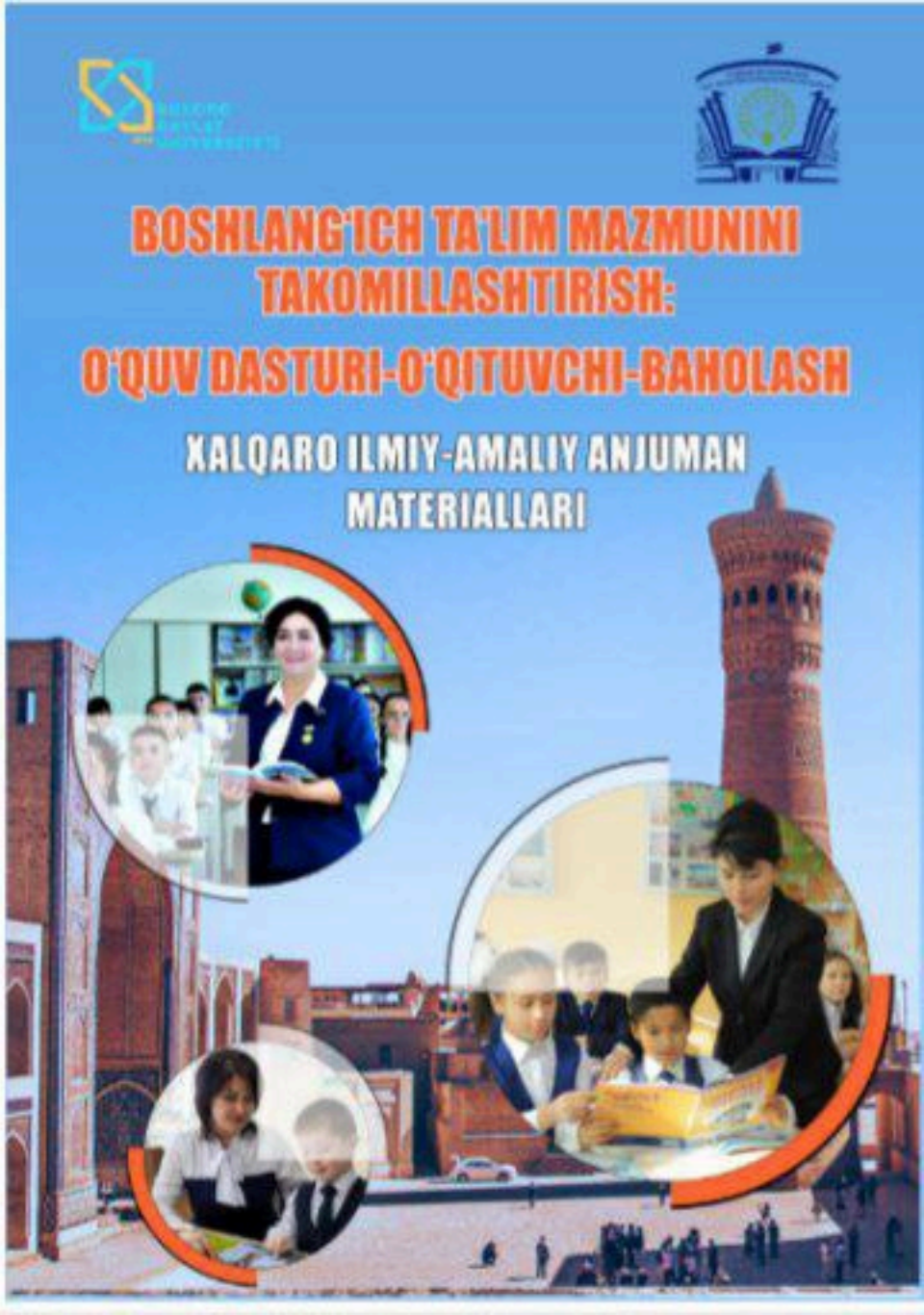




# **BOSHLANG'ICH TA'LIM MAZMUNINI TAKOMILLASHTIRISH: O'QUV DASTURI-O'QITUVCHI-BAHOLASH**

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BUXORO DAVLAT UNIVERSITETI  
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BOSHLANG‘ICH TA‘LIM KAFEDRASI**

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**«СОВЕРШЕНСТВОВАНИЕ СОДЕРЖАНИЯ  
НАЧАЛЬНОГО ОБРАЗОВАНИЯ: УЧЕБНАЯ ПРОГРАММА-  
УЧИТЕЛЬ -ОЦЕНИВАНИЕ»**

**МАТЕРИАЛЫ  
НАУЧНО - ПРАКТИЧЕСКОЙ КОНФЕРЕНЦИИ**

**“IMPROVING PRIMARY EDUCATION CONTENT:  
CURRICULUM-TEACHER-ASSESSMENT”**

**MATERIALS  
OF THE INTERNATIONAL SCIENTIFIC AND PRACTICAL  
CONFERENCE**

**2023-yil 19-oktabr**

**BUXORO – 2023**

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### PEDAGOGICAL MECHANISMS FOR THE FORMATION OF A HEALTHY LIFESTYLE IN CHILDREN OF PRIMARY SCHOOL AGE

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**Annotation.** This article highlights the main goals and objectives of the formation of a healthy lifestyle in children of primary school age, the views of theoretical scientists. The tasks of providing physical activity to children of primary school age are outlined, taking into account the stages of their physical development. Based on the type of gaming activity, the possibility of influencing the consciousness of children, the tasks of the teaching staff are determined.

