



PEDAGOGICAL PRINCIPLES OF IMPROVING OPPORTUNITIES TO DEVELOP HEALTHY LIFESTYLE SKILLS IN PRIMARY CLASS STUDENTS

To'rayev Ahmed Xolmo'minovich
Termiz State Pedagogical Institute
Teacher of the "Pedagogy" department
torayevahmed@gmail.com

Abstract:

Improving the culture of a healthy lifestyle in lessons and extracurricular activities for elementary school students, organizing educational activities, improving their knowledge of a healthy lifestyle in lessons and extracurricular activities, healthy Methodical recommendations are given on the formation of knowledge about healthy lifestyle, development of healthy lifestyle concepts in children, formation of knowledge about culture, and the uniqueness of organizing lessons and extracurricular activities.

Keywords: healthy lifestyle, physical training, healthy lifestyle, education, education, curricular and extracurricular activities, culture, maintaining one's health, Abu Ali ibn Sina, issues of forming a healthy lifestyle, keeping the proportions of the height, hygiene of clothing, improving the culture of a healthy lifestyle, self-treatment and its harm.

INTRODUCTION

"The science of being healthy" is the field of knowledge about the mechanisms and laws of formation, preservation and strengthening of human health. A healthy lifestyle teaches one's attitude towards oneself (body, soul and mind), communication with people, and communication with everything around. A healthy lifestyle (self-awareness, self-knowledge, self-healing, self-improvement) contributes to human health." is approached from the point of view. Therefore, the process of healthy living, which is based on the knowledge of the laws of human health, the unique features and capabilities of the organism, the acquisition of skills and technologies for maintaining, providing and strengthening one's health, is the subject of a healthy lifestyle. is reflected as Health is a person of maturity important from the components one being a human person never who inalienable rights, effective social and economic development main is a condition [10].





There is no doubt that living a healthy and long life has been an age-old dream of mankind. From this point of view, the main task facing any society is to realize this dream of humanity, that is, to create conditions for people's health and long life. It was considered one of the basic requirements of health care in all eras. The number of non-traditional thinkers and organizers in the issue of healthy lifestyle culture is increasing, and among them are growing up devotees and scientists who have done global work in the field of healthy lifestyle. By a healthy generation, we mean not only physically strong children, but also a spiritually rich generation. Because a nation with a healthy generation in every direction can never be defeated. We must all understand this well. Also, "The culture of personal care for one's own health should be inculcated from a young age with the support of the family, school, neighborhood, health care system, physical education and sports. . It is important that people value their health not in words, but in practice, and protect it as a national treasure. Studying the legacy of Abu Ali ibn Sina, a lexicographer who influenced the development of many sciences with his scientific views, deserves special attention[9]. In Ibn Sina's works devoted to medical and educational issues, thoughts, opinions and instructions related to the problems of physical education and strengthening of human health are described. It is known that today in our republic, great work is being done to improve the well-being of the population, strengthen a healthy lifestyle, popularize physical education and sports among the population, and educate the young generation to be mentally healthy and physically fit. The large-scale development of public and private transport reduces the physical activity of a person. As a result, cardiovascular and digestive diseases are increasing[11].

Naturally, these factors will not fail to affect the health of children and adolescents, who make up about 40% of the population of the Republic. That's why it is necessary to develop primary school students during the school period. According to the researchers, 60% of primary school students have stunted growth, 50% of all graduates have vision impairment, 30-40% of all students have cardiovascular diseases, 20-30% have neuro-psychological problems. vulnerability, and 45% of them have various chronic diseases. Among the researchers, DUNistryan said that 60% of human health depends on lifestyle, 20% on the environment, 12% on human heredity, and only 8% on medical services. depends only on the display level. It can be seen from these that the problem of forming a culture of a healthy lifestyle is one of the most important issues for our society to solve. The issues of forming a healthy lifestyle, which are becoming urgent for our society today, are close to Ibn Sina's views in the field of health care in terms of content and means. Ibn Sina's views have been thoroughly discussed in the research conducted by the researchers. However, little





