primary grades of secondary schools is of great importance. Each of the topics taught in this discipline will educate the young generation to adhere to the values of modesty, decency, kindness, kindness, piety, hope, patience, kindness, generosity, humanity, commitment to work, and love for work. In particular, in the course of studying the subject "Culture of Oriental education", the essence of the process of spiritual and moral education, students are explained its theoretical foundations, content, forms and methods, along with these students are given information from Uzbek Ethno pedagogy in this area, the works of our great ancestors about the spiritual and moral education, folklore, traditions, values, traditions, historical monuments about spiritual and moral education. It is very effective for these qualities to continue in physical education lessons.

Drawing conclusions from the above, it is important to note that when shaping the personality of students and ensuring the integration of physical and moral

education, it is advisable to perform the following tasks:

- In-depth study and analysis of the process of ensuring the integration of physical and spiritual and moral education into the upbringing of a harmoniously developed generation as a pedagogical problem.
- To study the abstract pedagogical and psychological features of the physical and moral education of students.
- Determination of optimal forms, methods and means of ensuring the integration of physical and moral education in the formation of personality.
- Development of principles, patterns of integration of physical and moral education in the formation of personality.
- Creation of moral and ethical criteria for the choice of physical exercises that form a harmoniously developed generation.
- Development of a program for the integration of physical and moral education into the formation of a student's personality.
- Development of scientific and methodological recommendations for determining the forms, methods and means of forming moral and ethical qualities in students through physical education.

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