**Key words:** pedagogy, psychology, small team, activities, personal qualities, mechanisms, game activities.

В данной статье освещены основные цели и задачи формирования здорового образа жизни у детей младшего школьного возраста, взгляды ученых-теоретиков. Обозначены задачи предоставления физических нагрузок детям младшего школьного возраста с учетом этапов их физического развития. Исходя из вида игровой деятельности, возможности воздействия на сознание детей, определяются задачи педагогического коллектива.

**Ключевые слова:** педагогика, психология, маленький коллектив, виды деятельности, качества личности, механизмы, игровая деятельность.

**Introduction.** Health is the first and most important human need, which determines his ability to work and ensures the harmonious development of the individual. It is the most important prerequisite for the knowledge of the surrounding world, for self-affirmation and human happiness. An active long life is an important component of the human factor. Man is the creator of his own health, for which he must fight. From an early age, it is necessary to lead an active lifestyle, harden, engage in physical education and sports, observe the rules of personal hygiene - in a word, achieve genuine harmony of health in reasonable ways. This problem is especially relevant in elementary school, which is associated with cardinal changes in the usual way of life of the child, the development of a new social role "student". It is at primary school age that the foundation of health and the habit of leading a healthy lifestyle is laid, an adult. The new generation standard ensures the formation of knowledge, attitudes, guidelines and norms of behavior that ensure the preservation and promotion of health, an interested attitude towards one's health, knowledge of negative health risk factors, etc. The urgency of the problem of forming a healthy lifestyle is caused by an increase and a change in the nature of the loads on the child's body.

In the second half of the 90s of the twentieth century, many scientific works appeared in the educational and health-improving direction, exploring: the organization of the educational

process and readiness to study at school, the hygiene of education and the upbringing of schoolchildren, and risk factors for children's health. The practical significance of the study lies in the fact that the materials and results of the study can be used by teachers, class teachers and parents of children of primary school age to form and improve a healthy lifestyle for children of primary school age. Taking care of one's own health is a serious need of every person, which grows more and more with age. But what is health? Even in ancient times, outstanding minds pointed to the role of social conditions - lifestyle, hygiene regimen, healthy nutrition. Hippocrates said: what is the activity of a person, his habits, living conditions, such is his health. The ancient scientist formulated the basic rules of a healthy lifestyle in this way: moderation in food and sexual activity, daily physical exercises, daily mental stress, abstinence from alcohol and narcotic substances, cheerful daily dances.

Health is one of the main conditions for optimizing human existence and one of the main conditions for its happiness. Treasurers believed that health is the preservation and development of a person's mental, physical and biological abilities, his optimal working capacity, social activity with the maximum positive life.

**Main part methodology.** Amosov, on the other hand, believed that health is the maximum productivity of organs, while maintaining the qualitative limits of their functions. More specifically, health is:

- preserve themselves, natural and artificial habitats;
- expand their capabilities, living conditions, the volume and variety of accessible ecological, intellectual, moral and ethical environment.

Physical - the level of development and functional capabilities of organs and systems of the body. The basis of physical health is the morphological and functional reserves of cells, tissues, organs and organ systems that ensure the adaptation of the body to the effects of various factors. In order to strengthen and maintain the health of healthy people, that is, to manage it, information is needed both about the conditions for the formation of health (the nature of the implementation of the gene pool, the state of the environment, lifestyle, etc.), and the final result of the processes of their reflection (specific indicators of the health status of the individual or population). The state of the environment. The biological characteristics of the body are the basis on which human health is based. In the formation of health, the role of genetic factors is important. However, the genetic program received by a person ensures its development under certain environmental conditions. The environment is commonly understood as an integral system of interrelated natural and anthropogenic objects and phenomena in which work, life and recreation of people take place. This concept includes social, natural and artificially created physical, chemical and biological factors, that is, everything that directly or indirectly affects human life, health and activities. Man, as a living system, is an integral part of the biosphere. The impact of man on the biosphere is associated not so much with his biological as with labor activity.

