

HEALTHY LIFESTYLE (HLS) - THE BASIS OF VALEOLOGY IN KINDERGARTEN

Zulfiya Kholmatova*; Moxira Axmadaliyeva**

*Associate Professor,
Fergana State University,
Fergana, UZBEKISTAN

**Master Student,
Fergana State University,
Fergana, UZBEKISTAN

Email id: z_kholmatova@gmail.com

DOI: 10.5958/2278-4853.2022.00228.2

ABSTRACT

In the article, the socio-economic, cultural and educational development of the country has a direct impact on all aspects of the education system. In this context, an important characteristic of the modern educational environment is the prerequisite for successful gender relations. It covers issues of quality education, protection of human rights, gender equality, transparency of state bodies, fight against corruption and labor reform.

KEYWORDS: *Health-Improving Task, Key Words: Gender, Man, Woman, Sexuality, Gender Adaptation, Behavior, Masculinity, Femininity, Gender Education.*

INTRODUCTION

Mankind all over the world strives to ensure that each new generation is a healthy and full-fledged member of society. Therefore, concern for the physical improvement of the younger generation is constantly in the spotlight. It is at preschool age, and especially in kindergarten, as a result of purposeful physical education and pedagogical influence, that a child's strong and healthy development is formed. The physical education of children means the features of each age period, while taking into account the psycho physiological characteristics of preschool children. Physical education in a preschool institution carries out a number of health-improving, educational and educational tasks.

The main health-improving task is to protect and strengthen the health of the child, hardening the body. Good health is determined by the normal functioning of all organs and systems of the body. Equally important are educational objectives. They form motor skills, hygiene skills, instilling the skills of correct posture and the prevention of flat feet, as well as the formation of knowledge about the benefits of physical exercise. In the process of physical education, it is very important to form educational tasks. It is necessary to develop in children the need and habit for daily physical exercises, to cultivate interest in physical gymnastics, activity in the process of outdoor games, the manifestation of independence in the process of hardening, to develop the desire of children for physical activities.

MAIN PART

Physical and mental educations are closely related. With proper physical development, the most favorable conditions are created for the normal functioning of the nervous system, physiological organs, and it positively affects the well-being and mood of the child. Children successfully develop the following psychological processes: perception, attention, speech, memory, imagination, as well as the following mental processes are favorably formed: observation, comparison, analysis, synthesis, generalization. It is very important for preschool children to bring up positive emotions, providing a cheerful and cheerful mood, while developing the ability to quickly overcome a negative mental state. This is necessary because positive emotions favorably affect the normal functioning of all organs and systems of the child's body, which is most necessary at preschool age.

In preschool institutions, the means of physical education are: daily routine, hardening of the body, organizing outdoor games in the air, physical education, gymnastics, creating a hygienic environment for the formation of cultural and hygienic skills in children and various sports entertainment. Full-fledged physical development proceeds successfully with the complex use of all means, since each of them affects the body in different ways.

The basis of a healthy lifestyle for a child, both at home and in kindergarten, is a rational daily routine. The main principle of the correct construction of the daily routine is its compliance with the psychological and physical characteristics of the preschooler's body. A properly constructed daily routine of a preschooler implies an optimal and reasonable alternation of periods of sleep and wakefulness during the day, certain duration of organized physical activity, combined with rest, nutrition, sufficient exposure to fresh air. The value of the regime is to protect the nervous system of the child from overwork, create favorable conditions for the optimal development of the preschooler, the formation of adaptive abilities.

The famous Russian physiologist N.E. Vvedensky wrote that the unplanned, disorderly life quickly depletes the nervous system and leads to wear and tear of the body. If children are not accustomed to a strict regime in the family or in kindergarten, then they will grow up irritable, capricious, and unbalanced. That is why it is necessary to convince parents of the importance of observing the age regime.

CONCLUSION

The daily regimen is of great educational importance, children who are accustomed to a certain daily regimen are more disciplined, collected, distinguished by balance, cheerfulness, and kindness. Each age group has its own daily regimen, taking into account the anatomical and physiological characteristics and health status.

An equally important means of physical education is the use of natural factors: water, air, sun to harden the child's body.

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