

# Basic Principles of Contentous Conduct of Physical Education Lessons in Schools

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**Annotation:** In modern school education, physical education classes are important not only for strengthening the health of students, but also for their social, psychological and intellectual development. Today, physical education classes are not limited to traditional exercises, but include innovative approaches, technologies and advanced methods. This article talks about the specific aspects of modern physical education classes.

**Keywords:** Physical education classes play an important role in the general development of students. It is possible to increase the effectiveness of physical education classes by using modern pedagogical technologies, an approach appropriate to the age and individual needs of students, and making lessons entertaining and interesting.

Physical education classes have a special place in school education. These lessons play an important role in strengthening students' health, physical development and personal qualities. Today, the importance of physical education classes in promoting a healthy lifestyle and raising the young generation to be mature in all aspects is increasing. This article analyzes the role and importance of physical education classes in the life of students. Physical education classes play an important role in the general development of students. It is possible to increase the effectiveness of physical education classes by using modern pedagogical technologies, an approach appropriate to the age and individual needs of students, and making lessons entertaining and interesting. This, in turn, serves to raise a healthy and energetic young generation.

In modern school education, physical education classes are important not only for strengthening the health of students, but also for their social, psychological and intellectual development. Today, physical education classes are not limited to traditional exercises, but include innovative approaches, technologies and advanced methods. This article talks about the specific aspects of modern physical education classes.

## Health benefits of physical education classes

### 1. Strengthening physical health:

Physical education classes increase the movement activity of students, which helps to improve the functioning of the cardiovascular system. Also, regular training strengthens muscles and bones, improves body condition.

### 2. Strengthening immunity:

Regular exercise strengthens the body's immune system, increases resistance to colds and other diseases.

### 3. Combating growing inactivity:

Many students these days spend a lot of time sitting. Physical education classes help to solve this problem, encourage children to be active.

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## Effects on psychological and social development

### 1. Reduce stress:

Physical exercise stabilizes the mental state of students, reduces stress and anxiety. During the activity, endorphins - "hormones of happiness" are produced, which raises the mood.

### 2. Development of voluntary qualities:

During exercises and sports games, students develop qualities such as patience, determination, tolerance. These qualities benefit them not only in sports, but also in everyday life.

### Teamwork Skills:

Physical education classes are often organized on the basis of team games. It helps students learn cooperation, teamwork and leadership.



## Its place in the educational process

### 1. Improving cognitive activity:

Physical activity increases the flow of oxygen to the brain, which improves concentration and performance in studies. Research shows that regular exercise improves student performance.

**2. Comprehensive development of personality:** Physical education is not limited to the development of the body, but also contributes to the moral, social and intellectual development of a person

Comprehensive development of a person is important not only for his personal success, but also for the development of society. During this process, it is important to work in all aspects of education, sports, culture and social life. A well-rounded person demonstrates his abilities, contributes to society and contributes to the solution of global problems. Every person's success in life, his role in society and social activity depend on his comprehensive development. Comprehensive development of a person requires attention not only to physical and intellectual, but also to spiritual, moral and social aspects. This article reflects on the content, importance and modern approaches of comprehensive personality development.

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