

THE IMPORTANCE OF ORGANIZING A HEALTHY LIFESTYLE FOR PRIMARY SCHOOL STUDENTS

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Abstract. *This article extensively covers the relevance of forming a healthy lifestyle in primary school students, the impact of physical activity and coordination of movements on children's health, the current state of physical education lessons, and ways to improve it. At the same time, a pedagogical analysis of the variable physical education program for primary school students is also presented.*

Keywords: *healthy lifestyle, physical education, primary school, physical activity, coordination, physical development.*

Formation of a healthy lifestyle is the basis of a child's physical and mental development. Especially in elementary school, this process should be organically organized not only in school but also in the family. Unfortunately, today in many schools, physical activity is not sufficiently organized, which leads to an increase in children's health problems. The deterioration of physical development, physical fitness, and health of primary school students is associated not only with problems of the economy, ecology, working conditions, and everyday life, but also with an underestimation of the health-improving and educational role of physical culture and sports in society, which is reflected in the weak promotion of a healthy lifestyle.

The formation of a healthy lifestyle is laid in the early stages of a child's life, in particular, in the period of primary education. During this period, physical and psychological development, physical activity, coordinated movements, hygienic habits, and a healthy environment are of great importance. However, practice shows that the health and physical condition of schoolchildren are not at the required level due to a number of organizational and pedagogical factors.

The conducted pedagogical observations showed that the quality of physical education classes in primary grades is insufficient, and there is a lack of an individual approach for children with health problems. Unfortunately, many teachers do not pay sufficient attention to health improvement work, and the activities of existing health improvement groups are not regular.

In addition, all forms of physical education - morning gymnastics, active games during breaks, sports clubs, excursions, and competitions - are not held regularly in schools. Especially during long breaks, most children prefer passive rest, which leads to a decrease in motor activity.

According to the analysis, 60% of the movement regime of primary school students is limited to only two-day physical education classes. These lessons can meet only 15-20%

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of children's daily movement needs. At the same time, in some schools, only one lesson per week is held, and this figure decreases to 7.5-10 percent.

Daily activities are important for the healthy development of children. Therefore, it is necessary to supplement it with other forms of physical education - active games, competitions, and health-improving exercises.

For elementary school students, one of the most important components of health-improving and physical education activities is coordination of actions. The results of the questionnaires showed that in children of this age, special attention should be paid to the coordination of movements (skill, balance, speed, endurance).

Children of this age are distinguished by the development of the central nervous system and the strengthening of muscle-nerve connections. The age range of 7-10 years is considered the most favorable period for the development of movement coordination. Therefore, when working with children of this age, it is necessary to use exercises aimed at forming movement balance between different parts of the body, clarifying movements in space and time.

Analysis of the variable program of physical education shows that the exercises are mainly aimed at the development of coordination of movements, strength, agility, and speed. However, most exercises are general in nature and are not aimed at developing the components of movement coordination. This reduces the accuracy and effectiveness of performing exercises.

To solve this problem, it is recommended to enrich the exercises with specific methodological instructions, to require the performance of the exercise, taking into account the elements of space, time, and strength, as well as to combine the exercises with various games and tasks.

For the development of primary school education, it is necessary to:

Research and implementation of effective psychological methods of primary school education.

Organizational, psychological, and methodological support for child-rearing in the family.

Development of modern teaching aids, technical means, toys, and games.

Creation of necessary conditions for the spiritual education of primary school children based on the rich historical and cultural heritage of the people and universal values.

Teaching physical exercises based on hygiene, medicine, and physical education.

Develop skills and abilities to perform morning exercises every day.

Form a correct posture and prevent the formation of uneven legs.

Cultivating children's endurance, agility, adaptability, precise and high-speed movement, and others.

To introduce children to sports and famous athletes, to awaken their interest in sports.

In conclusion, it can be said that the system of physical education and the formation of a healthy lifestyle of primary school students requires a comprehensive approach. In this process, cooperation between teachers, parents, healthcare workers, and educators is of great importance. In particular, as a result of pedagogical work aimed at coordinating

actions, not only physical abilities are developed, but also the psychological state of children, social activity, and interest in learning are increased.

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