



Improving Innovative Mechanisms of Involving Students in Public Physical Education and Sports

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Annotation: This article talks about improving innovative mechanisms of mass sports development among students. In modern conditions, innovative technologies help to improve physical results, create comfort for sports, as well as the effectiveness of physical exercises.

Key words: physical education, sports, mass sports, technologies, innovation, communicative methods, population health, healthy lifestyle.

Introduction

Forming a healthy lifestyle in our society, creating conditions for the population, especially the young generation, to regularly engage in physical education and mass sports, strengthening the confidence of young people in their will, strength and capabilities through sports competitions, large-scale work is being carried out aimed at developing the feelings of bravery and patriotism, loyalty to the motherland, as well as systematic organization of selection of talented athletes from among young people, and further development of physical education and mass sports.

The fact that the representatives of our country are achieving high results in the Olympic Games, World Championships, Asian Games and Championships, and international competitions, that the prestige and sports potential of Uzbekistan in the world is increasing, that magnificent sports facilities are being built in the territories of our republic that meet world standards. It is especially noteworthy that the sports games "Umid Nihollar", "Barkamol Avlod" and "Universiade" consisting of three stages are becoming popular among schoolchildren and students.

At the same time, in all regions of our country, it is important to promote the importance of mass sports in human and family life, that it is the basis of physical and spiritual health, to protect young people who enter life with great hope from harmful habits, to teach them their own abilities. and there are important and urgent tasks to create the necessary conditions for them to realize their talents, to select talented athletes from among them, and to

improve the targeted training system.

It is intended to further develop physical education and mass sports in the territories of the Republic of Uzbekistan, to attract all layers of the population, especially young people, to regularly engage in physical education and sports, and to increase the effectiveness of the effective use of the conditions created in this regard in our country.

Nowadays, interest in using innovative technologies and interactive methods in the educational process is becoming more and more widespread. The use of such methods increases the effectiveness and effectiveness of education, increases the motivation of students to study.

Innovation (English innovation) is the creation of newness, innovation. Therefore, the use of a work form aimed at increasing the effectiveness of the educational process based on news, rather than on the basis of the same templates as in traditional education, means innovation. Basing on pedagogical technologies in education and striving for innovation, using various interactive methods aimed at activating students helps to effectively implement the goal of education.

According to the decree of the President of the Republic of Uzbekistan of January 24, 2020 "On measures to further improve and popularize physical education and sports in the Republic of Uzbekistan", among the main directions of reforming the physical education and sports system until 2025, physical education the total number of regularly engaged population is indicated. and sports are increased to 30 percent.

Physical education of students is an organized pedagogical process of making them exercise. The work related to physical education in the educational institution differs from students in very diverse forms that require enthusiasm, initiative, and organization. They help students to develop organizational skills, activity, resourcefulness.

The purpose of physical education of students in an educational institution:

1. Health.
2. Educate to become a mature person in every way.
3. Preparing for the defense of the Motherland and the cocktail.

Based on the purpose of physical education, the main tasks of physical education are defined in terms of health, training, physical development of students, formation of movement skills and abilities.

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