

## YENGIL ATLETIKA SPORT TURIDA TAYYORGARLIK USULLARI

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### ANNOTATSIYA

Maqolda sport bilan shug'ullanuvchi har bir shaxsning jismoniy, ma'naviy, ruhiy jihatdan tarbiyalashda qaysi jihatlarga e'tibor berilish yo'l-yo'riqlari keltirib o'tilgan.

**Kalit so'zlar:** yengil atletika, sport, jismoniy rivojlanish, sog'lik, tarbiya, sportchi, sakrash, tayyorgarlik

### ABSTRACT

A proverb provides guidance on which aspects of each person involved in the physical, spiritual and spiritual education.

**Keywords:** athletics, sports, physical development, health, education, jump, preparation.