



THE ROLE OF PHYSICAL EDUCATION IN ORGANIZING A HEALTHY LIFESTYLE (IN DIFFERENT YOUTH GROUPS)

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Article history:	Abstract:
<p>Received: September 17th 2022 Accepted: October 17th 2022 Published: November 26th 2022</p>	<p>In the article the cultural and physical development along with cultural and physical development are studied in the article, the provision of precautionary measures and the prevention of injury during physical exercises are studied, physical education training from physical education work forms in different age groups and one of the results of independent physical exercises carried out in everyday life was developed, scientific proposal and practical recommendations were developed in relation to the development of factors to reduce children's fatigue and increase their work ability.</p>

Keywords: Healthy lifestyle, physical development, small and medium groups, building complexes, sports element.

INTRODUCTION

A healthy lifestyle includes cultural and physical development of a person, increasing labor productivity and creative activity. So, if we live life by putting the cultural and physical development of a person in its place, and increasing labor productivity and creative activity, we will in some sense organize a healthy way of life, at least for ourselves.

A legitimate question arises here. In other words, what should be replaced by cultural and physical development in order to organize a healthy lifestyle and increase creative activity? There are different answers to this question, but we tried to answer according to the interpretation of Abu Ali Ibn Sina, a great man, a mature scientist of his time, the founder of medicine.

The scientific basis of organizing physical training classes was developed, and in the 20th century, world-wide noteworthy teachings appeared. These teachings greatly expanded the limits of human physical maturity and capabilities. He considered that one of the most important tasks of physical education is to be able to perform physical training, sports competitions, and folk games, to be able to compare them with each other and to evaluate them independently, that is, to be able to analyze them. According to him, it is possible to achieve the best results in a very short time by spending very little effort. He advocated the implementation of physical education in accordance with the age, gender and individual characteristics of the student. It is noted that it gradually becomes more complicated, skills and qualifications should be perfect.

LITERATURE ANALYSIS AND METHODOLOGY.

Abu Ali ibn Sina on physical training, Amir Temur's military physical education. From the first days of Uzbekistan's independence, it was a task to re-light the country's history and show all the realities clearly. It is known that our country is famous for great scholars, great scientists, skillful generals and statesmen who made an incomparable contribution to world culture. In the development of national culture, Uzbekistan has long been one of the advanced cultural centers of human history due to its unique characteristics, geographical and natural advantages among the countries of the world and the countries of Central Asia. At the beginning of the 7th century, the Arab caliphate was established, and it included the entire Arabian Peninsula, Iran, Transcaucasia, Syria, North Africa, and Southern Spain. By the middle of the 7th century, the lands of Central Asia were also conquered by the Arab invaders. The local people have been fighting against the Arabs for many years. But the Arabs completely conquered these lands, established their own religion and culture, and succeeded in subjugating the peoples of Central Asia to Islam.

Uzbek scientists are carrying out effective scientific activities in this direction. A. Akramov's "History of physical culture and sports in Uzbekistan", K. Nurmuhammodov's "Social and economic problems of physical education and sports", F. Nasriddinov and E. Shoternikov's "The human factor" began to spread widely on the world scale. Physical education and sports games of different nations have spread internationally, and internationalism and patriotism have reached the level where they are stronger.



A.D. Novikov, L.P. Matveev, V.A. Ashmarin, Ch.T. Ivankov, N.I. Ponomarev, V.V. Popechenko, B.M. Shiyani, A. Abdullaev, A. Akramov, F. Nasriddinov, F. Kerimov in the development of the scientific-pedagogical basis of wide organization of physical education. , F. Khojaev, and other scientists actively participated.

ANALYSIS AND RESULTS.

Provision of precautions and prevention of injury during physical exercises. Ways of conducting physical exercises in different seasons of the year. The method of conducting physical training with children of the first age and in groups of mixed age. Evaluating the teacher's physical training.

Control over his acquisition of knowledge, correct and quick performance of physical exercises. Observing the condition and behavior of children before and after training. Questions about the analysis of physical training.

Requiring independent conduct of physical education training and physical exercises in everyday life from physical education work forms in different age groups. Independent performance and analysis of physical training in practice. Giving students a summary of training for different age groups according to the program

The inclusion of sports element games in the category of action games, their importance in the comprehensive education of children. Sports element games include basic movement exercises and use this method to aim in space and develop eye tracking skills. Organizing children for sports, preparatory exercises, teaching methods, preventing and correcting mistakes, preventing injuries and colds.

Organizing children for sports, preparatory exercises, teaching methods, preventing and correcting mistakes, preventing injuries and overheating. In small groups, the main movements are walking, walking on tiptoes, walking on heels, walking holding hands, walking between two lines, walking without stepping. Jumping from a bench, jumping while maintaining balance on it, jumping and crawling, these exercises should be distributed month by month together with relay games and movement games.

Structure of morning physical education. Choosing physical exercises. Use of physical aids (holiday, stick, ring, etc.).

It is necessary to spend physical minutes in the process of painting, making things from clay and plasticine, counting, developing speech and other

activities in order to reduce the tiredness of children and increase their ability to work.

The importance and method of conducting morning physical education in small and medium groups.

The importance of morning physical education for children's body. Place and method of morning physical education in kindergarten.

Analyzing ways to create and conduct morning physical education plan-summary using literature and program in small and medium groups.

The importance of morning physical education for children's body. Place and method of morning physical education in kindergarten.

Analyzing ways to create and conduct morning physical education plan-summary using literature and program in small and medium groups. Training in small and medium groups to prepare and conduct morning physical education based on the program. Observation and analysis of morning physical education conducted by students.

CONCLUSIONS AND SUGGESTIONS.

Building complexes. duration of complexes and their replacement. Teach students how to properly organize morning physical education, its structure, the correct choice of physical exercises, and the use of physical aids. The duration of training of complexes is to replace them.

Selection and distribution of physical education plans and monthly plans for a certain period of time. Monitoring children's physical activity during the day and taking into account children's attendance at kindergarten.

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