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Pedagogical Mechanisms of Forming a Healthy Lifestyle in Primary School Students

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Abstract: This article covers the main issues of healthy physical education, proper nutrition, and the main mechanisms of teaching elementary school students to a healthy lifestyle.

Keywords: Sport, Physical education, Strengthening exercises, Age periods, Primary class, Pedagogy.

First of all, a healthy lifestyle, paying attention to the characteristics of a certain age, giving exercises based on the type of game activity with health-oriented exercises is a mountain in the minds of elementary school students. We will be able to see the formation of various mechanisms. First of all, the orientation of children to healthy exercises at this age is inextricably linked with their good rest.

In general, movement is one of the main characteristics of life. Taking into account the high level of physical activity among elementary school students, it certainly has a special place in strengthening health. The problem is that a very small part of the population sends their children to health physical education purposefully. The importance of physical activity in elementary school students is also very important for their mental performance. The arrival of signal impulses from the periphery is a very important process for mental activity.

If the brain stops receiving such stimulation, its activity will gradually decline over time. Based on the above, it can be concluded that muscle tension is one of the necessary conditions for mental activity. Another important health factor for elementary school students is to establish a proper diet. During this period of life, various diseases related to improper nutrition are actively forming in the child's body. This includes not only gastrointestinal diseases, but also nervous, endocrine and other systems.

A growing organism quickly adapts to overloads and nutritional deficiencies, this process can create the idea that everything is fine in the child's mind. After such important situations, problematic situations arise in the child's body.

The proper nutrition menu for elementary school students includes about 50 different components. If we take into account that the child's educational process is mainly connected with flexibility and stressful situations, the body needs healthy diets more than ever in such periods. For children of this age, a healthy lifestyle is not just a simple word, but an important process for correctly directing the main tasks in their future life. A healthy lifestyle does not yet occupy the first place in the hierarchy of needs and values of primary school students. But if we teach children of this age to value, protect and strengthen their health, if we show a healthy lifestyle through our personal example, then future generations will be healthy, not only personal, intellectual, spiritual, but also we can hope to be healthy.

Taking into account that a special direction has appeared in pedagogy: "recovery pedagogy". Health promotion is based on the idea of a healthy child, which is an achievable measure of child development and is viewed as an integral organism. Rivojlanish bosqichma-bosqich va ketma-ket amalga oshiriladi:

There is the same organic connection between spiritual and physical development as mental, emotional and volitional activity, and proper organization of education and training ensures comprehensive development;

In the process of development, different aspects of mental activity are not involved at the same time, the speed and energy of their development are not the same; development can go in the middle direction or take root for various reasons;

It is not possible to artificially force the development of children, it is important to allow each age period to "pass by itself".

If we form the motivation of children through the words that health is the peak, you should always rise. The state of the health of the young generation is the most important indicator of the well-being of the society and the state, and it not only reflects the current situation, but also provides an accurate forecast for the future. The labor resources of the country, its security, political stability, economic well-being and the moral level of the population are directly connected to children, starting from primary school and youth. One of the most important factors or elements of the external environment is education and enlightenment in their concrete expression, i.e. in the system of hygienic knowledge, skills and competencies aimed at maintaining and strengthening health. What happens to a person from early childhood largely depends on his worldview, culture and lifestyle.

Education is closely related to education. It is a debt and a difficult process of pedagogical influence on the growth and development of a person, the formation of his personality and the upbringing of his character. The development of a person depends on the direction, including the development of universal and national culture, the direction of values and standards of social life, his attitude to himself, his life and his position in society.

The formation of a healthy lifestyle, which takes into account the age of children's development, is shown to be one of the main mechanisms for elementary school students. But being able to direct this process correctly and precisely is one of the main tasks of a pedagogue teacher. In many cases, we can see that elementary school students are directed to sports that are not only healthy, but also focused on high results. But it is not an exaggeration to say that it will be a huge step for the development of the next generation if we can direct the child to healthy sports activities based on his age and interests.

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