

# The content of the formation of the skills of adherence to a healthy lifestyle in primary school students

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**Abstract:** This article discussed the issues of a healthy lifestyle and its content and the education of Primary School students in a healthy lifestyle.

**Keywords:** Health, health, cleanliness, wellness, physical activity, physical activity.

**Introduction:** The law "on education" of the Republic of Uzbekistan, in the content of the state program "Healthy generation", dictates the intellectual and spiritual – moral education of a person, the formation of a healthy lifestyle in students. To ensure a person, his life and health, to educate the growing young generation as physically strong, is rising to the level of a pressing social issue today. Our first president noted that finding a healthy lifestyle in the minds of members of society is an unprotected problem, and declared 2005 the "Year of Health" in our country. So, we found it permissible to express the relevance of this problem by the following factors;

the formation of a healthy lifestyle is an urgent social order; a sharp change in Ecology in subsequent years, the origin of various infectious diseases;

the fact that the formation of healthy lifestyle skills is an important stage in secondary school education, in particular in the elementary grades;

for the prosperity of our country, the maturation of people who have matured in every possible way ( both spiritually and physically mature) is determined by the increased demand and need for adulthood.

The upbringing of a healthy generation, the decision of a healthy lifestyle, the preservation of human health by all means are reflected in the heritage of our ancestors to this day.

Determination of pedagogical conditions for the formation of a healthy lifestyle in primary school students;

A healthy lifestyle (STT) is a process of formation of a comprehensively progressive person who is able to lightly carry active labor, living in the mouth of creativity, strong physical and mental loads, factors of extremely dangerous and harmful effects.

The problem of a healthy lifestyle – the most important problem facing the human being – is the problem of comprehensive development of the individual, the formation of a socially hygienically rational lifestyle in the field of Labor life and Recreation, scientifically based, which contributes to increased socio – hygienic activity.

"A healthy lifestyle is a lifestyle that organizes daily life under biological and social laws, aimed at maintaining and strengthening health".

The promotion of a healthy lifestyle in the educational system should be carried out consistently in different directions, on the basis of a specific program, in specific directions. In particular, this is primarily aimed at giving students certain medical and hygienic knowledge of a healthy lifestyle in the process of higher pedagogical education, forming concepts about the impact of maintaining a healthy lifestyle on the improvement of the human body, on the second hand, following

hygienic rules on the basis of a strict regime in young people, directly relating to the Also, a healthy lifestyle should be widely promoted through the media, as well as deeply embedded in the educational content given in schools, lyceums, colleges in harmony with all educational institutions.

The work on protecting the health of students of secondary schools, providing them with qualified medical services, timely identification of sick students, their recovery, prevention of various diseases is widely established.

To spend minutes of physical education, a special set of exercises can be used, consisting of 3-4 exercises. In educational institutions, it requires conducting exercises with mental and static weights on individual studies, on the system and on the whole organism, a minute of physical education to prevent general exhaustion in the lesson, and exercises with a general effect consisting of exercises collected for various groups of muscles, taking into account the tense during the lesson. The exercise lasts 1.5-2 minutes.

It is necessary to create conditions in the school to satisfy the biological demand of students for action. This requirement can satisfy the daily activity of movement of children and adolescents with a volume of more than 2 hours

There are various directions, methods for the formation and upbringing of a healthy generation. It is especially important to properly organize children's leisure activities, teach various national action games.

Today, the formation of a healthy lifestyle is also considered as important as in past periods, and this problem has also been studied as a social problem, as in past periods.

The 21st century is a high speed, a huge flow of information, a time when events change rapidly, so every person needs to find his world, his environment and his own interests. The 21st century differs from other centuries in the development of technology, informatization and computerization. However, public opinion and the media form a consumer attitude to life in the younger generation.

There is an opinion that everything should be tried in this life, that is, Alcohol, Tobacco and drugs. Accordingly, the problem of addiction among young people remains relevant, which means that social behavior, deterioration in health, a decrease in mental and creative potential leads to a decrease.

Not all young people engage in physical education and sports, most are released for medical reasons. Thus, in modern society, there are a number of problems related to the health of the younger generation, in

particular, the ability of young people to lead a conscious and purposefully healthy lifestyle. The human body is the only complex self-governing biological system in constant interaction with the changing conditions of the external environment.

Health is understood in the broad sense of the word. This is not only the absence of a disease, but also a state of complete physical, moral, moral, psycho-emotional, social, intellectual well-being.

A healthy lifestyle is the only possible way to maintain and strengthen human health. Necessary components of a healthy lifestyle:

- ❖ physical activity,
- ❖ positive emotions in the moment,
- ❖ sobriety,
- ❖ personal hygiene,
- ❖ the daily routine,
- ❖ balanced nutrition,
- ❖ tempering,
- ❖ the positivity of thinking.

Wellness activities - on the one hand, to improve the personality itself,

on the second hand, the joint activities of a student - athlete and a teacher - coach aimed at changing the attitude of value to their own health and mastering the attitude towards their own health.

To increase the reserve capacity of each individual body member, they must be regularly adjusted. To create health reserves, it is recommended to follow the following rules of a healthy lifestyle:

- ✓ regularly engage in physical education and physical labor. Giving the body at least 6 hours of physical load per week;
- ✓ working with a normative mental and physical load, active rest after intense mental work. Galmagal and meaningful Organization of rest with Labor;
- ✓ rationally and structurally equivalent nutrition, getting rid of excess weight, limiting the consumption of animal fats, sugar and sweets;
- ✓ turn away from harmful habits;

- ✓ beat the organism;
- ✓ be in the fresh air at least 2-3 hours every day;
- ✓ strictly follow the agenda, let's sleep at least 8 hours overnight;
- ✓ changing lifestyle and work when the need arises;
- ✓ living satisfied with urmush, study and work.

The increase in the reserve capacity of the body should be achieved in an incomplete organization, not a waterfall.

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