

METHODS FOR FORMING A HEALTHY LIFESTYLE AT SCHOOL PHYSICAL EDUCATION LESSONS

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Abstract:

In this article we talk about how to develop a healthy lifestyle among schoolchildren and raise a healthy and harmonious generation.

Keywords: physical education, healthy lifestyle, medical supervision, health day, hiking.

МЕТОДЫ ФОРМИРОВАНИЯ ЗДОРОВОГО ОБРАЗА ЖИЗНИ НА ШКОЛЬНЫХ УРОКАХ ФИЗИЧЕСКОЙ ВОСПИТАНИЯ

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Аннотация:

В этой статье мы говорим о том, как развивать здоровый образ жизни среди школьников и воспитывать здоровое и гармоничное поколение.

Ключевые слова: физкультура, здоровый образ жизни, медицинское наблюдение, день оздоровления, походы.

Relevance of the Topic

Consistent measures are being taken to popularize physical culture and sports in our country, create the necessary conditions and infrastructure for promoting a healthy lifestyle among the population, especially among young people, and ensure proper participation of the country in international sports arenas.

Decree No. PF-5368 of the President of the Republic of Uzbekistan dated March 5, 2018 "On measures to radically improve the public administration system in the field of physical culture and sports" and December 18, 2018 "Non-infectious Decree No. Adopted PF-5590 "On measures for disease prevention, support healthy lifestyle and increasing the level of physical activity." In accordance with it, a Concept has been developed for the prevention of non-communicable diseases in 2019-2022, supporting a healthy lifestyle of the population and increasing the level of physical activity, and the prevention of non-communicable diseases in 2019-2022, and a healthy lifestyle of the population. a program of activities to support lifestyle and increase the level of physical activity was approved. As

can be seen from such resolutions and decrees, the formation of a healthy lifestyle was considered one of the most pressing tasks today.

The purpose of the study: to develop healthy lifestyle skills among students and youth of educational institutions, as well as to determine which subjects in educational institutions provide knowledge about a healthy lifestyle and give them practical instructions.

Tasks of prohibition work:

1. Study and analysis of special literary materials on a healthy lifestyle.
2. Conducting a conversation with schoolchildren on the topic "Healthy lifestyle", drawing up a question-and-answer sheet (questionnaire) and, on its basis, giving practical instructions to schoolchildren.
3. Development of methods for teaching youth students the basics of a healthy lifestyle.

Organization of research and analysis of results

According to the plan of the main pedagogical experiment, the study was carried out in 2018-2019 with students in grades 8-9 of school No. 1 of the Dangara district of the Fergana region. Moreover, the effect of these methods was proven in experiment. In order to develop a healthy lifestyle for students, a question and answer sheet (questionnaire) was created with the following content:

1. Is the student subject to medical supervision?
2. Are you interested in a physical education lesson?
3. Will there be a health day?
4. Is physical education useful for disease prevention?
5. Will there be experiments to combat alcoholism and smoking?
6. Is there a fitness club?
7. Are tourist trips organized?
8. Have you passed the special tests "Alpomish" and "Barchina"?
9. Will there be games during the long break?
10. Are there any exercises before training?
11. What recreational activities are carried out?

Responses to the questionnaire (questionnaire) were taken secretly. The result of a survey to determine the theoretical knowledge of schoolchildren about "Healthy lifestyle".

First, do students undergo health screenings at school? replied that 62 out of 140 high school students (8-9) grades of school No. 1 in the Dangara district will be transferred. 76 students of Kakand city secondary school No. 32 (140 people) responded that they would be transferred. Such numbers can be analyzed as follows: that is, this indicates that lectures and conversations on the topic "Healthy lifestyle" were not held in physical education classes at school and in other subjects.

Second: Are you interested in physical education? 133 out of 140 high school students from school No. 1 in the Dangara district responded that they were interested, and 138 students from secondary school No. 32 in the city of Kakand (150 people) responded that they were interested. Such figures can be analyzed as follows, that is, the interest of students in physical education classes in schools is high.

Third: Is there a health day? To the question, 64 out of 140 high school students from school No. 1 in the Dangara district answered that 64 would take place. 68 out of 140 high school students of Kakand city secondary school No. 32 responded. Such figures can be analyzed as follows, that is, schoolchildren do not have sufficient ideas about healthcare.

Fourth: is physical education useful for disease prevention? This question was answered by 101 out of 140 high school students at school No. 1 in the Dangara district. He replied that 180 students from secondary school No. 32 in Kakande received the benefit.

Such figures can be analyzed as follows, that is, students are not given enough theoretical knowledge about physical education in schools.

Fifth: the question is, will there be measures to combat drunkenness and smoking? This question was answered by 89 out of 140 high school students from school No. 1 in the Dangara district. He replied that 86 students from secondary school No. 1 in Kakand will be transferred. Such figures can be analyzed as follows, that is, we see that students are not given more understanding about health, and classes on drinking and smoking are not given due attention.

Sixth: Is there a health club? replied that out of 140 high school students of school No. 1 of the Dangara district, there are 8, and there are 40 high school students of secondary school No. 32 of the city of Kakand. Such population indicators can be analyzed as follows, that is, we see that the health club and study groups are not organized at the school.

Seventh: Are there any organized tours? to the question that 89 out of 140 high school students of school No. 1 of the Dangara district and 101 high school students of secondary school No. 32 of the city of Kakand are organized, or indicates that tourist trips are not sufficiently organized at school.

Eighth: Have you passed the special tests "Alpomish" and "Barchina"? Of the 140 high school students from school No. 39 in the Dangara district, 9 answered that they passed, and 10 students from secondary school No. 1 in the city of Kakand answered that they passed.

Such figures can be analyzed as follows, that is, first of all, we see that the school administration did not pay attention to this, and the students are not familiar with the Alpomish and Barchina tests.

Ninth: Will there be games during the long break? This question was answered by 24 out of 140 high school students from school No. 1 in the Dangara district. 100 students of Kakand city secondary school No. 32 responded that they would be held, such numbers can be analyzed as follows: that is, in school No. 1 of the Dangara district, after school hours, during big breaks, games indicate that various competitions cannot be carried out.

Tenth: Are there pre-workout exercises? This question was answered by 38 out of 140 high school students at school No. 1 in the Dangara district. He replied that 100 students from Secondary School No. 32 in Kakand would be transferred. Such responses from students indicate that the physical education teachers of both schools did not pay attention to this event.

Eleventh: what health activities will be carried out? replied that 75 out of 100 high school students from school No. 1 in the Dangara district would be transferred. 100 students from secondary school No. 32 in the city of Kakanda responded that they would be transferred, such numbers can be analyzed as follows: that is, in school No. 2 of the Dangara district, there are few, if you pay attention, 20% of the senior students of the Kakanda city secondary school No. 32 are engaged in gyna.

When we asked these questions to physical education teachers at school No. 1 in the Dangara district and secondary school No. 32 in the city of Kakand, they gave the following answer: currently, extracurricular and recreational activities in their school are paid. said that this work cannot be carried out in all educational systems.

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