Individual Support to the Students of Educational Institutions in Physical Education Classes

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A B S T R A C T
An Individual approach is important in demonstrating the intellectual abilities, interest in cognition, as well as talent of students.

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Education of a healthy generation means building the foundation of a great state, the foundation of a prosperous life. The education of a healthy generation consists in two aspects-the upbringing of a young generation as healthy and bringing them up to the age of spiritual perfection. In order for a person to be spiritually competent, he must first of all be healthy. This is normal, but it is a factor that ensures the future of our society.

In addition to bringing people with physical education, especially the younger generation, to a healthy, harmonious adulthood, to strengthen their health, to improve their psyche, it also allows people to participate in life more fully and more actively, to make productive use of their free time, has a positive effect on the development of other forms of social activity. The proper use of free time brings into the body the opportunity to properly organize the life of young people, to avoid various harmful habits and alien ideas, to properly evaluate them [21].

Sport helps the younger generation to grow up as a healthy, energetic, prosperous person, - says our compatriot. –Sport serves as a specific ground for decision-making in the family, in the society, in a healthy environment.

What is" Individ"? The child is considered "individ" until a certain age. Individ (derived from the Latin word "individium", which means "indivisible", "separate person", "single") is a biological creature that can organize its behavior only with the help of conditional reflex.

Individuality is a characteristic feature of the individual, and its manifestation requires a thorough study of the personality of the child in the implementation of the educational process, sufficient awareness of his living conditions and their consideration.

At school there are different forms of physical education. Unfortunately, in educational institutions it is limited only to the organization and conduct of the course form. This does not satisfy the practical requirements of the students. Pedagogical observations show that in the process of physical education

classes, students receive an incredibly low percentage of the activity of movement necessary for life. According to the order of the Ministry of public education of Uzbekistan dated January 30, 1989 numbered 45, it was intended to pass the physical education course 3 hours a week. But physical education teachers could use it more efficiently. In addition, the lack of proper organization of classes methodically, the training of physical qualities in students as a result of the selection of exercises without taking into account the age characteristics and physical development of the students, the formation of movement skills is not enough.

In many schools, attention was paid to the organization of activities aimed at providing the necessary and active rest for the physical development of students: Gymnastics before classes, exciting action games during large breaks, cheerful moments during the process of general education and other activities. The result was a rapid decline in student mobility, workmanship.

One of the strategic tasks of the Independent Republic of Uzbekistan is to bring an adult physically healthy and spiritually competent person who is able to carry out all future noble work.

In order to carry out these tasks, when planning and carrying out educational work, we must take a new and creative approach to work with initiative. Therefore, it is necessary to develop the system of physical education of children of preschool and school age, to develop measures to improve the skills of movement of children.

Physical education has a leading role in the upbringing of children of preschool and school age, in their development as energetic, mentally competent. The main place in solving these issues is occupied by training and education of children and adults, teachers, parents, tempering the organism, hygienic rules and requirements, promoting a healthy lifestyle. Therefore, the task in the first place is to help children develop fully in all respects, to strengthen their health, to prepare for life and labor, to contribute to their becoming a mature person.

An Individual approach is important in demonstrating the intellectual abilities, interest in cognition, as well as talent of students.

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