

<https://cejsr.academicjournal.io>

## Technology for Forming a Healthy Lifestyle in Students

*Tulepova Gulbakhar Askarovna*

*1st year doctoral student of Nukus State Pedagogical Institute*

### ANNOTATION

*The article talks about the importance of physical education in forming a healthy lifestyle among schoolchildren. Brief recommendations on how to organize clubs and activities are given.*

**KEYWORDS:** *health, physical education, aesthetic education, physical condition of the person.*

It is becoming a requirement of today's time to bring up the mature generation, who are the owners of tomorrow, as healthy and mature as possible. In order to rapidly develop health among schoolchildren, various competitions and events are being held at the school. There are different ways to create and educate a healthy generation, but it is impossible to achieve that all children follow a healthy life in the same way. Effective organization of free time of school children is especially important in forming a healthy lifestyle. One of the most difficult issues in modern society is to constantly control children's interests. In order to make schoolchildren follow a healthy lifestyle, engage in interesting exercises in 5-10-minute breaks in order to regularly engage in physical education exercises, the opportunity to lead children to a healthy life will increase.

A healthy lifestyle is the only possible way to preserve and strengthen human health. The following can be listed as necessary components of a healthy lifestyle:

- physical activity,
- positive emotions,
- vigilance,
- personal hygiene,
- daily routine,
- regular diet,
- temperature,
- positive thinking.

First of all, it is necessary to develop a person's physical culture. The physical culture of a person is a defined area obtained as a result of special education, physical culture and sports activities, as well as lifestyle culture, social maturity, motivation and education, which must be acquired at a certain level. Each area is implemented with a specific goal in mind.

Physical exercises are classified differently. A number of scientists give different classifications to physical exercises. For example, A.D. Novikov, L.P. Matveev, B.A.Ashmarin, B.A.Shiyan and others interpret physical exercises as "various categories of activities that meet the laws of physical education, are performed consciously, and are performed voluntarily."

In schools, students of the 8th grade should be able to form aesthetic education along with physical education. They need to acquire a number of competencies. These are the following:

<https://cejsr.academicjournal.io>

- aesthetic culture and creativity competence;
- competence of self-preservation and development;
- competence to develop practical activity.

During the implementation and acquisition of these competencies, students will have to participate in a number of competitions. Among such competitions, they are required to participate in the "Sprout of Hope" competition, to have information about the National Federations and the National Olympic Committee. In schools, it is permissible to ensure that students of the VIII-X classes are divided into two groups in physical education classes, and it is necessary to follow this order, taking into account the ability to observe and engage with each student during the lesson. In addition, assigning a male coach to boys and a female teacher to girls is one of the most important issues.

In addition to the exercises specified in the program, teachers can organize the lesson in an interesting way with action games. Action games and relays include such action games as "Olympic Globe", "Magic Cages", "Chirgizak", "Forty Stones", "Air Ball", "Ball to the Captain".

In addition to teaching students a healthy lifestyle, social education exercises also teach children qualities such as hard work, endurance, and endurance. In addition, students will acquire theoretical knowledge.

According to Matveev's works, it is said that physical culture was initially developed under the influence of the practical needs of society in fully preparing young and old children for labor and military work. Therefore, physical activity is an important and necessary area not only for health, but also for the development of society.

#### **References:**

1. Important aspects of forming a healthy lifestyle in general education schoolchildren. I. Daminov. 2022.
2. Salomov R.S., Mirjamolov M.Kh. Instructional manual on physical education. T.:ITA-PRESS, 2015
3. Matveev L.P. Introduction to theory and physical culture: Uchebn pos. dlyain-tov phys. cult M.: FiS, 1983.-128c.