

The Role of Physical Education in the Healthy Formation of Preschool Children

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Annotation: In this article, it is explained that the role of physical education and sports in the healthy and well-rounded formation of children of preschool age is very important.

Key words: Physical education and sports, preschool education, upbringing, child, preschool child, health, healthy generation.

In our country, all conditions have been created for raising children in a healthy and well-rounded manner. Many sports complexes, stadiums, sports schools, water sports palaces, gymnastics schools have been built for them, and these facilities have all the conditions for children to spend their free time meaningfully. The role of physical education classes in the formation of healthy and well-rounded children of preschool age is incomparable, because physical culture is a formative of children's conscious attitude to themselves and their bodies, the need to strengthen health, is the only educational subject that educates voluntary and moral qualities. The formation of a good attitude of children to physical culture and sports largely depends on the effective organization of the educational process and clearly defined pedagogical tasks.

Comprehensive development of the physical abilities of our people's children is carried out in the process of physical education, which is an integral part of education. The goal of physical education is a long-term, organized pedagogical process of educating healthy, cheerful, all-round physically developed builders of the society, who are ready for work and defense of the Motherland.

In the process of physical education, the following main tasks are solved:

- a) strengthening health, training the body and increasing the level of physical development and work capacity;
- b) acquisition of skills and abilities necessary for life, including those of a practical nature;

Strengthening the health of our people is one of the main tasks of physical education in Uzbekistan. Correct use of various means of physical education has a deep and comprehensive effect on the human body, ensures good health and necessary physical training.

Specific means of physical education are physical exercises. Regular exercise has a very good effect on the development and strengthening of the central nervous system, blood circulation and respiratory organs, reduces the fatigue of the cerebral cortex and increases the working capacity of a person. Physical exercises are also important in the development and strengthening of the musculoskeletal system. Due to physical exercises, the bones become very strong, the mobility of the joints increases, and the body becomes flexible. More changes occur in the muscles. Under the influence of physical exercises, the size of muscles increases, their strength increases, the rate of contraction of muscles and their elasticity increases. Physical exercises have a very good effect on a person's internal organs, first of all, on the heart and lungs.

That is why we need to constantly improve the health and spiritual consciousness of our people in the development of our country. Sports will remain one of the main factors in this.

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These people should have regular working conditions, proper nutrition, regular physical education and sports, and constant observance of personal and social hygiene. The government of Uzbekistan has taken a number of decisions to strengthen the health of its citizens, extend their lives, and improve the health of the young generation. Foundations and associations were established within and outside the system. Physical education and sports are especially important. Physical education and sports not only make people strong, agile, dexterous, develop endurance, but also serve to strengthen their health. Bringing up a healthy generation to adulthood is one of the priority directions of our state policy.

We must make it our goal to plan long-term measures to improve the health of the population of our country and to follow them. Today, sport is a vital necessity. Its role and importance in everyday life is immeasurably great. As the leadership of our country sets the great goal of turning Uzbekistan into a prosperous country, it understands that high results in the economy, industry, agriculture, and social sphere cannot be achieved without ensuring the health of citizens.

Because health depends primarily on an active lifestyle. Activity should start with physical education and sports and take its place in the daily life of every citizen. It is impossible to build a great country in the future without raising a healthy generation. Therefore, protecting motherhood and childhood, and in general, many good works are being carried out in our country in the field of health care. The fact that the "For a Healthy Generation" organization is working effectively and that several international health care programs are being implemented is a clear proof of this. Sport not only gives a person physical endurance and mental refreshment, but also a means of strengthening solidarity and friendship among sports people.

Because the number of sports fans is expanding and health groups are increasing. It is certainly gratifying that our children, who will take our place tomorrow, have the opportunity to train and grow physically strong by participating in sports clubs and specialized schools.

In conclusion, it should be said that the sphere of physical education and sports is one of the spheres that are rapidly developing and receiving great attention in our independent Uzbekistan. In this field, a large-scale work is being carried out in our Republic, and all these works are aimed at educating young people who are mature in all respects, mentally and physically healthy, who can create a bright future of Uzbekistan. In order for such young people to mature, it is necessary to promote a healthy lifestyle, to ensure meaningful spending of children's free time, and to increase their interest in physical education classes and sports. Specialists working in the field of physical education and sports, and especially physical education teachers, have a great responsibility to effectively solve this urgent task.

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