

THE IMPORTANCE OF TRAVEL AND TOURISM IN FORMING A HEALTHY LIFESTYLE IN HIGH SCHOOL STUDENTS

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Abstract:

Education of the developed generation, and on this basis scientific substantiation of cultural and moral education of a healthy lifestyle in the development of social relations, analysis of the study of lifestyle thanks to independence is an urgent task.

Modernization of the country thanks to independence and the creation of decent living conditions for the population, the development of a variety of works to create a healthy lifestyle.

Keywords: load, relay games, sports exercises, excursion, tourism, strength, speed.

ЗНАЧЕНИЕ ПУТЕШЕСТВИЯ И ТУРИЗМА ПРИ ФОРМИРОВАНИИ ЗДОРОВОГО ОБРАЗА ЖИЗНИ У ШКОЛЬНИКОВ СТАРШЕЙ ШКОЛЬНОЙ.

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Аннотация:

воспитание развитого поколения, и на этой основе научное обоснование культурно-морального воспитания здорового образа жизни при развитии социальных отношений, анализ изучение образа жизни благодаря независимости является актуальной задачей.

Модернизация страны благодаря независимости и создание достойных условий быта для населения, развитие разнообразия работ по формированию здорового образа жизни.

Ключевые слова: нагрузка, игры-эстафеты, спортивные упражнения, экскурсия, туризм, сила, быстрота.

Currently, the number of factors influencing the physical development of each person is increasing. For example, various changes in the form of education and place of residence, the rules of life, the life of children and adolescents, all this forces them to adapt to new conditions without harm to health.

The nature of our modern development has a great influence on the psyche of students.

Physical training during walks helps children develop cardiovascular, respiratory, muscular and other important body systems. This is achieved by introducing active games, relay races, sports exercises, various types of walking, and basic motor exercises into training. When doing physical education while walking, you always alternate types of activities: fast exercises alternate with slower ones. This allows children to maintain a high level of performance throughout their education. For example, slow running is replaced by play, and play by basic movement exercises, etc.

Tourism guides understand tourism as a means of active recreation and know that they can independently organize it based on a plan and voluntarily acquire knowledge and practical skills; planned tourism (in the form of excursions) with travel to predetermined places by buses, planes, locomotives, trains, etc.; organization of volunteer tourism on foot, bicycle, horseback and in other ways, both one-day and multi-day, carried out along routes selected depending on the complexity of the trip (choose one of 5 different levels of difficulty).

One of the unique features of walking training is that general developmental exercises are not performed sequentially, but in different parts of the training: while walking in the introductory and preparatory part, children perform various hand movements, slow walking, single- and double-alternating walking. with jumping: in the main part, motor exercises are given with the legs and torso. Performing general developmental exercises in this way saves time and makes training more energetic, which is especially important in the cold season. Another feature of outdoor activities is that children are taught sports games and activities, that is, jumping rope, sliding, skiing. In elementary school, children are taught the basics of basketball, football, hockey, and learn to play badminton. In preparatory groups, children will continue to master the above-mentioned sports games and begin learning the elements of table tennis. In addition, during outdoor activities, children consolidate the basic movements learned in previous physical education classes.

Physical education classes during a walk consist of 3 interconnected parts: introductory-preparatory, main and final parts. Introductory and preparatory part. Instill in children the desire for discipline and their future activities, gradually preparing them for physical activity in the main part of the classes.

The preparatory part of the introduction begins with formation and march. Children perform simple movements with their hands when walking. Hands up, to the sides, clapping your hands, making circular movements, etc. Performing these exercises develops the muscles of the shoulder girdle and improves coordination of movements. While walking, the teacher pays attention to the accuracy of the step, the correctness of hand movements, maintaining the distance and direction of movement. He goes from walking non-stop to walking slowly. This may last 1-3 minutes depending on the age of the children. This race is usually held on a sports field. Children line up and run in a circle, without chasing each other, without pushing each other, keeping a distance. Children perform exercises in the second and third rotations (3-4) by raising their knees, running sideways with a couple of steps, jumping on one leg, on two legs, jumping from one leg to the other, running forward with their backs, turning back, etc. All these exercises strengthen the muscles of the legs and pelvis, improve children's spatial perception, and also give them positive emotions. Slow running ends with a walk. Preparation takes 3-5 minutes.

On cold days of the year, children do not line up for training: as soon as the children leave the building, they go to the sports field, performing movements with their arms.

The main part of the lesson (depending on the age of the children) lasts from 14 to 26 minutes. This part examines the qualities of increasing the functional capabilities of the child's body, developing strength, agility, and general endurance. In addition, the basic movements are consolidated and the skills of using them in gaming activities are formed.

For senior school students, the main part begins with mastering the elements of sports exercises or sports games. Then run at medium speed for a short time (1 to 15 minutes). After its completion, children will practice and learn one of the basic movements. After this, the children run again at an average pace, and then active games are played.

