
TECHNOLOGY OF FORMATION OF A HEALTHY LIFESTYLE IN STUDENTS OF GENERAL EDUCATION SCHOOLS

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Annotation

After the independence of the Republic of Uzbekistan, the need to educate an independent thinking, mentally, morally, morally and physically prepared mature generation in order to establish a democratic and free legal society was put on the agenda. According to the Law of the Republic of Uzbekistan "On Education", "National Program of Personnel Training", "Healthy Generation" State Program, intellectual and spiritual-ethical education of a person, healthy lifestyle in students cleans up.

Ensuring a person's life and health, raising the growing young generation to be physically fit is rising to the level of an urgent social issue today.

Keywords: healthy lifestyle, wellness programs, "alignment", "line up".

Since the independence of our country, attention has increased again in our society to the youth who are the builders of our future. Positive changes in the field of health care, especially for young people, can be felt at every step.

Today, regardless of the type of institution belonging to the public education system, doctors and qualified nurses are serving in them. Health protection of students of general education schools, providing them with qualified medical services, identifying sick students in time, rehabilitating them, and preventing various diseases have been widely implemented.

In order to further strengthen and promote health care and a healthy lifestyle, all levels of education - pre-school education, primary and upper grades of general education schools, professional education and higher In the educational system, physical education classes are also included in the program.

In educational institutions, especially schools, children spend 4 to 6 hours 5-6 days a week. Organization of children as a team and their long-term stay in an educational institution allows effective implementation of goal-oriented mass preventive and health programs throughout the entire education.

Factors that negatively affect the formation of a healthy lifestyle in elementary school students, harmful habits and ways to eliminate them, pedagogic scientists M. Abdulaziz, M. Akhmedov, M. Akhmatov, M. Ikromova, O. It was studied in the works of Najmiddinov, I. Nasritdinov, H. Rakhmatov, T. Uzokov and others.

Physiologist scientist B. Chumakov developed recommendations for students to do sports, eat right, follow a daily schedule, avoid harmful consequences, and have proper rest.¹

According to the decision of the President of the Republic of Uzbekistan "On measures to prevent non-communicable diseases, support a healthy lifestyle and increase the level of physical activity of the population" dated December 18, 2018 PQ4063 The "Alpomish" and "Barchinoy" tests, which include

¹ Chumakov B.N Vamologiya kurs leksiya. M. 1999, pg 405

the sports standards that determine the general physical fitness of the population depending on the age of the Ministry of Physical Education and Sports of the Republic of Uzbekistan, the Ministry of Employment and Labor Relations, are constantly held in the form of a competition among the broad strata of the population. tasks of organizing the event and encouraging the winners and prize-winners with III, II, and I level badges have been defined.

We believe that the mutual cooperation of school, family, pedagogues, students and parents is an important tool that improves the quality of work and implements a healthy lifestyle in the daily life of students. It is important for a child to engage in physical education and sports for a healthy and well-rounded formation. It is necessary to explain to students the importance of physical education in strengthening human health.

A person engaged in physical education becomes strong, agile, resistant, strong-willed, resilient, brave, beautiful and mobile. Therefore, he tries to perform every action independently, well and with little effort. According to historical sources, the national sports and national games of the Uzbek people varied depending on the living conditions of the population and prepared people for active and productive work.

Physical illiteracy should be fought at an early age, in kindergartens and preschools. Early education can play an important role in physical literacy and can be an integral part of the process of promoting the development of healthy lifestyles. In kindergartens up to 6 years old, it is appropriate to start the basic program of physical literacy in the form of games and interesting exercises.

In the traditional educational process, students spend most of their time in a sitting position. That's why teachers should monitor students' sitting position during class, conduct physical education minutes in classes, organize activities that have a positive effect, and include exercises aimed at correct body posture in physical education exercises. necessary. Exercising to music will have even more positive effects.

From the first day of school, it is necessary to pay attention to the formation of the correct sitting position in first graders. If they learn to sit properly at the desk, it will be their first step towards a healthy lifestyle. Therefore, the supervision of elementary school teachers is of great importance for the health of children. Spending minutes of physical education in classes is an effective tool for keeping students' ability to work. Russian scientist N.N. Kuindzhi emphasizes the need to spend physical training minutes in classes, because it provides relaxation of the central nervous system and skeletal muscles, which are statically tense due to long sitting at the desk.

The types, forms and content of physical education lessons held in I-IV grades serve as one of the primary factors for students' aspiration towards physical fitness.

Some ideas can be given about the types and main content of classes held in I-IV classes.

Class I. Gymnastics class. According to the results of the scientific and theoretical analysis of the methods of organizing lessons and pedagogical skills in recent years, the following can be recognized, namely:

1. It is not necessary to encourage children to line up according to their height. Because children of this age, first of all, prefer to be with friends and relatives. In the first lessons, you can use the methods of standing in a line holding each other's hands and walking in a line. But if this way is constantly repeated, the children's confidence in walking and standing independently and performing exercise games will not develop quickly.

2. It is necessary to use phrases and commands such as "line up", "stand in a row" when teaching to perform row (side by side) and row (before-after) exercises.

The organization of classes with second grade students on the basis of the program should be somewhat improved in terms of purpose, content and form. That is, the tasks of the first class are repeated in a wider form, and special attention is paid to new game exercises. What is important is the theoretical understanding of the procedures for performing games, full compliance with hygienic rules, performing morning gymnastics, independent games after school, and the educational processes directly related to them. will be given. On this basis, homework and independent work (games and exercises) should be given.

It is known that the body parts of III-IV graders are more developed and they are used to performing complex movements. For this reason, it is necessary to give more freedom in organizing and conducting classes based on all types of the program, to give them the opportunity to independently perform the games and exercises they want. In particular, it is necessary to allow for wrestling, hanging on bars and ladders, various jumps, and throwing exercises. But the teacher's supervision and direct practical support must be constant.

It is necessary to allow and allow those involved in the sports club of the school or children's sports school to perform the games and exercises they want as an example to others. This method, in addition to arousing interest in students, intensifies emotions such as debate and competition, increases the desire to engage in sports, and helps to ensure a healthy lifestyle.

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