

Natural Health Instructions in Organizing the Daily Life of School Students Efficiency of Use Reasonable Use in Physical Education

Berdiev G'ayrat Ulobaevich¹

Abstract: It is the joy and pride of every parent to have a healthy child, and there is no parent in the world who does not want their child to be healthy, strong, resilient and fit. The child is not healthy, strong and resilient. It is necessary to study the ability of the growing organism to adapt to the changing conditions of the external environment in a timely manner. As soon as there is a need for work in this area, educational reforms in our country have emerged as a force that greatly contributes to the emergence of a certain level of intellectual potential and its place in society. "The new model of education will lead to the formation of an independent, free-thinking person in society.

Key words: Exercise, exercise, air bath, remedial gymnastics, swimming, sunbathing, muscles, travel, hiking, balance walking, running, large group (7-8 ears old), training group (Children 9-10 ears old), cyclic, acyclic, basic and special movements

We will have the opportunity to raise from the next generation people who are self-respecting, strong-willed, full of faith, and have a clear purpose in life. That is why, after the stages of development, conscious living becomes the main criterion of social life. It is known that our ancestors were a priceless treasure from ancient times.

He considered enlightenment, education and upbringing to be the most basic condition and guarantee of human perfection and development of the nation. Of course, education is a product of consciousness, but at the same time it is the most important factor that determines the level of consciousness and its development, that is, the formation and enrichment of the people's spirituality. Therefore, it is impossible to develop spirituality without changing the system of education and, on this basis, consciousness.

After all, the main criterion of our reforms is the spiritual upbringing of the younger generation in our country, the organization of the education system in accordance with the competitive environment. should.

Exercise activities for children include adaptive treatments such as air baths, water treatments (wiping, watering, showering, bathing) and sunbathing to strengthen children in preschools, which are the first educational institutions of the younger generation. starts.

The combined use of natural factors makes children more resistant to various adverse effects of the external environment (humidity, rain, wind, heat).

Children's exercise is very effective when combined with exercise: active muscle activity helps to improve the process of thermal regulation and thus the body's adaptation to the external environment.

The process of exercise is diverse, it includes, on the one hand, special activities (air, water, sunbathing) on the advice of a doctor, on the other hand, the conditions set in the agenda (regular ventilation of the room, open windows, children's light clothing) -heads and shoes, adherence to the established duration of the trip and the order of children's physical activity, sleeping on the porch with windows open). All this ensures the full exercise of the body, in which there are pleasant changes (the state and function of the nervous system improves metabolism, blood composition, deepens breathing, creates an emotionally positive state of the psyche). adapts.

The Child of the Third Millennium Basic Program provides training for all age groups from the age of one. The program specifies the types of training, their duration, duration, and the need to approach children individually on the advice of a doctor.

Air baths - allow children to have direct contact with the bare skin during exercise. The most appropriate and natural look for an air bath is a morning exercise in the open air and in rooms with open windows.

Exercise and morning gymnastics have their own characteristics as an air bath. The temperature in the room is gradually reduced every 2-3 days, and the children are dressed more lightly. This work is carried out under the guidance of a doctor, taking into account the state of health of children and individual approach to each of them.

Another type of exercise is water exercise, which involves wiping, pouring water over the waist, showering, and bathing (swimming pool, river, lake, sea). The doctor's advice, taking into account the specific characteristics and health of children, is the basis for prescribing these procedures. It is advisable and necessary for the child to be active in water treatments.

Using massages from the feet to the center, children learn to move on their own with the help of wet gloves. In a circle or semi-circle, while standing, they rub their breasts, shoulders, and arms at the same time, then turn around and give their

¹ Pedagogical Institute of Termez State University Senior Lecturer, Department of Physical Education

gloves to the children standing behind them, and each of them rubs his friend's back. . In this way, the child is able to move during the wiping process, does not freeze, and learns the necessary life skills under the guidance of a tutor.

