

**EUROPEAN INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY  
RESEARCH AND MANAGEMENT STUDIES**

**VOLUME03 ISSUE12**

DOI: <https://doi.org/10.55640/eijmrms-03-12-31>

Pages: 173-177



**MOBILE IN PRIMARY CLASS STUDENTS' FORMATION OF VALEOLOGICAL CULTURE  
THROUGH GAMES**

***Khudoyberdiyev Shukhrat Mamayusupovich***

*Doctor Of Philosophy On Pedagogical Sciences (Phd), TERSU, Uzbekistan*

**ABOUT ARTICLE**

**Key words:** Hygiene, wellness, valeology, environment. **Abstract:** There is no doubt that a healthy and long life is an eternal dream of mankind. In this regard, the main task of any society is to realize this dream of humanity, that is, to create conditions for human health and longevity. At all times, a healthy lifestyle has been considered one of the basic health requirements.

**Received:** 16.12.2023

**Accepted:** 21.12.2023

**Published:** 26.12.2023

**INTRODUCTION**

The relevance of the work. In the matter of health improvement, people who think unconventionally, naturalists are increasing, and among them there are devotees and scientists who have done global work in the field of healthy lifestyle. By a healthy generation, we mean not only physically strong children, but also a spiritually rich generation. Because a nation with a healthy generation on all sides can never be defeated. We all need to understand this.

Also, the culture of "personal care of one's health" should be inculcated from a young age with the support of family, school, neighborhood, health care system, physical education and sports.

It is known that today in our republic, great work is being done to increase the well-being of the population, strengthen their health, popularize physical education and sports among the population, and educate the young generation to be mentally healthy and physically fit.

The large-scale development of public and private transport reduces the physical activity of a person. As a result, diseases of cardiovascular and digestive organs are increasing. Naturally, these scientists

will not fail to influence the health of children and adolescents, who make up about 40% of the population of the republic.

According to the researchers, 60% of primary school students have stunted growth, 50% of all graduates have low vision, 30-40% of all students have cardiovascular diseases, 20-30% have neuropsychological sensitivity, and 45% have various chronic diseases. observed.

One of the researchers, D. U. Nistryan, said that 60 percent of human health depends on lifestyle, 20 percent on the environment, 12 percent on a person's heredity, and only 8 percent on the level of medical care.

It can be seen from these that nowadays the problem of forming a healthy lifestyle is one of the important issues for our society to solve.

In the course of physical exercises, children are given simple exercises, because it is necessary to perform them in a way that takes into account the behavior of children.

Most of the exercises are easy to master after being shown and explained, while complex movements require long training and use of different techniques. The choice of exercises in different classes and the method of passing them depends on the specific age characteristics of the participants.

Junior school age (7-9 years old). The characteristic of the children's organism is that during growth and development, the structure and functions of all its organs and systems continuously improve, therefore it is considered a growing organism.

Children's muscles become flexible, so children can perform a wide range of movements. However, they perform exercises that develop flexibility according to muscle strength. But excessive stretching of the muscles and joints can weaken them and cause distortion of the body structure.

Strengthening the proper transverse and longitudinal muscles of the feet, especially the soles of the feet, is essential for locomotor activities (walking, running, jumping) and to prevent flat feet. The bones of the foot harden only at the age of 16-18. The children's skeleton, especially the spine, is distinguished by its extreme flexibility. Intervertebral discs, epiphyses of the spine remain narrow until the age of 14, pelvic bones are united by the age of 14-16. Therefore, students of junior school age cannot jump from a height of more than 80 cm to a solid place and perform exercises standing for a long time.

Children of this age are characterized by a lack of reaction savings in all organs, high excitability of nervous processes, and a lack of internal inhibition process, so children get tired quickly. Therefore, it is necessary to develop all physical qualities equally in children of this age. Through active muscle activity, it is necessary to activate the vegetative functions that affect the body's metabolism, height growth, and the development of all organs and networks. The following basic gymnastics exercises are recommended for children aged 7-9 years: walking, running, sitting on an incline, gymnastic wall, climbing a ladder, jumping over obstacles up to 1 m high, throwing balls, carrying stuffed balls, balance exercises, jumps (long, from a height of up to 80 cm), acrobatic exercises - rolling, umbaloh, standing on the chest (for 3rd grade).

In teaching children of this age, the method of showing and explaining should be used. Exercises that are easy for them should be explained smoothly, simply, and concisely. The explanation should be related to specific actions and how they are performed. At the time of showing, it is necessary to draw attention to the actions that ensure the performance of the studied exercises and explain them figuratively. Children of 7-9 years tend to analyze. Therefore, the method of description should be used in teaching them. You recommend telling the teacher, "Do it according to me." The exercises children learn should be simple, understandable and easy for them. It should not be forgotten that children get tired quickly, and after a short rest they are ready to perform movement activities again. Therefore, the exercises should not last long, and there should be short rest breaks in between.

