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Pedagogical Components of Improving Healthy Lifestyle Among Primary Class Students

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Annotation

In this article, the main aspects of the formation of a healthy lifestyle among elementary school students, the development of interest in physical education among children of this age, the formation of their skills through games based on the type of activity, etc. processes are explained. Formation of the ability of pedagogues to direct students of this age to a healthy lifestyle. The problems of directing children to various t circles from a young age, the basic concepts of forming the skills of a healthy lifestyle, first of all, starting from family conditions, are highlighted. Issues of promoting a healthy lifestyle among primary school students were studied.

Keywords: pedagogy, primary class, age periods, pedagogical aspects, preschool period, formation of special abilities, healthy lifestyle.

INTRODUCTION. A healthy lifestyle is primarily aimed at maintaining and strengthening health, high work capacity, constant activity of a person, behavior based on scientifically based medical and hygienic standards, that is, health of people aimed at maintaining and strengthening the body. Lom is manifested as a way of life. The formation of a healthy lifestyle in children of primary school age, first of all, is instilled in their minds and gradually developed during play activities. In our country, a lot of important work is being done to create a healthy environment among the population, and to create certain mechanisms for promoting a healthy lifestyle among people. On the part of President Sh.M. Mirziyoyev, a lot of attention is paid to the formation of a healthy lifestyle and providing people with healthy physical exercises in their free time. In the sectors attached to each region, city and district, concrete works are being carried out to ensure that young people are always busy with healthy physical exercises. It is no exaggeration to say that the goal of educating the young generation in the spirit of a healthy lifestyle is widely promoted not only among the young generation,

but also among middle-aged and older people. It is very important to pay attention to a healthy lifestyle during childhood in order to be able to think constantly and aim for big goals. Since the years of independence, many conditions have been created in our country to pay attention to a healthy lifestyle, regardless of age, to always be busy with healthy activities, until now these processes have reached their peak. No exaggeration. In order for the young generation to always follow a healthy lifestyle, special attention and tasks have been given by the President. Issues of formation from age are being promoted very widely. The constant activity of sports clubs aimed at different age groups in every educational institution as an aspect of healthy lifestyle formation outside of school is a clear proof of the great attention paid to this field. Taking into account the great importance of play activities among children of primary school age, sports fields are being built and commissioned for children of this age in every neighborhood, in addition to this, in order to effectively organize their free time in educational institutions. Various measures are being developed and are constantly being formed.

MAIN PART METHODOLOGY.

In the health-enhancing lifestyle, first of all, the balance between mental stress and physical loads is studied, and the primary task is to gradually form physical fitness and mental stability in elementary school students. It is no exaggeration to say that paying attention to proper nutrition is one of the most important tasks for elementary school students of the younger generation. Uncertainty and lack of control during eating in students of this age can cause various diseases. The existence of harmonious relationships among children of primary school age is another important aspect of forming a healthy lifestyle, that is, if we take into account that the tasks given to children at this age are not large, collective workloads with them are developed by pedagogues and step by step if it is formed, it will be easier to achieve a positive result. But there is another side to this situation, that we, pedagogues, can direct children of this age to a healthy lifestyle with the help of parents of elementary school students in forming a healthy lifestyle.

When organizing these processes, first of all, it is necessary to act based on the interests of elementary school students, that is, to organize game processes taking into account their main activities. That is, it is a very important process to organize the main downloads not in a large volume, but gradually in a small volume and in connection with the type of game activity. A healthy lifestyle is a normal process for children of this age to be active and always busy with something. The tasks set before primary school teachers are considered to be a very important and responsible task of forming students mentally and physically, taking into account these processes. The formation of healthy lifestyle skills in primary school students is primarily based on the activities of the teacher who educates them, who should always give the correct tasks and form them in every way without causing excessive harm to children. In many cases, elementary school teachers, without knowing

what is going on in the minds of children, give them an excessive load, which can lead to a violation of psychological stability in children. In such cases, it is necessary for primary school teachers to be mature specialists in their profession and to have the ability to learn from the age characteristics of primary school students.

Much of the health promotion program depends on the focus on elementary school students' ability to maintain personal hygiene. In this case, we will have to work with personalities such as parents of elementary school students, class leaders, and club leaders in many educational processes.