The main part of the preparatory group is carried out in the same way as for senior school students, but the teacher uses a more intergroup method. This allows the teacher to independently teach children and improve the children's acquired skills. The duration of the main run is indicated on the attached plans. To conduct the race, he goes around the sports ground and uses different paths in a designated area of the kindergarten. Children should run in places where the teacher can see them, and when running, the distance between each of them should be 1.5-2 steps. For younger schoolchildren, this type of running is more complicated - children are recommended to take a route that overcomes various obstacles. For example, run up a mountain, jump over a beam, run along poles along a snake path, crawl through a gate, etc. Develops agility, endurance, and improves coordination of movements. In this case, the teacher talks about 2-3 obstacles around the playground, the children run around the playground 2-3 times and overcome obstacles in a row.

There should be no haste in performing basic movements, sports exercises or elements of sports games - it is necessary to require accuracy and completeness of movements.

The main part of learning is active play. The recommended plans select active games that are combined with walking, climbing, jumping, and throwing. In order to increase the physical activity of children, losers (caught) are eliminated from the game at least 1 time. In the game, there should be a break of 15-20 seconds between long pauses and repetitions. On the contrary, if necessary, give the children a little rest or focus their attention on accurately following the rules of the game, the break between repetitions of the game can be shortened.

In the final part of the training, they begin to walk slowly while running. Its duration is regulated by the teacher depending on the activity of the children in active play before the final part, depending on the weather conditions and the readiness of the children: after playing with great effort, the time of slow walking should be halved or not spent at all, and the children should walk around the playground, they must walk quietly.

After moderate mobility play, especially in cold weather, the slower you run at the beginning of the workout, the more time you need to run slowly at the end. Weather conditions may change during or immediately prior to training. Then the teacher will have to change the course of teaching and choose different characters. For example, when a climb was planned, the steps of the gymnastics wall ended up under the ice. At such a moment, you can include elements of crawling, kite throwing, etc. in your training. If snow falls and the area is not cleared, games can be played in another place.

During training, children run a lot. Depending on the running speed of preschool children, it can be divided into three types: slow, medium and fast.

Jogging is an important means of developing general endurance in children. The running speed of junior schoolchildren is 1.3-1.5 m/sec.

During running, the activity of the cardiovascular and respiratory systems usually fully meets the body's need for oxygen. Thanks to this, children can run at this speed for a long time, and thus achieve a positive training effect.

When running slowly, the child keeps his body straight, shoulders straight, head raised, arms relaxed. First, the tip of the foot should touch the ground, and then take a step with the whole palm, a short step, only 2-3.

To teach children to run slowly, it is necessary to gradually speed up their walking. Running at an average pace places high demands on the most important systems of a child's body and at the same time has an important impact on their development. This running speed for younger schoolchildren was 2.2-2.4 m/s. Studies have shown that children of primary school age can run 500-600 meters without stopping at this speed. The opportunities available to children make it possible to include this type of running in training in order to increase endurance.

When running at an average speed, the children's torso is slightly tilted forward, their head is held straight, the thigh of the swing leg is pushed forward more, the entire palm of the foot is placed on the ground, and then they push off the ground with their toes. The arms are bent at the elbows, the fingers are relaxed.

Quick games are an integral part of game relay races. For preschool children, it is carried out at a distance of 10-30 meters.

During fast running, the torso and head are tilted forward, the steps are wide and fast. The heel of the swing leg is actively pushed forward and pressed in due to the writing of the sole of the foot.

The recommendations presented in the plans are intended for children with an average level of endurance, taking into account that children participate in physical education activities on walks in the average group. If children begin to study in large or preparatory groups, they should be accustomed to performing the specified loads gradually. To do this, at two to three months, children run only half of the specified distance. In the fourth and fifth months, they run the entire distance of slow running, and still run half the distance while running at an average speed. Only towards the end of the year can children be asked to run the specified distance.

It is better to start outdoor training in the warm season: after all, the child's body gradually gets used to lower air temperatures, which makes it possible to prepare for training on cold days. If training begins at another period, the duration of initial training should be shortened: children can be asked to run twice and perform one motor game. Over time, other exercises will be introduced, and on the third and fourth weekends the training will be completed.

Many years of experience in outdoor physical education shows that all children by the end of the adaptation period are able to cope with the recommended physical activity. It has been shown that when implementing recommendations through travel and tourism in primary school, it is possible to increase the moving part of education by 85-90%, which affects the improvement of children's physical fitness and their health.

Lifestyle is the most stable phenomenon among social processes, less susceptible to external influences, and for it a natural process is changes in the combination of objective and subjective factors. There is a

great need to update ideas about consciousness and way of thinking by influencing the inner world of people who are considered as subjects of a way of life;

When deciding on a healthy lifestyle, first of all, an important moral factor is people's attitude towards life, understanding the essence of the innovation and the ability to be convinced of its advantages. In this case, on the one hand, it is necessary to rely on the impressionability of the human spirit, and on the other hand, to use means of influence accordingly. Therefore, it is necessary to conduct specific sociological studies on this problem, summarize their results, bring them to the attention of official organizations, create a solution system and implement them in practice.

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