



## **PUBLIC SPORTS ACTIVITIES IN THE POPULATION ORGANIZATION**

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### **Annotation**

The article describes the aspects of the organization of mass sports activities in residential areas.

**Keywords:** physical education, mass sports, sports facilities, sports field, simulator, folk national games, moral, volitional, movement games, development.

### **Introduction**

Sports facilities play an important role in the successful conduct of mass sports activities in residential areas. These facilities meet the requirements of established building codes and meet the needs of children and adults. should be in harmony with the construction of housing.

Sports grounds. backyard playgrounds consisting of health camps, jogging and jogging corridors, playgrounds should be comfortable. Such stadiums should have covered areas and good lighting, which will extend their service life.

Particular attention should be paid to equipping sports facilities with special equipment, simulators. Because in this way, first of all, it is possible to use them in summer and winter, as well as to increase the effectiveness of individual training.

The organization of health-improving activities in the settlements should be carried out with the participation of mahalla councils of elders and specialists. In preparation for Navruz, Independence Day and other holidays, football, wrestling, volleyball, running and national games should be held in the form of competitions. It is necessary to involve more active participation of district and city administrations, sports committees and sponsors.

The content and objectives of physical culture and sports in the activities of the Association "Mahalla", the Public Center "Ma'naviyat va Marifat", the Council of Elders of the mahalla

Mahalla Savings Association

From the first days of independence of Uzbekistan, measures have been taken to ensure the peaceful coexistence of the population, their mutual understanding and protection of their health. Measures to organize self-government of the population on





the basis of decrees of the President of Uzbekistan and resolutions of the Cabinet of Ministers of the Republic of Uzbekistan have become important.

On this basis, the Mahalla Fund of the Republic of Uzbekistan was established, and the Mahalla Fund was established within all regional and district administrations. The Mahalla, approved by the Oliy Majlis, and the primary self-governing organizations of the population, the councils of mahalla elders, were established. These councils include local residents, mosque staff, government officials, and cultural, arts, medical, commercial, and trade officials. To their most important tasks, basically. The solution of the following problems includes:

Explaining to the population the decrees, decisions and instructions of the President of the Republic of Uzbekistan, the Government and the (city-district) authorities of its territories.

"Navruz", "Independence Day" are traditional national holidays and ceremonies.

Contribute to the peaceful coexistence of families (prevention of conflicts and disagreements, resolution of good when they occur).

Improving women's activities and child rearing in families.

Assistance in holding various public health events, national games.

It is known that the above-mentioned important measures require material support. With this in mind, the Republican Commission "Mahalla" and its subdivisions established the Charitable Fund "Mahalla". The funds received from it are mainly spent on the following areas:

Providing financial assistance and gifts to children with disabilities and the elderly on the eve of the holiday.

Parents and adults in the family have a high and responsible task of raising the younger generation as a harmonious person in the family. Especially in the family environment, the child develops human qualities, national customs, willpower, character, attitudes, beliefs and views on the environment. As you know, the family is one of the oldest social institutions. Despite the diversity and complexity of the historical periods experienced by mankind, this place, which was able to withstand the great changes and reforms, especially in the XIX and XX centuries, is healthy in terms of its system, structure and fulfillment of its obligations to society. ' -man is a surviving structure.

The family is a complex social group, formed by the integral combination of biological, social, moral, and psychological relationships. Therefore, the relationship between family members is directly related to material and economic changes.

Parents love their children, no matter what (ugly, funny, agile). The child is accepted as he is.





If the child is in line with the wishes and desires of the parents, that is, reads well, is exemplary, it is good, if the child does not respond to the parents' students, then the children are alienated from their parents and their relationships changes for the worse.

This creates significant difficulties between the parent and the child, and the child does not trust the parent's kindness to him or her.

In some families, the child is not accepted at all by the parents. They are indifferent to the child and push him away from them (for example, a parent prioritizes his daily work over his child's upbringing). But even in good peaceful families, there are cases of indifference to the child (for example, the unexpected birth of a child, the mother is beautiful, but the daughter is ugly, which upsets the mother).

The negative behavior that occurs in the behavior of children in the family is the result of various mistakes that occur in the upbringing of children. Among them is the excessive respect for parents, the desire for dominance. If every step of the child is controlled, the independence of his behavior will be lost. The child loses confidence in his own strength and abilities. The demand for obedience begins without the formation of inner desire and aspiration.

Another mistake in family upbringing is that children are masculine and there are no requirements for them. In this case, parents sometimes underestimate their children's abilities and do their own work. As a result, the child does not develop independence, willingness to work, a sense of responsibility for the work assigned. The child cannot choose his work, he cannot finish it, he grows up involuntarily.

Today, sports are becoming an important part of socio-economic development, spiritual and cultural life. After all, it is a physical and educational phenomenon that quickly introduces the nation to the people. Therefore, the "Strategy for further development of the Republic of Uzbekistan" for 2017-2021

It is no coincidence that the fourth priority area, "Development of the social sphere", focuses on improving the science, education, literature, arts and sports. In order to implement the practical aspects of these issues, on June 3, 2017, the President of the Republic of Uzbekistan adopted a Resolution "On the importance of sports in human and family life in all regions of the country, promoting its physical and mental health to promote,

Important and urgent tasks are to protect young people from harmful habits, to create the necessary conditions for them to realize their abilities and talents, to select talented athletes and to improve the system of targeted training.

"It was stated that





If we look at this problem on the basis of the system of physical culture and sports in rural areas, it can only be effective if it is constantly reformed and implemented on a regular basis. In particular, President Sh. In the words of M. Mirziyoyev, “Life itself and the demands of the people are practical for us

This makes it necessary to organize women's sports in rural areas, to further improve and perfect it, to develop scientifically based proposals and recommendations.

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