



HARMONY OF HEALTHY LIFESTYLE AND PHYSICAL EDUCATION SYSTEM IN EDUCATION OF THE YOUNG GENERATION

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Annotation

In this article, opinions on ways to raise a healthy generation, decide on a healthy lifestyle, and further develop physical education and mass sports are presented.

Also, there are recommendations on setting specific goals for sports and wellness in the educational system, using modern methods of their implementation, and relying on family and public cooperation.

Key words

physical education, sports, family education, health promotion, national games, healthy lifestyle, healthy generation, mass sports, physical culture, physical exercises, sports games.

In order to make young people healthy and well-rounded in all aspects, it is first of all necessary to organize physical training classes in the system of family relations, a healthy lifestyle in our social life, and to organize promotional activities related to health, physical maturity, physical development, and health strengthening based on a new approach. In modern conditions, education of young people, education of a competent generation is evaluated as a factor guaranteeing the future of our independent country, and state programs aimed at ensuring the success of large-scale social activities implemented in this regard were adopted, their content was enriched with new, advanced scientific and theoretical views. These programs emphasize the strategic importance of raising a healthy generation for the development of society, and one of our main tasks is to direct the energy, potential and capabilities of young people to increase the prestige of our independent country in the international arena, to ensure that it occupies a worthy place among the countries of the world community.

First of all, the role of a healthy environment in the family is important in raising a healthy generation in our society, making it morally mature in all aspects, regularly engaging in physical education and sports, and ensuring the health of young people [1]. Widespread promotion of regular physical education and sports, ensuring the physical, medical and mental health of young people by deciding on a healthy lifestyle from a medical point of view, regular physical education and sports in them, as well as increasing attention to their health, national consciousness in young people, national A lot of positive things are being done in our Republic in terms of education of ideology, unique national pride, national thinking and pride.

Today, we are trying to establish a democratic society based on the heritage of our ancestors, national values, and based on the requirements of our own way of life. These actions are based on the healthy human factor. Forming a healthy person through physical education and sports should be the task of the whole society. Every person, family, parent makes physical education and sports a habit, and respecting it as a value leads to continuous physical education and sports in the society. Physical education is a pedagogical process aimed at forming physical and volitional qualities in students, preparing them mentally

and physically for work and defense of the Motherland, and is considered one of the important components of the social education system [2]. The issue of ensuring that young people grow up healthy has been one of the main ideas of our national pedagogy, folklore and works of thinkers.

Physical education is very important in all-round development during childhood and adolescence. The qualities of community, hard work, discipline, morality are cultivated in the physical culture class. With the birth of a human child, the need to perform various actions appears. As Ibn Sina said, when a person moves, various toxic substances in his tissues leave the body with sweat.

The main purpose of the physical culture lesson in schools is to help or make the students healthy from the first grade. This process is carried out in harmony with the system of family relations and is directly related to the responsibility of parents for the healthy upbringing of children. All physical culture teachers and coaches should consciously feel that physical education is not a personal matter of each student, but a requirement of society. Our health is the most important not only for ourselves, but also for other people and the Motherland. Being engaged in physical culture exercises is one of the permanent and personal goals of every student in his daily life, and it is necessary for him to develop towards perfection, to love and protect the motherland and become one of the honorable tasks for the student [3].

Physical education should be effectively organized for children not only in the process of organizing education in the family or in educational institutions, but also during classes, various competitions, events held outside the classroom and school. Raising physical education to a higher level in accordance with today's requirements prevents the spread of negative situations among students. To form a healthy lifestyle in our society, to create conditions for the population, especially the young generation, to regularly engage in physical education and mass sports, to strengthen the confidence of young people in their will, strength and capabilities through sports competitions, to instill feelings of courage and patriotism, loyalty to the Motherland. Today's era shows that it is necessary to further develop physical education and mass sports, to involve all layers of the population, especially young people, to regularly engage in physical education and sports, and to make effective use of the conditions created in this regard in our country.

It is a fact that our various national traditions, modern holidays and sports games, which have been going on from our oldest ancestors and descendants to the present day of independence, are popular among the peoples of the world, moreover, through them, the healthy lifestyle of the population is becoming more prosperous. Also, the potential of our social work and life culture is embodied by the work education of a healthy generation and activities such as creativity and creativity, and in the life of our people there are various holidays, national folk games, republican competitions (Alpomish, To'maris festivals), "Nipholari Umid", "Barkamol Avlod" It is of social importance that the participation of our youth in multi-stage sports competitions such as "Universiade" has become an integral part of our spiritual life as one of the important means of a healthy lifestyle in the future [4]. Important competitions such as "Mahallamiz polvolnari", Women's Sports (Tomaris Games), "Healthy Family", "Family Sports", which have become a tradition in recent years, are becoming more and more popular. It is noteworthy that in almost all of the public sports events mentioned above, movement games, our national games, and the systematic conduct of physical training sessions based on the harmony of a healthy lifestyle and sports processes in our society are considered an important factor in the further improvement of our activities.

To conclude based on the above, today in the educational system, it is necessary to set specific goals for physical education and sports rehabilitation and use modern methods of their implementation, conduct sports rehabilitation activities based on family and community cooperation, and actively apply innovative, information and communication technologies to the process of educational practical training. It is advisable to regularly improve things like doing.

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