thought has been expressed about their practical use. Only some authors briefly touched on it. They suggested the use of Ibn Sina's legacy in the process of physical education, but did not comment on the ways of using it[8]. Ibn Sina's legacy in the field of physical education has been deeply studied for a long time and it has been emphasized that it can be used adapted to modern students. opinions were expressed that it is possible to use the national heritage, national traditions and customs, spiritual values, to further increase the efficiency of the work carried out in this field. Our great compatriot Abu Ali ibn Sina fully supported the views of Hippocrates and added to the above requirements such as internal purification and peace of mind, maintaining the proportions of the body, hygiene of clothing, clean air and ensuring moderate sleep and wakefulness. . For example, in the programs and ideas of Paul Bragg, he described the valeological lifestyle as the proper use of sunlight, fresh air, clean drinking water, natural foods, occasional rest, maintaining good posture, and a conscious, thoughtful mind. lish, Kenneth Cooper suggests that it consists of dance exercises accompanied by music to a certain rhythm. Cooper calls this movement "aerobics." In Uzbek, the word "aerobics" means to supply the body with oxygen[12]. Aerobic movement is also widely used as a valeological lifestyle. American scientists Bellock and Breslo suggest the following as a health-enhancing activity in research conducted by researchers:

- 7-8 hours of sleep every day;
- Eating 3 times a day at specific times;
- Breakfast every morning;
- Keeping weight in moderation;
- Do not drink a lot of alcohol;
- Exercise every day;
- Quit smoking completely.

Russian scientist VPPetrenko's thoughts on a healthy lifestyle are as follows:

- Personal hygiene;
- Mode of work and rest;
- Physical activity and exercise;
- Proper nutrition;
- Mental hygiene, mental prevention;
- Environment and Health;
- Self-treatment and its harm;
- Alcoholism and health;
- Drug addiction and taxi driving.





The main topics of the textbook "Healthy Lifestyle" designed for schoolchildren by BMS Sharipov, LNBashmakova and GUKurmanova on the order of the Ministry of Science, Culture and Health of the United Nations Development Project are defined as follows:

- Self-respect;
- Agenda;
- Physical training;
- Healthy relationships;
- Harmful habits (tobacco, alcoholism, cannabis);
- Pregnancy, family planning.

In the criterion (standard) of knowledge that the population should know about disease prevention and health promotion, proposed by the Ministry of Health of the Republic of Kazakhstan and the National Center on the Problems of Forming the Way of Valeological Culture (this is called healthy are the main areas of lifestyle) residents should have knowledge in the following areas:

- Prevention of drug use;
- Prevention of sexually transmitted diseases;
- Reproductive health, family planning;
- Prevention of tuberculosis;
- Prevention of acute infectious viral diseases of the respiratory tract;
- Prevention of viral hepatitis;
- Prevention of acute infectious intestinal diseases;
- according to a healthy lifestyle ;
- Preventing injury.

When determining the directions of a healthy lifestyle, we do not look at diseases, but taking into account the evolutionary progress of humanity, it is determined by the factors that ensure the functioning of its organism and some systems. The reason is that studying the way of human development will help us to properly organize our life today[13].

DISCUSSION AND RESULTS

According to many scientists, the earth was formed 4.5-7 billion years ago from the accumulation of dust, steam and similar bodies in the solar system. At first, his temperature was very high. Gradually, in the process of cooling, heavy elements began to settle in the center of our planet, and light ones began to settle around it. For example, from dust - earth, water, from steam - sea, oceans appeared. Thus, as a result





of changes lasting millions of years, chemical substances gradually became more complex. At all stages of the evolutionary process, each individual adapts to the factors of the external environment and improves[7].