Bathing as a daily routine is a great way to keep your baby healthy and fit. Cold water, ultraviolet light, fresh air, children's movement - these tools have a positive effect on the child's body, his nervous system.

However, despite the effectiveness of this treatment, it should be used with extreme caution, gradually teaching children to wipe it before showering and gradually lowering the water temperature.

The training bath is recommended for medium, large and preparatory groups. It is advisable to start teaching water at the age of 1.5-2 years. Walking in shallow water, picking up rocks, with inflated toys play, splashing water helps little ones to master the water environment that is new to them, awakens moral feelings, cultivates courage.

Bathing can be started in summer, when the temperature is 20-25 C, the water temperature is at least 20-25 C, two weeks later the temperature is 18-20 C, the water is 15-16 C.

Sunbathing. The sun has a positive effect on the child's body, strengthens his general condition and improves metabolism. Especially bactericidal (stops the growth of bacteria), anti-rickets (improves the activity of the nervous system, enhances metabolism, strengthens the musculoskeletal system), erythema (increases blood flow and causes reddening of the skin and darkening of the body). Ultraviolet rays are very useful.

First, soak in the sun for a maximum of 5-6 minutes. This time is increased to 5-6 minutes each day and finally extended to 1 hour.

The child should lie in the sun with a towel on his head or panama, lying on his stomach every 2-2.5 minutes, then on his back, then on his other side. After sunbathing, you can relax in the shade for 15-20 minutes, pour water on top, and swim in the pool for 5-10 minutes.

It is useful to soak in the sun from 8 to 11 in the morning and from 16 to 18 in the afternoon. At this time, the sun's UV rays are abundant, which helps prevent rickets. Infrared rays can heat the body and cause damage.

Excessive use of sunbathing can lead to adverse events in children (agitation and sleep disorders, sudden dilation of blood vessels, worsening of blood composition, etc.). Therefore, sunbathing in children's institutions should be carried out only on the advice of a doctor, taking into account the individual characteristics of children. Regular exercise should begin at an early age so that children can develop exercise skills.

Proper organization of children's physical activity in daily life ensures that the child has a healthy physical condition and mental state during the day.

The health and educational objectives of a children's physical education program come in a variety of forms, including the importance of organized movement games and physical activity.

Action games are the main movement activity of preschool children, as well as exercise by the educator at different times of the day, according to the agenda of each age group: morning, afternoon and evening walks. In the distribution of games, the educator considers the diversity of the content of the action, the necessary repetition, complexity, which serves to improve motor skills. It is important to take into account the external environment and to cultivate behavior in a specific situation. The educator monitors the nature of the children's activities and offers them games of different content and level of movement, thereby directing their motor activity: increasing the movement of one, limiting the movement of the other and ensuring that they rest as needed.

Seasonal and weather conditions are also taken into account when planning active games and exercises. Active movement games are replaced by activities of a moderate nature in cold weather. Changing the nature and pace of physical activity allows children to relax and prevent both freezing and warming. Meaningful outdoor activities for children in the winter help to exercise and have a positive effect on the health of the body.

In the summer, when children's lives are mostly spent outdoors, clothes are also lightened, and a variety of activities improve children's health and give them a sense of life.

During the summer, regular games are widely used to improve motor skills and physical qualities.

The playgrounds of all age groups should be equipped with the largest physical equipment specified in the program, and from them children can climb, jump, crawl, jump, throw, balance exercises, who can run to each other, natural distance to a certain distance. He should use it regularly to improve his speed. Every day, toys, small physical items (sticks, hoops, balls...) are removed. Two- and three-wheeled bicycles, scooters, roller skates, scooters, cars, and horses are available for children.

Sports games such as volleyball, basketball, badminton, campus, and lapta are held in the senior and preparatory groups.

Taking children on field trips also develops their general resilience qualities. Excursions and excursions outside of children's institutions are one of the simplest forms of children's tourism.

