

CONTENT OF ORGANIZING HEALTHY TRAINING IN PRIMARY PHYSICAL EDUCATION LESSONS

Davronov Nurzod Ismoilovich

Associate Professor of Bukhara State Pedagogical Institute, Uzbekistan

Abstract: Primary school is a period of rapid development of the body of students. During this period, it is important to strengthen the physical and mental health of children, to form in them the desire for a healthy lifestyle. Physical education classes help children develop physically, acquire movement skills and master the basics of a healthy lifestyle. In this regard, the importance of organizing health-improving classes in primary school physical education classes is incomparable.

Keywords: primary school, physical culture, physical education, classes, breathing exercises, group work.

Fitness training is a set of physical exercises aimed at improving the general condition of the body, strengthening immunity, preventing diseases and ensuring the physical development of the child. Fitness training usually includes the following elements:

- Breathing exercises: Helps increase lung capacity, improve blood circulation and supply the body with oxygen.
- General developmental exercises: Works all major muscle groups, improves coordination of movements and increases flexibility.
- Exercises to prevent flat feet: Strengthens the muscles of the feet and helps to form the correct arch of the foot.
- Exercises to strengthen the spine: Ensures correct posture and prevents diseases of the spine.
- Eye exercises: Helps improve vision and reduce eye fatigue. Games: Increase physical activity in a fun and interactive way, develop teamwork skills, and bring joy to children.
- Massage and self-massage: Relaxes muscles, improves blood circulation, and promotes general relaxation.

Basic principles for organizing health-improving activities in primary school physical education classes:

1. Safety: Activities should be safe for children. The physical education teacher should explain the correct technique for performing exercises and monitor children's movements.
2. Regularity: Health-improving activities should be included in every physical education lesson. When classes are held regularly, they give the best results.

3. Individuality: It is necessary to take into account the physical capabilities and health status of each child. Exercises should be appropriate for the age, physical fitness, and individual needs of children.

4. Fun: Exercises should be interesting and enjoyable for children. Games, musical accompaniment, and the use of different techniques can make the exercises more interesting.

5. Variability: Exercises should be changed frequently so that children do not get bored and muscles do not get used to the same movements.

6. Systematicity: Exercises should be organized systematically. It is important to explain the purpose of each exercise, gradually complicate the exercises, and keep children motivated.

Recommendations for organizing health-improving exercises in primary school physical education classes:

- It is recommended to conduct breathing exercises at the beginning of the lesson. This will prepare children for the exercise and raise their mood. General-development exercises should be selected in such a way that they cover all major muscle groups. It is recommended to perform exercises in different directions (forward, backward, sideways, up, down).

- Special attention should be paid to exercises to prevent flat feet and strengthen the spine. It is recommended to include these exercises in each lesson.

- Eye exercises are especially important for children who spend a lot of time in front of the blackboard. It is recommended to do the exercises every 15-20 minutes for a few minutes.

- Games can be held at the end of the lesson. Games help children relax, relieve fatigue and get positive emotions.

- The physical education teacher should teach children to breathe correctly between exercises. Breathing exercises help children perform the exercises correctly and reduce fatigue.

- It is important to encourage children during the lessons, praise them and celebrate their achievements. This increases children's self-confidence and motivates them to try harder.

Organizing health-improving exercises in primary school physical education classes is an important factor in strengthening the physical and mental health of children. Health-improving exercises help children develop physically, acquire movement skills, and master the basics of a healthy lifestyle. Physical education teachers must adhere to the basic principles of organizing health-improving exercises and take into account the individual needs of children. Therefore, conducting health-improving exercises in primary school physical education classes is of great importance for their growth as a healthy and harmonious generation.

REFERENCES:

1. Abdullaev A., Xonkeldiev Sh. Jismoniy tarbiya nazariyasi va uslubiyati. Darslik. – Т., 2004. –72 б.
2. Abdullaev A., Sh.Xonkeldiev. Jismoniy tarbiya nazariyasi va metodikasi. Darslik - Т.: 2013 yil. 462 б.
3. Асадов Ю.М. Индивидуально-психологические особенности учителя как факторы развития профессионализма: Автореф. дис. ... канд. психол. наук. – Т., 2007. -25 с.

