

FORM, METHODS AND TOOLS OF DEVELOPING A HEALTHY LIFESTYLE OF 8-9 CLASS STUDENTS

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Abstract:

This article provides information about the forms, methods and means of developing a healthy lifestyle of 8-9 graders and their practical results.

Keywords: development of physical education and sports, healthy generation, formation of a healthy lifestyle, interactive methods, methods and tools.

Introduction

On a global scale, work is being carried out on innovative programs and projects on public health, including the organization of a healthy lifestyle for young people, and the issue of their organization is rising to the top. Serious attention is paid to the innovative approach to the field of physical education and sports and the implementation of many new methods in the system of developing the professional skills of physical culture education specialists based on them. Because for a healthy standard of living, in order to increase the innovative potential of every person, it is important to develop the ability of young people to think creatively, to work independently, to improve mentally and physiologically, and to develop self-identification skills. PF-60 of the President of the Republic of Uzbekistan dated January 28, 2022 "On the development strategy of New Uzbekistan for 2022-2026" dated March 5, 2018 "Refunding the state management system in the field of physical education and sports on improvement measures" No. PF-5368, September 5, 2018 "On additional measures to improve the public education management system" No. PF-5538, 2020 No. PF-6099 dated October 30, 2016 "On measures for wide application of healthy lifestyle and further development of mass sports", Theoretical analysis and generalization of materials of scientific, theoretical, methodical literature, mathematical statistics methods were used.

Based on the formation of a healthy lifestyle, students should follow the daily routine, train their body based on active movement, engage in sports, eat a full and high-quality diet, follow hygienic rules, and avoid harmful habits. Being active naturally stimulates the body. Russian scientist I. Pavlov describes the impact of physical activity on human health as a phenomenon that means that the body is closely connected with the external environment. It is known that one of the main tasks of the surrounding people (father, mother, close relatives) and

pedagogues after the birth of a person is to protect and strengthen the child's health, while forming a healthy lifestyle in it, as well as developing physical culture. Various methods and tools help in this task. According to the Eastern thinker Ibn Sina, physical education exercises play an important role in raising a child physically fit and healthy, and their influence is directed to the development of the body. At the same time, in forming a healthy lifestyle, it is necessary to convince children to be healthy first of all. Traditional methods of persuasion can be used for this: question-and-answer, explanation, conversation, showing the importance of example. For example, by conducting conversations among students about the epic "Alpomish" from Uzbek folk art, they identify the signs of health, strength, physical development, while looking at him as a national hero, and for them, Alpomish appears as an ideal hero. Along with traditional methods, non-traditional - interactive methods can also be used in the physical education of students. For example, during brainstorming, pedagogues ask problematic and controversial questions:

- What should students do to be healthy?
- what sports games do you know?
- what kind of tools are used to play them?
- what action games do you know?
- What do you think these games are for?
- What else do you think should be followed to be healthy? you can ask questions like It is also appropriate to use methods such as "evaluative discussion", where the teacher gives the students a task: "Evaluate the conditions for holding sports games during the summer holidays", they tell the positive and negative aspects. There are several interactive methods for individual work: "Insert", "2-part diary" and others can be used. For example, it is appropriate to give students proverbs on the topic of health and have these proverbs explained by pedagogues or teachers. For example: "A healthy body is a healthy mind." Through this proverb, a healthy lifestyle applies to all subjects:
- healthy thinking is possible only when the body is healthy,
- parents create conditions for the child in the family (holding physical education classes in the morning, forming personal hygiene habits);
- teachers holding various events with students (discussions, quizzes, debates about sports and hygiene);
- the head of physical education should organize various non-training events ("Fun starts", competitions, "Alpomish and Barchinoy", "Healthy and Wrestling" test games, etc.). Thus, the development of physical culture of students through the formation of a healthy lifestyle, and the fact that schools, together with parents, always hold "Healthy Days", "Father, Mother and I - a family of athletes" competitions and other events have effective results. gives It is no exaggeration to say that through this, the goal of a healthy lifestyle is to form an understanding of the value of physical activity. It is recommended to implement the following stages in the formation of a healthy lifestyle:

1. Teaching to walk for 2 to 5 hours a week;
2. To teach to sit less and move more, relax in free time.



3. Training in intensive training (fitness, running and dancing).

4. Strength training is acceptable for adults.

The effectiveness of mutual cooperation in the development of a healthy lifestyle of students has its own characteristics. They are as follows: the knowledge, skills and abilities formed at school are strengthened, enriched and improved. The content, forms and methods of educational work are organized based on shortcomings, interests and aspirations of preschool children, not existing achievements.

In forming a healthy lifestyle and developing physical culture of students of general education schools: strengthening the role of state and public organizations in solving the problems of supporting the interests of students;

- to carry out constant monitoring of the work being done on the formation of a healthy lifestyle and to determine appropriate measures;
 - ensuring healthy growth of students physically;
 - to properly educate students mentally, spiritually and morally in all aspects;
 - educating students in the spirit of respect for national and universal values, loyalty to family traditions and customs;
 - creation of a healthy spiritual environment among students and formation of a healthy lifestyle;
 - providing students with constant information about a healthy lifestyle and physical culture;
- Also, in ensuring the effectiveness of the formation of a healthy lifestyle and the development of physical culture:
- to widely promote the importance of a healthy lifestyle, the role of physical culture development in human life and the impact on personal health.

A positive moral environment in the school is a pedagogical factor in the development of a healthy lifestyle of students. It is effective in the formation of a healthy lifestyle in the following cases: the education of students and their mental state, in this period, achieving mastery of the culture of communicating with them; set the students' agenda correctly; to focus on the health of students, to organize a medical examination at least once a year, to teach them to follow the rules of personal hygiene; to achieve a culture of healthy communication between pedagogues and students; preventing students from falling under the influence of various harmful habits; It is also desirable to form a healthy lifestyle and organize clubs in various directions by creating a culture of pedagogical communication between teachers and students. Forming a healthy lifestyle is achieved in the circles on the basis of communication culture, physical culture, pedagogical culture, etc. Creating a mechanism for preparing for life based on the use of effective forms, methods and means of forming a healthy lifestyle in extracurricular time, effective use of scientific-methodical, popular literature, pamphlets aimed at forming a healthy lifestyle in the educational process. ensures the effectiveness of the content of the formation.

Summary

In the social life of our country, the healthy lifestyle of the members of our society, physical culture, education, health care culture, together with medicine, have been raised to the level of



the most important educational and educational benefits, according to their vital status and value; Achieving the formation of physical culture in students by analyzing the heritage of our ancestors and their contributions to the development of science and its historical roots in the organization of a healthy lifestyle;

"Do it with us, do it like us, do it better than us!", "Happy starts" cross-class, "Aerobics for adults" in secondary schools in order to develop the concept of physical education and sports among young people, especially children of kindergarten age. , conducting sports activities such as "Beginner yoga classes", "Give up excess weight!"; "Healthy lifestyle promotion" for students and adults organization of events on the theme of "lifestyle"; to engage in physical education and sports of general education school students, to regularly hold public sports competitions among them and to promote a healthy lifestyle;

Taking into account the physiological characteristics of the organization of a healthy lifestyle of students, developing a model for the development of physical culture in them.

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