

THE IMPORTANCE OF FORMING A HEALTHY LIFESTYLE IN
PRIMARY CLASS STUDENTS

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Abstract: The issue of bringing up a mature generation, scientifically justifying the spiritual and moral impact of a healthy lifestyle in the development of social relations, scientific analysis and study of lifestyle due to independence has become an urgent topic. Due to the national independence, to modernize the country and create decent living conditions for the population, increase the diversity and develop the work of shaping a healthy lifestyle in the future generation.

Key words: tension, game-relays, sports exercises, strength, agility, endurance.

Nowadays, the number of factors affecting the physical development of each person is increasing. For example, various changes, the form of education and place of residence, the rules of living, the life of children and adolescents, these everything forces him to adapt to new conditions without harming his health.

The nature of our modern development has a great impact on the psyche of young students. Physical training helps children to develop cardiovascular, respiratory, muscle and other important systems of the body.

This is achieved by including active games, game-relays, sports exercises, various types of walking, basic movement exercises. During physical training, activities are always alternated: fast exercises are alternated with slower ones. This allows children to maintain high work ability throughout the training.

For example, a slow jog is replaced with a game, a game is replaced with basic movement exercises, and so on. One of the distinctive features of the training is that general development exercises are not carried out sequentially, but in different parts of the training: during the introductory - preparatory part of walking, children perform various hand movements, slow walking, on one and two legs. alternating with jumping: in the main part, leg and body moving exercises are given.

Carrying out general development exercises in this way saves time, makes training more energetic, which is especially important in the cold season of the year. Another feature of the training is that they are involved in children's sports games and activities, such as jumping rope, sliding, skiing. Is to be taught. In elementary school, children are taught the elements of basketball, football, hockey, and learn to play badminton.

In the preparatory groups, children continue to master the aforementioned sports games and begin to learn the elements of the table tennis game. In addition, during the training, the children learned the basic movements in the previous physical education training strengthen. Physical education classes consist of 3 interrelated parts: introduction - preparation, main and final part.

Introduction-preparatory part. It is necessary to gradually prepare children for the physical loads in the main part of the training, instilling a desire in them for their future activities. The preparatory part of the entrance begins with the line-up and march. Children perform the simplest hand movements while walking. Hands up, passing to the sides, clapping, making circular movements, etc. Performing these exercises develops the muscles of the shoulder girdle, improves coordination of movements. During walking, the educator pays attention to the accuracy of the step, the correctness of the hand movements, the observance of the distance and the direction of movement.

He goes from walking without stopping to walking slowly. It can last 1-3 minutes depending on the age of the children. Usually this run is held on the sports ground. Children line up one by one and run in a circle without chasing each other, without pushing each other, observing the distance.

Children perform exercises in the second and third turns (3-4) with knees up, run sideways with a pair of steps, step on one foot, step on two feet, jump from one foot to the other, run forward with the back, do a back turn, etc.

All these exercises strengthen the muscles of the legs and pelvis, improve children's spatial awareness, and also give them positive emotions. A slow run ends with a walk. Preparation takes 3-5 minutes. In the cold days of the year, children do not line up for training: as soon as they leave the building, they go to the sports field, performing hand movements.

The main part of the lesson (depending on the age of the children) lasts from 12 to 24 minutes. In this part, the qualities of increasing the functional capabilities of the children's body, developing strength, agility, and general endurance are discussed. In addition, basic movements are strengthened and the skills to use them in game activities are formed.

In elementary school students, the main part begins with mastering the elements of sports exercises or sports games. Then run at an average pace for a short time (from 1 to 15 minutes). After it ends, the children learn by practicing one of the basic movements. After that, the children run again at a moderate pace, and then active games are held.

The main part in the preparatory group is conducted in the same way as in primary school students, but the teacher uses more intergroup method. This allows the pedagogue to teach the children and improve the acquired skills of the children independently.

The duration of the run in the main section is shown in the attached plans. To conduct the run, it goes around the sports field, and the kindergarten uses different paths in the designated area. Children should run in places where the teacher can see them, and when running, the distance between each of them should be 1.5-2 steps. For elementary school students, this type of running is complicated - children are recommended a route that overcomes various obstacles.

It develops agility, endurance, improves movement coordination. In this case, the teacher tells about 2-3 obstacles around the playground, the children run around the playground 2-3 times and overcome the obstacles in a row. It is impossible to allow haste in performing the basic movements of sports exercises or elements of sports games - it is necessary to demand accuracy and completeness of movements. The main part of the training is active play. Action games that include walking, climbing, jumping, and throwing are selected in the recommended ejas. In order to increase the children's movement activity, the losers (those caught) leave the game at least 1 time.

In the game, there should be a break of 15-20 seconds between a long stop and recognition. On the contrary, if it is necessary to give the children a little rest or to focus their attention on the exact implementation of the game rule, the break between repetitions of the game can be shortened. In the final part of the training, he moves from jogging to walking. Its duration is regulated by the teacher, depending on the activity of the children in the movement game before the final part, depending on the weather conditions and the readiness of the children: after the game with a lot of movement, the time of slow walking is halved or not spent at all, and the children walk around the playground they should walk calmly.

After a game of moderate mobility, especially in the cold season of the year, it is necessary to run slowly at the end of the training as long as you ran slowly at the beginning. Weather conditions may change during or immediately before the training. Then the pedagogue has to change the course of the training and choose other actions. For example, climbing was planned, the steps of the gymnastic wall were covered with ice.

At this time, elements of crawling, throwing snowballs, etc. can be included in the training. If it snows and the field is not cleared, games can be played elsewhere. Children run a lot throughout the training. Thanks to this, children can run at this speed for a long time, and in this way a positive training effect is achieved.

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