

THE MAIN MEANS AND FORMS OF CHILDREN'S HEALTH PROMOTION ACTIVITIES IN EDUCATIONAL INSTITUTIONS

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Abstract

The article examines the primary means and organizational forms used to promote children's health within educational institutions. It discusses the integration of health-promoting programs into the school curriculum, the implementation of physical education, hygiene education, psychological support, and the creation of a safe and supportive learning environment. The role of educators, school healthcare personnel, and collaboration with parents is also emphasized as crucial to fostering a culture of health and well-being among students.

Keywords: Children's health, health promotion, educational institutions, school programs, physical activity, hygiene education, psychological support, school environment, student well-being, health education.

Introduction

The main means of physical education and health improvement of children in educational institutions are physical exercises and the health-improving effects of natural factors. In educational institutions, students are engaged in physical exercises during morning physical education, physical education lessons, sports club classes, sports competitions and holidays, as well as daily sports and health-improving events.

Physical exercises are the main means of ensuring children's physical activity. According to their form of implementation and nature of the effect, they are divided into general-developing exercises, special exercises and auxiliary exercises. General-developing exercises are performed in morning physical education classes, physical education classes, sports club classes. The goals and objectives of general-developing exercises are to prepare the participant's body for physical exertion and prevent the negative effects of physical exertion on the body.

Main Part

General-developing exercises are given to each part of the body separately. These are divided into separate types for the neck muscles, shoulder muscles, arm muscles, trunk muscles, back muscles, thigh and calf muscles. Also, general-development exercises are divided into health-improving exercises, preparatory exercises, invigorating or therapeutic exercises according to

their form of execution, impact force and intensity. General-development exercises in morning physical education classes are considered health-improving or invigorating exercises. General-development exercises in physical education classes and sports clubs are preparatory exercises, preparing the body for the physical load that will be placed on it during training. It is recommended to engage in therapeutic physical exercises in the treatment of chronic diseases and in the recovery process from injuries.

General developmental exercises can be performed in the following ways, depending on the physical fitness of the participants, personal interests, age, gender, and the form of training. They are performed while walking, running, in a circle, in a line, in rows, with objects, and with the resistance of a partner. In sports training, general developmental exercises can be performed with acrobatic exercises, as well as with exercises specific to the sport and with sports equipment.

Special exercises consist of exercises that consist of movement techniques of the sport. The exercises of running, jumping, throwing of an athlete, the exercises of hanging, leaning, maintaining balance, vaulting, acrobatics of a gymnast, the movements of carrying, passing, receiving, hitting the ball in sports games such as basketball, volleyball, football, handball, tennis, the movements of swimming in crawl, breaststroke, butterfly, dolphin swimming methods of a swimmer, as well as the movements of hitting, defending, throwing, turning, choking, and hitting in wrestling can be included in the list of special exercises.

Water, sun and air treatments, which are considered natural factors, are one of the main means of children's health-improving activities. Physical education, sports and health-improving activities held in the open air are of great importance for physical development and health-improving. Also, children train with the help of natural factors during walks and trips organized in nature. Regularly taking water procedures in the summer, sunbathing, organizing walks and trips in the fresh air in the autumn and winter months and in the spring, guarantees that their body will be healthy and their resistance to diseases will increase. According to our observations, educational institutions that have normative documents for children's physical education and health improvement activities in a pedagogical manner should study the physical education program, quarterly plans of physical education lessons, monthly plans of sports clubs, reports of physical education lessons and sports activities, annual plans of sports competitions and sports holidays, and the program of sports competitions.

In the processes of pedagogical practice, pedagogical control should be organized to study children's health improvement activities. In the processes of pedagogical supervision, the forms of involving children in physical education and health activities, the activity of children in activities, the interest of children in participating in activities, the formation and activity of the physical education team in organizing activities are studied. Also, in pedagogical supervision, conversations and discussions should be held on the content and organizational processes of work with children on organizing physical education and health activities, the activities of coaches, personal interests of children, and the attention of parents.

Conclusion

In our scientific observation and pedagogical practice work on organizing physical education and health activities with children in educational institutions, we made a number of conclusions.



1. General developmental physical exercises play a key role in invigorating the body of children and preparing them for physical loads.
2. Special physical exercises greatly help children master and improve the technique of physical movements in sports.
3. Auxiliary physical exercises serve as a unique tool for mastering special exercises of sports.
4. The strengthening role of natural factors in the processes of physical education and health improvement of children plays an important role.
5. Physical education, sports and health improvement activities held in the open air have a significant impact on physical development and health improvement.
6. It is advisable to effectively use physical education and health improvement tools in children's physical education, sports and health improvement activities.

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