7-9-year-old children's movement skills are formed slowly compared to 10-13-year-old children, often good performance of exercises alternates with unsuccessful performance.

The more complex the exercise coordination, the more wavy the process of movement skill formation. For the faster formation of movement skills, it is necessary to repeat the learned exercises 6-8 times in each session, 2-3 times in relatively the same conditions (from the same initial position, at the same speed and in one attempt).

Children aged 7-9 are prone to play and imagination, which helps them to easily imagine various movement activities in games. Therefore, it is better to pass many exercises like a game or in the style of a game. There is little difference in the characteristics of boys and girls at this age, so there is almost no difference in the method and content of the exercises.

In research conducted by researchers, American scientists Bellock and Breslow suggest the following as health-promoting activities:

- 7-8 hours of sleep every day;
- Eating 3 times a day at specific times;
- Breakfast every morning;
- Weight maintenance;
- Exercise every day;
- Mental hygiene, mental prevention;

When determining the directions of a healthy lifestyle, we do not look at diseases, but taking into account the evolutionary progress of humanity, it is determined by the factors that ensure the functioning of its organism and certain systems. The reason is that studying the way of human development will help us to properly organize our life today.

Until now, it has been scientifically proven that improper nutrition is the main cause of diseases such as stomach and intestine, heart and blood vessels, endocrine glands and joints, metabolic disorders, and cancer. Even the experts of the World Health Organization, P. Revel and Ch. Revel, put forward the opinion that "80 percent of the diseases among people are caused by improper nutrition." That is why today, proper organization of food is one of the most basic requirements of human daily life, and it should be taken into account when organizing a healthy lifestyle.

Summary. In conclusion, we can say that first of all, we need to know the main factors that make up our children's daily life, ensure its vitality, and place them in a certain order. A healthy lifestyle includes many factors, namely, nutrition factors, movement factors, biorhythmic factors, sexual, genetic and family factors, interaction factors, factors of acquired harmful habits, factors related to environmental pollution, technical and lifestyle development factors, health unconsciousness, illiteracy and incompetence are factors in the matter.

## REFERENCES

1. Шавкат Мирзиёев. "Еркин ва фаровон демократик Ўзбекистон давлатини биргаликда барпо этамиз." Ўзбекистон Республикаси Президенти лавозимида киришиш тантанали маросимида бағишланган Олий мажлис палаталарининг қўшма мажлисидаги нутқ. Тошкент: 2016-йил. 56 б.
2. Вазирлар маҳкамасининг 2019-2023 йиллар даврида Ўзбекистон Республикасида жисмоний тарбия ва оммавий спортни ривожлантириш концепсияси. 2019-йил 13-феврал. 118-сонли қарор.
3. «Жисмоний тарбия ва спорт тўғрисида»ги қонун. 2015-йил 4-сентябр

4. Ашмарин Б.А. Теория и методика физического воспитания. М.: «Просвещение» 2015. - 257 с.
5. Бойбобоев Б.-Г. Жисмоний тарбия дарсларида 11-14 ёшли ўғил болалар учун юкломани ме'ёрлаш. Дисс пед. фан. ном. Тошкент 2018. -159 б.
6. Качашкин Б.М. Жисмоний тарбия методикаси. Тошкент, «Ўқитувчи» 1982. – 308 б.
7. Худойбердиев Ш. М. БОШЛАНҒИЧ СИНФ ЎҚУВЧИЛАРИДА ХАРАКАТЛИ ЎЙИНЛАР ВОСИТАСИДА ВАЛЕОЛОГИК МАДАНИЯТНИ ШАКИЛЛАНТИРИШ: Худойбердиев Шухрат Мамаюсупович Ўқитувчи, Термиз Давлат Университети //Образование и инновационные исследования международный научно-методический журнал. – 2023. – №. 1.
8. Худойбердиев Ш. М. БОШЛАНҒИЧ СИНФ ЎҚУВЧИЛАРИДА ХАРАКАТЛИ ЎЙИНЛАР ВОСИТАСИДА ВАЛЕОЛОГИК МАДАНИЯТНИ ШАКИЛЛАНТИРИШ: Худойбердиев Шухрат Мамаюсупович Ўқитувчи, Термиз Давлат Университети //Образование и инновационные исследования международный научно-методический журнал. – 2023. – №. 1.