Lifestyle is a concept used in the social sciences to characterize the conditions and characteristics of the daily life of people in a particular society. The lifestyle is determined by the essential features and characteristics of a particular socio-economic formation. Thus, for example, they speak of the bourgeois way of life, the socialist way of life. Within this formation, in turn, there are features of the way of life of a particular class, social stratum, urban and rural population. All social differences that exist in society - between classes and social strata, between town and country, between people of mental and physical labor, between skilled and unskilled workers - are reflected in their way of life. This gives grounds to talk about different types of Lifestyle within each society, and some of them may even be in relation to each other (for example, under capitalism, the parasitic Lifestyle of the bourgeois, especially the rentier, and the Lifestyle of the working person; urban Lifestyle and "the idiocy of country life")

The way of life covers all essential spheres of human activity: work, forms of its social organization, way of life, forms of use by people of their free time, their participation in political and public life, forms of satisfaction of their material and spiritual needs, norms and rules of conduct that have become part of everyday practice. Therefore, the way of life is affected not only

by economic relations, but also by the socio-political system, culture and worldview of people. In turn, the way people live has a decisive influence on their way of thinking. Lifestyle is a sociological category richer than the economic category "standard of living", which is expressed mainly by quantitative indicators. A healthy lifestyle is a way of life of an individual with the aim of preventing diseases and promoting health.

The term "healthy lifestyle" has not yet been clearly defined. Representatives of the philosophical and sociological direction (P.A. Vinogradov, B.S. Erasov, O.A. Milshtein, V.A. Ponomarchuk, V.I. Stolyarov, etc.) consider a healthy lifestyle as a global social problem, an integral part of society as a whole.

**Results and considerations.** The main goal of education at school is the formation of a comprehensively harmoniously developed personality of the child. And without health it is impossible to form a harmoniously developed personality - a healthy morally, mentally and physically. The leading tasks of the school at present are: the development of intelligence, the formation of moral feelings, and care for the health of children. All this is consistent with the main directions of the general education school reform project, in which the health of schoolchildren is one of the first places. The school in its activities proceeds from the need for the creative development of the individual, promotes the formation, development of intellectual, psychophysical abilities, social self-determination. All this is possible only if there is a health-creating environment in an educational institution, the psychological comfort of the student and teacher, and systematically organized educational work. The physical component is characterized by the level of physical development, the degree of self-regulation of organs and systems, the presence of reserve capabilities of the body. The mental component is determined, in our opinion, by the level of development of mental processes, the degree of regulation of activity by the emotional-volitional sphere. The social component is characterized by the degree of social adaptation of a person in society, the presence of prerequisites for comprehensive and long-term activity in society. This allocation of health components is somewhat conditional and allows, on the one hand, to show the multidimensionality of mutual influences of various manifestations of the functioning of the whole organism, on the other hand, to more fully characterize the various aspects of human life, aimed at organizing an individual lifestyle. At the same time, considering the relationship of various components of health, taking into account age characteristics, sensitive periods of biological and social development, it should be noted that at different age stages of human development, the degree of mutual influence of health components and the hierarchy of its levels may change.

In recent years, in the organization of the life of children in general education institutions, there has been a tendency to a significant increase in educational work. Mental labor gradually replaces physical labor. A large amount of sensory and intellectual information does not always turn out to pass during school hours. Often, when children come home from school, they do not go for a walk, relax and play sports, but do their homework, which increases with each year of schooling. Consequently, there is some disproportion between the increase in the mental load that the student receives as a result of a large flow of sensory information and insufficient motor activity.

Hardening is a proven means of promoting health. The hardening procedures are based on repeated exposure to heat, cooling and sunlight. At the same time, a person gradually develops adaptation to the external environment. In the process of hardening, the work of the body is improved: the physico-chemical state of cells, the activity of all organs and their systems are improved. As a result of hardening, working capacity increases, morbidity decreases, especially colds, and well-being improves. Hardening also has a general strengthening effect on the body, increases the tone of the central nervous system, improves blood circulation, and normalizes metabolism.

At the same time, recent studies in the field of medicine, physiology, physical culture confirm that the majority of schoolchildren do not maintain the optimal motor regimen at the proper level. According to literature data, only 40% of physical activity is realized through

physical education lessons and sports sections, and the remaining 60% is realized by the student independently, through active recreation after school and on weekends. However, as the studies of Badalov O.Yu., Kozlovsky I.Z., Bakhtin O.P. (2012), most schoolchildren spend their weekends lying in front of the TV. According to Meybaliev M.G., Sukonyuk R.A., Sukharev A.G., Belyaev N.G. hypodynamia is observed in 50% of schoolchildren aged 6-8, in 60% of schoolchildren aged 9-12, that is, physical inactivity is characteristic of all age groups of the child population. At the same time, as they grow older, the deficit of movements is observed more often in girls than in boys. This situation largely determines the decline in the health of modern students, the development and progression of chronic diseases, such as obesity, visual impairment, impaired posture, cardiovascular diseases, etc.

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