



THE IMPORTANCE OF PHYSICAL EDUCATION AND HEALTHY LIFESTYLE FORMATION IN FAMILY AND SCHOOL EDUCATIONAL INSTITUTIONS

Nozimjon Bobojonov,

Senior Teacher, Fergana State University, Uzbekistan, Fergana City

Abstract:

It is one of the important tasks for each family to be healthy, for a positive psychological climate to prevail in them, to form a healthy lifestyle in this environment, and especially to pay attention to physical education in the family. Therefore, the strength of families is a decisive factor determining the economic, social, political, and national security of the society, its prosperity and development. The practical result of physical training in human activities is the level of physical fitness and movement knowledge and skills of a person, high vitality, achievements in the field of sports, mental development. Physical education and sports are used as a moral and ideological tool in the formation of the national gene pool, the proper organization of a healthy lifestyle, and the healthy upbringing of the young generation.

Keywords: healthy lifestyle, physical culture, physical education, physical maturity, physical training, sport, teacher, teacher-trainer, practical training.

INTRODUCTION

A person's destiny, success or failure in the future life, happiness or unhappiness, career choice, even his mood, his family environment are related. The fate of the family depends on the person himself. If there is discipline in the family, its members will transfer these qualities to the service process and use them in social work activities. If a family raises their child in the spirit of love and loyalty to the Motherland, this feeling will accompany him throughout his life. In the heritage of Eastern thinkers, education and upbringing, in particular, issues of family upbringing, are given a wide place. They considered the education of children to be the main criterion that determines the fate of the society and the future of the nation. At the core of their pedagogical views is the idea of a perfect human being as a social ideal. They dwell on the interaction of social and biological aspects in education, and raise issues such as the fact that heredity and environmental influence are the same in education, and the unity of physical and mental health. Forming a healthy person through physical education and sports should be the task of the whole society. Every person, family, parent makes physical education and sports a habit, and respecting it





as a value leads to continuous physical education and sports in the society.

METHODS

Cooperation of preschool educational institutions, family and society is important in the formation of a healthy lifestyle in the family of children of preschool age. Experiments show that a special chain has been formed for the formation of a healthy lifestyle for preschool children in the family, and if there is a break in any link between them, it is impossible to achieve the expected result in ensuring the continuity of educational work.

The influence of parents, family, school, and community members is crucial in raising children. The child's character, nature, education, worldview, and attitude towards others are determined in the family environment. Also, the formation of the child's spirituality is inextricably linked with the educational system.

As we all know, based on the resolution of the UN General Assembly on May 15, 1993, this day was recognized as the International Day of Families. According to the Decision of the President of the Republic of Uzbekistan dated June 27, 2018 "On approval of the concept of strengthening the family institution in the Republic of Uzbekistan", May 15 is widely celebrated as "International Family Day".

The formation of a healthy lifestyle begins with the family, and the lifestyle of the family, the customs and traditions of the family, the psychological conditions of the family, the presence of harmful habits, etc., are important in the formation of the child's personality. In a family environment, a child learns to follow a daily routine and personal hygiene, to divide time correctly, to deal with adults and peers, and much more. Physical activity is also one of the main components of a healthy lifestyle, and a child learns to follow it by engaging in physical education in the family environment and performing various types of physical work. When a child comes home from work in a family environment, he learns to wash his hands before and after eating, to keep his clothes, things, and room tidy, and he develops hygienic skills. By learning to get up on time, eat, and divide the day correctly, he forms skills related to the daily routine. Relation to harmful habits is also formed depending on family conditions.

RESULTS

Education in the family continues until the child reaches adulthood, and skills and abilities related to a healthy lifestyle are formed.

Along with education in the family, the contribution of preschool educational institutions, schools and higher educational institutions is great in the formation of a healthy lifestyle. Here, a child, pupil, student not only acquires practical skills and





qualifications, but also acquires theoretical knowledge. The formation of a healthy lifestyle is carried out continuously step by step in education and training institutions. Lifestyle is the cornerstone of human life, relying on it, every person can make a radical change in his life. The main factor determining the way of life is the person himself. A healthy lifestyle is a lifestyle that does not contain harmful factors affecting people's health, and a person should consciously avoid them. The main directions of a healthy lifestyle:

- Follow the rules of team and personal hygiene;
- physical activity;
- compliance with the agenda;
- abstaining from harmful habits;
- proper nutrition;
- peace of mind;
- medical culture.

