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**TO THE PROBLEMS OF SELF-ASSESSMENT OF CHILDREN WITH  
 DISABILITIES THROUGH ADAPTIVE PHYSICAL EDUCATION AND  
 SPORT**

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**ABSTRACT**

*In our country, effective measures are being taken to improve the health and physical activity of the nation. One of the means of personality upbringing is adaptive physical culture, which uses physical exercises, competitive and plays activities that are most suitable for children with disabilities. Taking into account the realities caused by the global problem - the fight against the pandemic, the President and the Government of the Republic of Uzbekistan are focusing all their attention on strengthening the physical and mental health of the population. The principle of the adequacy of pedagogical influences means the implementation of the laws of the educational and pedagogical process: the solution of correctional and developmental, compensatory, therapeutic and restorative problems.*

**KEYWORDS:** *Adaptive Physical Education, Disabled, Quality Of Life, Adaptive Sports, People with Disabilities, Microsociety, Psychological Factors*

**LIST OF USED LITERATURE**

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