Human evolution. The most unique and invaluable product of the million-year evolutionary process is the intelligent man, who later became the main force determining and moving the development of society. It is known that one of the main factors in the evolution of organisms is time. According to most archaeological data, African man appeared 4-4.5 million years ago. It was 1.5-2 million years ago that the Indonesian man was born, and 700-800 thousand years ago, our last generation - the Turanian man. But it is assumed that this person came from Africa to Central Asia[14]. It was 3300-2500 years ago that the first forward-thinking representatives of human society, Moses, Zoroaster, Luqman, Hippocrates, and Thales .

There was almost no change in the anatomical structure, physiological and biological laws of the primitive man and the modern man. For example, the German scientist Friedhard Klicks "The structure and size of the brain of a person who digs and hunts with stone tools, later designs airplanes and mosques, calculates the dimensions of the earth using mathematical methods, and builds the current material and spiritual culture is the brain of a person." there is no difference between them." A healthy lifestyle is also a holistic concept[17]. Therefore, what is the lifestyle of the valeological culture ? It is not so easy to answer the question. For this, first of all, we need to know the main factors that make up our daily life, ensure its vitality, and place them in a certain order. A healthy lifestyle consists of many factors, namely, nutrition factors, movement factors, biorhythmic factors, sexual, genetic and family factors, interaction factors, factors of increased harmful habits, environmental pollution. personal factors, factors of technology and life development, factors of unconsciousness, illiteracy and incompetence in the matter of health[6].

Up to now, it has been scientifically proven that improper nutrition is the main cause of diseases such as stomach and intestine, heart and blood vessels, endocrine glands and joints, metabolic disorders, and cancer. Even experts of the World Health Organization, P. Revel and Ch. Revel, put forward the opinion that "80 percent of diseases among people are caused by improper nutrition." That's why proper organization of nutrition today is one of the most basic requirements of human daily life, and it should be taken into account when organizing the lifestyle of valeological culture[15].

The primitive man's need to find food and fill his stomach forced him to move, walk, run, cross mountains and get along with animals. He tried to run a lot not only to find





food, but also to avoid monsters and save his life. Later, this action was replaced by labor. There is a need for humanity to consciously incorporate movement and its types into its daily life. At the same time, the conclusions of the science of hygiene show that the body needs regular care, and its proper care is directly related to prolonging life[5].

Biorhythmic factors. In the process of evolutionary development of a person, another main factor that led to the improvement of his body and ensuring his vitality is the law of periodicity and order in nature. According to scientists, there are more than 300 such biorhythmic events in the human body[18]. Biorhythms are the result of an extremely complex protective process resulting from ensuring that the human body and its organs and tissues live in harmony with natural phenomena. Therefore, organizing our lifestyle in accordance with the rhythmic changes in nature is one of the important requirements of the valeological culture.

Interaction factors. During the self-development of humanity, it is formed not only as a biological being, but also as a social product. Relationships can be conditionally divided into two parts that are inextricably linked. These are family relations that have arisen as a result of the formation and improvement of the family, and social relations that have arisen as a result of the formation and improvement of society. Both of these are the biggest and most powerful factors affecting human health. Mood is directly related to health. Mood will be good, work will be high. On the contrary, vital processes in internal organs and cells slow down during depression. A person will be moody, indifferent to events and events, unable to attend work. Chronic continuation of this condition leads to diseases[16].

Factors of acquired harmful habits. Historical data shows that harmful habits have been an ancient companion of mankind. As human society developed, these harmful habits began to take more place in his life. Corchalans who are greedy for money, wealth and possessions, following the path of the devil, are leading the society towards drug addiction and dangerous precipice. The consequences of these are social problems related to the complications of relationships with diseases and disorders of genealogy. Therefore, today, the movement towards Valeological culture should be aimed at completely eliminating these harmful habits from our lives and fighting against them. This is the first requirement of the valeological culture style. Recommendations, the list of used literature will organize the total of the work.



Summary

If we conclude from the above information, then we should not forget that the formation of a healthy lifestyle culture in our children is a global issue that is of great importance around the world. Lifestyle culture should be given deeper and broader information. It would be appropriate to continue this process in the family, preschool educational organizations, school, professional education and higher educational institutions. It is an important task of us pedagogues to fully convey the knowledge of healthy lifestyle to primary school students and the development of culture to the young generation, who are the future of our country.