DISCUSSION

As you know, lifestyle can be healthy and unhealthy. People who live a healthy lifestyle organize their daily life correctly. In the process of continuous education, the foundations of a healthy lifestyle are formed in preschool educational institutions. In pre-school educational institutions, the child learns to follow the daily routine, to eat properly on time, to follow the rules of personal hygiene, and to strengthen the knowledge and skills acquired in the family environment. A child who has formed the rules of personal hygiene at home develops skills by getting acquainted with general and public hygiene in preschool educational institutions.

In preschool educational institutions, physical activities are conducted, exercise, massage procedures are carried out, and at the same time, children are taught to be physically active. This is another component of a healthy lifestyle. Due to the strict observance of the daily schedule in preschool educational institutions, the child learns to divide the day correctly. Children begin to acquire basic theoretical knowledge along with practical skills. Lessons are conducted in the form of games and children are taught about a healthy lifestyle.

First of all, parents are always looking for the right education for their child, and it is necessary to study and gain experience, and it is important that all the qualities of the child mature with religious ethics. That's why education should be decorated with beautiful morals first of all. Moral education is based on the family of each person.

In this way, parents should be exemplary with their morals, because parents are the first educators in a child's life, from the first time he opens his eyes to the time when





he becomes old enough to recognize his mind. Education in the family lays the foundation for social, spiritual, physical, behavioral, moral and other qualities.

The healthy and educational tasks of physical education are as follows: - you will be in a good mood throughout the day; - your work will be productive, your creative activity will be strong; - the nervous system will be balanced, you will be calm and thoughtful; - forms the feelings of activity, initiative, difficulty, bravery, friendship; - regular exercise leads to the formation of hygienic skills; - fats in the body will decrease, you will be compact, dexterous, agile; - your muscles will tighten, your figure will be beautiful and handsome; - the flow of blood in the veins will improve, and you will be younger, handsome, active and healthy than others.

CONCLUSION

In conclusion, the development of effective technologies and continuous monitoring of research on solving social problems, forming a healthy lifestyle in the family and with children of preschool age will allow us to determine their role in ensuring the development of society.

REFERENCES:

1. For students of physical education, bachelor's degree textbook/ A.Normurodov. -T.: "TAFAKKUR-BOSTONI". 2011.
2. N.A.Muslimov, M.H.Usmonboeva, D.M.Sayfurov, A.B.To'raev. Innovative educational technologies. Tashkent, Sano Standard Publishing House, 2015.
3. Yuldashov, I. (2022). WELLNESS EXERCISE AND THE STAGES OF ITS IMPLEMENTATION. *Research Focus*, 1(4), 296-299.
4. Каримова, Г. Й. (2021). АХЛОҚ-МАЪНАВИЙ ТАҲДИДЛАРГА ҚАРИШИ КУРАШНИНГ МАФКУРАВИЙ УСУЛИ СИФАТИДА. *Экономика и социум*, (6-1 (85)), 707-710.
5. Ikromjon, Y. (2022). THE SIGNIFICANCE OF INCREASING YOUTH SOCIAL ACTIVITY IN FORMING CIVIL SOCIETY. *Research Focus*, 1(1), 144-151.
6. Ikromjon, Y., & Sohiba, I. (2022, November). DEVELOPMENT OF PHYSICAL QUALITIES OF SCHOOLCHILDREN 10-12 YEARS OLD IN TERMS OF TRACK AND FIELD TRAINING. In *E Conference Zone* (pp. 44-56).
7. Karimova, G. (2022). CORRUPTION: ITS HISTORICAL ROOTS AND WAYS TO COMBAT IT. *Research Focus*, 1(4), 267-272.
8. Каримова, Г. (2022). МАЪНАВИЯТ ВА МИЛЛИЙ ТАРБИЯ. *Экономика и социум*, (3-2 (94)), 612-615.