Many scientists of this field always emphasize in their opinions that the characteristics of the age in primary school have a strong influence on the student's cognitive processes and subsequent activities. If we take into account that children at this age form the burden of the main part of their activities, it is correct to say that we pedagogues have a very responsible task. As a result of many researches, it was determined that the formation of physical fitness of children of this age depends primarily on their environment.

RESULTS AND CONSIDERATIONS.

As a result of the conducted research, the factors that should be paid attention to by teachers in order to form a healthy lifestyle among elementary school students are mentioned in the table. Human health depends on many factors, and it is very important for teachers and pedagogues to pay attention to these conditions.

- *Genetic factors - 10-15 percent*
- *Influence of environment - 20-25 percent*
- *Each lifestyle - 50-55 percent.*

During our research, the following stages were developed for the formation of physically mature all-round individuals among primary school students. Proper consideration and formation of these stages is important for children of primary school age.

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| <i>- Positive and effective reduction of the impact of harmful factors, formation with the support of elementary school students, parents and teachers</i> |
| <i>- Directing personal life to be healthy and strong, gradually developing children of this age from their youth.</i> |
| <i>- Ensuring a positive environment in the family, health and happiness of children.</i> |
| <i>- Satisfy the need for self-realization of every person. Formation among elementary school students based on the type of game activity.</i> |

- *High social activity, gradual formation*

Focusing on the tasks listed above, it is very important that we focus on the education of children of primary school age, first of all, to direct children according to the type of play activity. The value of any action is determined by the importance of the goal, the probability of its achievement, and the educational process. A person's behavior or lifestyle depends on the biological and social needs that need to be met.

CONCLUSION. In conclusion, in most cases, the process of forming a healthy lifestyle in children of primary school age is absorbed into the process of activity, primarily due to family conditions. Proper nutrition and proper hygiene of each child is gradually formed after joining the school process. It is necessary to form useful habits among children at this age, paying attention to the size of the loads given by pedagogues, theoretically and physically, without affecting the psychological conditions of elementary school students. To be more specific, it is important for us pedagogues to create situations in the process of educating students, such as avoiding bad habits and acquiring qualities that do not hinder the child's development.

The famous scientist Hegel also emphasized that habits make a person his slave. That is why it is very important to form useful habits in preschool and school age and to reduce the risk of their turning into vices, to fight against harmful habits. A healthy lifestyle is primarily related to the work of a pedagogue with elementary school students. It is no exaggeration to say that many processes depend on the methods and methods used.

We considered it important to add another process, that is, it is very important to form the concept of personal hygiene in the education of elementary school students. Eating right, washing your hands before and after eating, brushing your teeth before sleeping and after eating, clean clothes, strict adherence to cleanliness in general are the main conditions of a healthy lifestyle, and it is these processes that children of this age must follow. if we form, we will take the first step in improving a healthy lifestyle. A healthy lifestyle is a guarantee of health and prevention of any diseases. Step-by-step formation, taking into account various aspects, serves as one of the main factors for success in the education of primary school students. A person who follows the rules of a healthy lifestyle will have a place in the family, work team, and society as a whole, learns to overcome various difficult situations and not to lose oneself in the face of life's difficulties. The rules of a healthy lifestyle support each other, and one cannot exist without the other. If we approach these processes responsibly without neglecting them, it will be more accurate to say that we can guide elementary school students to certain skills about a healthy lifestyle. In the traditional educational process, students spend most of their time in a sitting position. That's why pedagogues need to monitor students' sitting posture during classes, spend physical education minutes in classes, organize activities that have a positive effect, and include exercises aimed at keeping the body in

shape in physical education exercises. Performing exercises with a physical focus will have a more positive effect. From the first day of school, it is necessary to pay attention to the formation of the correct sitting position in first graders. It is necessary for pedagogues to teach simple methods of controlling children's sitting position at school and at home. Educators will have to patiently observe the child's sitting in primary classes. When sitting in a bent position, which is necessary for doing written work, weight falls on the back muscles, the heart beats faster, and the amplitude of the breathing movement decreases. In this case, to maintain balance, students lean on the table with their chest, which makes the work of internal organs more difficult. Therefore, the supervision of elementary school teachers is of great importance for the health of children. Spending minutes of physical education in classes is an effective tool to maintain students' ability to work. In order to form a healthy lifestyle, it is the most important task for teachers and pedagogues to pay attention to every condition of children in the classroom.

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