



## THOUGHTS OF OUR GRANDFATHER IBN SINA IN THE DEVELOPMENT OF CHILDREN'S PHYSICAL ABILITIES

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### ABSTRACT

This article provides information on the role and importance of sports in the development of physical and mental abilities of schoolchildren.

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In recent years, the country has been taking consistent measures to promote physical culture and sports, promote a healthy lifestyle among the population, create the necessary conditions for physical rehabilitation of people with disabilities and ensure the country's worthy participation in international sports arenas.

At the same time, the implementation of specific programs to promote public health in the field of physical culture and sports, the involvement of young people in sports and the selection of talented athletes, the formation of national teams with skilled athletes and coaches is an additional condition for coaches. There is a need to create conditions.

In order to form a comprehensively mature and physically healthy person with a high culture in the country, to set priorities for improving the skills and knowledge of the population in the field of physical culture and sports, to introduce innovative forms and methods in the selection process of talented athletes. January 24, Decree PF-5924 "On measures to further improve and popularize physical culture and sports in the Republic of Uzbekistan."

At the current stage of social development, the issue of raising a physically healthy, spiritually deep, moral and universal generation of educated people, raising the level of the national gene pool has risen to the level of state policy. The policy pursued in the field of educating a healthy generation is bearing fruit in the field. As a result, the level of knowledge, outlook, health and physical fitness of our youth is improving. However, it is known that the level of health and physical fitness of many of our students currently studying in secondary schools in higher education institutions is not up to the required level.

A healthy person, especially a teenager, rarely thinks about their health. It is known that physical education and sports were highly valued even in ancient times. World-famous people such as Socrates, Plato, and Aristotle have not given up on physical education even though they are very old. During the reign of Amir Temur, great importance was attached to the physical training of servicemen. Exercise can be started at any age. The value of health should begin at an early age.

Today, the wide range of opportunities created in our country for the maturity of the younger generation and the achievements made on their basis once again confirm what great paths and new horizons are opening before our people and youth.

The great scholar Abu Ali ibn Sina advised everyone to choose a system of exercise based on their physical strength and perform it regularly. As early as the Middle Ages, the great scholar theoretically substantiated the role and importance of physical education in human life.

In Ibn Sina's "Laws of Medicine", a person's age is divided into four periods:

1. Growth age, which includes adolescence, adolescence, and lasts up to 30 years.
2. The period from the age of cessation of growth (30-40 years).
3. Drowning age, which belongs to middle-aged people and lasts up to 60 years.
4. The age of weakness is that it lasts until the end of life.

The main purpose of the scientist's division of human life into different periods is to

justify the classification of physical exercises for each age, that is, the appropriateness. His teachings serve to scientifically substantiate the changes that occur in the human body in regular physical activity, as well as the rational use of exercise and methods at every age.

Exercise should be used to shape the child's spiritual, moral and physical characteristics. Ibn Sina pays special attention to physical exercises in the formation of the child's personality. The nature, accuracy, complexity and difficulty of the exercise, the speed of performance, the duration should vary depending on the age of the person. Most importantly, exercise should begin on the day the baby is born.

Ibn Sina developed special exercise methods that were necessary to ensure the health of every organ in the child's body. Ibn Sina not only recommends exercises, but also describes convenient ways to perform them. The scientist's words about exercising for health seem to be being uttered today. The thinker puts forward the idea that it is better to heal the body and prevent the disease than to treat it after it has become ill. Indicates physical activity as a key health measure and emphasizes the need for regular exercise, as well as provides its classification.

All physical activity has a positive effect on the physical and mental development of children and adolescents.

Natural physical activity successfully ensures the growth and development of the child's body. Therefore, physical activity provided by coaches or physical education teachers must be consistent with the functional capacity of the child's body and the level of maturity of the physiological system, otherwise it will lead to the manifestation of some deficiencies.

Conscious organization of physical activity improves the physical development of children and adolescents, as well as neural processes. In particular, it shapes attention, speech development, and positive emotionality in children.

Properly organized physical activity increases the functional capacity of the physiological systems of the child's body. Increases the working capacity of the child's body and various resilience.

Most parents pay enough attention to the intellectual and aesthetic upbringing of their children. But they forget the importance of physical activity in enhancing their physical and mental abilities, the essence of physical activity.

Such a confrontation of physical and mental upbringing has irreversible negative effects on the development of children and adolescents. Based on modern physiological and psychological research, it should be noted that there is a direct and strong link between a child's physical development and psychological development. This connection lasts a lifetime.

Physical education and sports serve as a tool for the comprehensive and harmonious development of students. They influence the spiritual world of students, creating the basis for the formation of an active life position and high moral character of students.

Health is not only a personal affair, but, above all, the wealth of society, the strength and power of the people. With the development of modern technology, it is known that the

weight of mental labor has increased sharply, and the weight of physical labor has decreased. Therefore, exercise is of particular importance. They remain an irreplaceable equivalent of the lack of movement activity for students. Especially mentally active employees feel more in need of action.

If everyone takes care of their physical fitness from an early age, acquires more or less knowledge of hygiene and medicine, and leads a healthy life, they will cultivate all the good qualities in themselves.

In short, everyone should constantly develop the capabilities of their body. What nature cannot overcome, what technology cannot, man can do. There is no limit to man's creative abilities. Achieving opportunities, constantly feeling good, not knowing what the patient is, is worth working to maintain strength, ability to work for many years. With the help of active participation in physical education, it is possible to master the most valuable art - the art of health.

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