Organized for a specific purpose, these small trips are fun and rewarding for children. They promote children's health, physical development, aesthetic sense, communication with nature, and improve motor skills and physical qualities.

Excursions should begin in small groups, taking into account the age and abilities of the children in the group, their state of health, specific indicators and doctor's recommendations.

To ensure that the field trips are goal-oriented, the educator plans them in advance and prepares them well.

Summer is the best time to go for a walk. The district where the educational institution is located: the city park, park, alleys; in the backyard, he explores nearby forests, meadows, streams, flowering meadows, and river lakes.

It is important to determine which route to take with the children, and to determine the distance of some routes.

Places where children can relax on the road will be identified, taking into account all the natural conditions that allow them to practice motor skills - streams, shores, roller coasters, hills.

Excursions include action games using toys and smaller objects, as well as regular action games. In the open air, the next physical activity is a playful activity, after which the children can relax, go for a walk and play quietly.

There are also out-of-kindergarten trips in the winter. Winter walks increase endurance, stamina, and the child's resistance.

All age groups of children are free to go on the trip, if they want. Children can only walk in pairs when they need to cross a highway. In addition to the educator, a small group of children should be accompanied by an educator's assistant: he helps the children to cross the road, to play in the desert, in the woods.

If it is planned to conduct physical training on the trip, it is necessary to perform exercises using natural factors, standing, sitting, lying down with objects, running over obstacles, running fast, long distance and targeting. Intentional throwing is included. Exercise should be done in accordance with the established norms. Excursions are organized so that children arrive late for lunch.

Walking and exercise are natural air baths that are taken in motion due to the direct impact of fresh air on the child's naked body (children should only wear panties, panamas, shoes).

Regular excursions strengthen children's bodies, refresh their life impressions, stimulate interest in travel, and give pleasure.

Books:

1. Mirziyoev Sh M. Milliy taraqqiyot yo'limizni qat'iyat bilan davom ettirib, yangi bosqichga ko'taramiz. Sh. M. Mirziyoev. – Toshkent: O'zbekiston, 2017. -592 b.
2. Djamilova N.N Bolalar jismoniy tarbiyasi. T. 2020
3. Mahkamdjonov K.M. "Maktabgacha va maktab yoshidagi bolalarning jismoniy rivojlantirishi va tayyorgarligini takomillashtirish" Metodik qo'llanma. Toshkent, 1996.
4. Berdiev B. Ch. "Maktabgacha ta'lim muassasalarida tarbiyalanuvchi bolalar jismoniy tarbiya mashg'ulotlarining samaradorligini oshiri usullari" mavzusidagi magistlik disertatsiyasi TerDU 2020 y
5. B.B.Ma'murov "Bolalar rivojlanishida jismoniy tarbiya nazariyasi va metodikasi", "Turon zamin ziyo" nashriyoti Toshkent 2014
6. Toychievich, K. I. (2022). Historical Characteristics, General Content and Stages of Development of Physical Education. *Journal of Pedagogical Inventions and Practices*, 5, 18-21.
7. I.T. Hasanov, & F.B. Mamataov. (2022). EFFECTIVENESS OF APPROACHING A COMBINATION OF THEORETICAL AND PRACTICAL EXERCISES IN PREPARATION FOR PRESCHOOL CHILDREN IN PHYSICAL TRAINING. *Miasto Przyszłości*, 24, 4–7.
8. Xasanov Ilyos Tychievich. (2022). Development Stages and Characteristics of The History of Physical Education. *Journal of Pedagogical Inventions and Practices*, 5, 96–99. 9.
9. I.T. Xasanov, & D.B. Sodiqova. (2022). Specific ways to develop physical activity in preschool children. *Miasto Przyszłości*, 24, 20–25. Retrieved from <http://miastoprzyszlosci.com.pl/index.php/mp/article/view/7>