REFERENCES:

1. O'zbekiston Respublikasi Prezidentining Ilm-fanni 2030-yilgacha rivojlantirish konsepsiyasi 2020-yil 29-oktabrdagi PF-6097 son Farmoni.
2. Matkarimov R.M. Polvonlar - o'rinbosarlar. Sog'lom avlod uchun, 1999 y.
3. Gulyamov A.G., Safarova D.D. Valeologiya faniga kirish suzi. Toshkent «Fan-sporta» - 2005. № 1. s. 41-44.
4. Axmatov M.S. Uzluksiz ta'lim tizimida ommaviy sport xarakatining tashkiliy va boshkaruv asoslari. //Fan-sportga, 2004, b. 10.
5. Samiev, A. DIRECTIONS OF SPIRITUAL AND MORAL EDUCATION OF YOUTH THROUGH HADITHS.
6. Sayfidinovich, S. A. (2023). ABU ABDULLAH MUHAMMAD IBN ISMAIL AL-BUKHARI IS A GREAT MUHADDITH AND THE FOUNDER OF ENLIGHTENMENT. World Bulletin of Social Sciences, 27, 69-73.
7. Sayfidinovich, S. A. (2023). HADITHS ON THE PERSONALITY AND SPIRITUAL AND ETHICAL EDUCATION OF OUR PROPHET MUHAMMAD PBUH. World Bulletin of Social Sciences, 24, 68-72.
8. Sayfidinovich, P. S. A. (2022). Examples of Spiritual Enlightenment and Moral Education in the Hadiths. Czech Journal of Multidisciplinary Innovations, 3, 14-19.
9. Asror, S. (2022). The Pedagogical Significance of the Use of the Works of Sufi Alloyar in the Teaching of Education in Primary School. EUROPEAN JOURNAL OF INNOVATION IN NONFORMAL EDUCATION, 2(4), 11-13.
10. Samiyev, A. S. (2020). THE LIFE AND BENIGNITY ACTIVITY OF ABU ABDULLAH MUHAMMAD IBN ISMAIL AL-BUKHARI. Theoretical & Applied Science, (5), 556-560.
11. Sayfidinovich, A. S., & Oripovna, S. S. (2022). Use of the scientific and pedagogical heritage of abu bakr varroq termezi in the spiritual and moral education of students. World Bulletin of Social Sciences, 8, 110-114.





12. Saydulloyevich, O. Y. (2023). SAMPLES OF THE WISDOM OF IMAM ABU HAMID GHAZALI QUOTED IN THE GREAT WORKS. *World Bulletin of Social Sciences*, 25, 18-21.
13. Saidulloevich, Y. O. (2022). Comments and explanations on the works of the great mutaffakkir imam ghazali. *Emergent: Journal of Educational Discoveries and Lifelong Learning (EJEDL)*, 3(12), 241-244.
14. Saydulloyevich, O. Y., & Kizi, J. N. Z. (2022). Methods Of Developing Labor Education At School And In The Family. *Web of Scientist: International Scientific Research Journal*, 3(3), 57-60.
15. Saydulloyevich, Y., & Kizi, N. (2022). Analysis of pedagogical problems of gender differences in resolving conflict situations. *International Scientific Research Journal*, 3(3), 154-157.
16. Saydulloyevich, O. Y., & Raxmonovich, I. R. Factors Of Orientation Of Students To The Teaching Profession. *JournalNX*, 317-319.
17. Умбетова, Н. (2023). Межкультурная коммуникация в литературе Востока и Запада. *Innovations in technology and science education*, 2(16), 7-11.
18. Умбетова, Н. Ж. (2022). ТЮРКОЯЗЫЧНАЯ ЛЕКСИКА КАК ПРОЯВЛЕНИЕ ПАТРИОТИЗМА В ПРОИЗВЕДЕНИЯХ ОО СУЛЕЙМЕНОВА И ЧТ АЙТМАТОВА.