9. Goynazarov, G. (2022). THE MAIN ASPECTS OF THE FORMATION OF PHYSICAL CULTURE IN THE EDUCATIONAL PROCESS. *Research Focus*, 1(4), 312-315.
10. Goynazarov, G. (2022). Development of Movement Qualities in Children. *European International Journal of Multidisciplinary Research and Management Studies*, 2(04), 42-47.
11. Yuldashov, I., & Goynazarov, G. (2021). A need to improve the institutional system for increasing the social activity of young people at the stage of development. *Интернаука*, (12-3), 18-19.
12. Makhmutaliev, A. (2022). DEVELOPMENT OF PHYSICAL CULTURE AND PHYSICAL CULTURE AS A FACTOR OF PHYSICAL MATURITY. *Research Focus*, 1(4), 300-303.
13. Makhmutaliev, A. (2022). The endurance of young athletes development. *Asian Journal of Multidimensional Research*, 11(2), 6-10.
14. Adkhamjon, M. (2021). The importance of physical education in the formation of a healthy lifestyle. *ACADEMICIA: An International Multidisciplinary Research Journal*, 11(3), 2031-2035.
15. Tuxtanzarov, I. U., & Maxmutaliev, A. M. (2020). Socio-Pedagogical Function Of Sport In The Spiritual Perfection Of Youth. *Scientific Bulletin of Namangan State University*, 2(1), 367-372.
16. Parpiev, O. (2022). Means of sports activities and methods. *Asian Journal of Multidimensional Research*, 11(2), 112-117.
17. Юлдашов, И., Парпиев, О., & Абдурахмонов, Ш. (2022). Жисмоний Тарбия Таълимида Спорт Ифодаси. *Central Asian Research Journal for Interdisciplinary Studies (CARJIS)*, 2(Special Issue 2), 222-225.
18. Parpiev, O. (2021). The Health-Oriented Principle Of Physical Education. *The American Journal of Applied sciences*, 3(3), 22-27.
19. Mehmonov, R., & Parpiev, O. (2020). PEDAGOGICAL REQUIREMENTS FOR PHYSICAL EDUCATION TEACHERS. *Theoretical & Applied Science*, (5), 758-761.
20. Tukhtanzarov, I. (2022). Different systems and rules of wrestling competitions. *Asian Journal of Multidimensional Research*, 11(2), 102-107.
21. Tukhtanzarov, I. (2022). IMPORTANT ASPECTS OF FOCUSING ON PHYSICAL ACTIVITY IN SPORTS. *Research Focus*, 1(4), 308-311.
22. Abdurakhmonov, S. (2022). IMPORTANT ASPECTS OF PHYSICAL EDUCATION IN IMPROVING WORK ACTIVITY. *Research Focus*, 1(4), 304-307.



23. Botirov, B. M. (2021). The Endurance Quality Of Swimmers Enhancement Methods. *The American Journal of Social Science and Education Innovations*, 3(07), 59-63.
24. Bakhrom, B. (2022). Information technologies in physical culture and sports. *Asian Journal of Multidimensional Research*, 11(10), 288-292.
25. Abdurakhmonov, S. (2022). The importance of physical education and sports in the development of society. *Asian Journal of Multidimensional Research*, 11(6), 122-126.
26. Abdurakhmonov, S. K. (2021). The Importance Of A Healthy Lifestyle In Achieving Physical Perfection. *The American Journal of Applied sciences*, 3(3), 42-47.
27. Bobojonov, N. (2022). Healthy lifestyle and its constituent factors. *Asian Journal of Multidimensional Research*, 11(10), 298-304.
28. Yuldashov, I., Parpiev, O., Makhmutaliev, A., Tukhtanazarov, I., & Umaralievich, K. U. (2021). Pedagogical bases of formation of physical culture and social culture in Youth. *Asian Journal of Multidimensional Research*, 10(11), 54-58.
29. Yuldashov, I., Umaralievich, K. U., Goynazarov, G., & Abdurakhmonov, S. (2021). Innovative development strategy in the field of sports and the basics of its organization. *Asian Journal of Research in Social Sciences and Humanities*, 11(11), 48-53.
30. Nozimjon, B. (2022). The Importance Of The Development Of Physical Qualities In The Motion Of Games. *Involta Scientific Journal*, 1(7), 37-43.
31. Bobojonov, N., Qosimov, A., & Abdubannopov, M. (2022, June). AGE-SPECIFIC CHARACTERISTICS OF PHYSICAL TRAINING OF COLLEGE STUDENTS. In *E Conference Zone* (pp. 64-67).

