



PHYSICAL EDUCATION AND SPORTS AS THE MAIN MEANS OF MAINTAINING A HEALTHY LIFESTYLE

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Abstract

The article creates conditions for the formation of a healthy lifestyle in our society, for the population, especially the younger generation, for regular physical education and mass sports, building confidence, strengthening courage and patriotism, improving feelings of loyalty to the motherland.

Keywords: Healthy lifestyle, courage and patriotism, loyalty to the motherland, talented athlete

Introduction

Raising a healthy generation, deciding on a healthy lifestyle, protecting human health in every possible way is reflected in the legacy of our ancestors to this day. To determine the pedagogical conditions for the formation of a healthy lifestyle in primary school students;

determining the effectiveness of the methods and tools of the basics of a healthy lifestyle in primary classes;

healthy lifestyle in elementary school students in the course and extracurricular process factors affecting formation.

1. Specific aspects of the formation of a healthy lifestyle among primary school students were explained theoretically;
2. Lessons in the formation of a healthy lifestyle were analyzed;
3. The conditions for the organization of extracurricular activities in primary classes on the formation of a healthy lifestyle were determined.



***Modern American Journal of Linguistics,
Education, and Pedagogy***

ISSN (E): 3067-7874

Volume 2, Issue 6, June, 2026

Website: usajournals.org

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The existing pedagogical foundations of the formation of a healthy lifestyle in elementary school students were studied, and effective methods and tools for the development of a healthy lifestyle in elementary grades were determined. In the elementary grades, we defined the following forms of extracurricular information: hygiene gymnastics, exercise, health minutes, breaks for movement, physical education hour for extended groups, sports clubs, health and sports days, physical education holidays, health training camps, school sections on sports, etc. Currently, the most important process is the implementation of content-rich classroom and extracurricular activities that include our national traditions and the geography and climate of Uzbekistan. If it is carried out regularly, it will give the expected results. In the organization of mutual learning or learning, physical education turns into a belief that training is useful and necessary, and the belief turns into stable moral norms. The Law of the Republic of Uzbekistan on Public Education and on Physical Education and Sports states that the citizens of the Republic of Uzbekistan must take care of their physical training in order to improve and strengthen their health. This law fully applies to physical education at school.

It is especially appropriate to get acquainted with the sports pride of Uzbekistan. We recommend introducing the following athletes during our research:

Among them, athletes who received the honorary title "Pride of Uzbekistan" in 1998: Muhammadkadir Abdullayev, Lazizbek Zakirov, Artur Grigoryan, Temur Tolaganov, Ruslan Chagayev and others. Athletes who received the honorary title "Pride of Uzbekistan" in 1999: Akobir Kurbanov 1st world champion in national wrestling, Erkin Qutiboyev, kickboxer - 3-time world champion in muay thai. In 2000, Makhtumkuli Makhmudov - the 2nd world champion in national wrestling, Sabir Kurbanov, the world and European champion in Sambo, and others. As we introduce these athletes to the students, they have in mind:

- The feeling of pride towards the athletes of our country will increase;
- Love for sports increases;
- Pupils strive to be like them;
- They encourage to achieve new victories;

The formation of physical fitness training as the main topic should not be viewed in a narrow sense, because it is the main part of the lifestyle, the system that



*Modern American Journal of Linguistics,
Education, and Pedagogy*

ISSN (E): 3067-7874

Volume 2, Issue 6, June, 2026

Website: usajournals.org

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ensures the health of the nation. constant participation, participation in competitions, mastering all types of sports is the first purposeful step towards the top ranks of the sporter. The quality of activities related to physical education and sports outside the classroom and school depends on attracting more students to the sports school for children and teenagers. The winning teams will be encouraged. Then they get a ticket to the next competitions. In addition, individual winners of sports competitions such as checkers, chess, basketball, hand tennis are also determined. This also determines the future of sports in our Republic. Another aspect of the activity of physical fitness outside the classroom and school is the organization of a system of mutual cooperation of the school, family, public organizations and all persons related to the educational process. In this field, the sports festival "Healthy-wrestler", "Kuvnoq starts" game, and "Students' spartakiade" are given a wide place. We believe that the mutual cooperation of school, family, pedagogues, students and parents is an important tool that improves the quality of work and implements a healthy lifestyle in the daily life of students. It is important for a child to engage in physical education and sports for a healthy and well-rounded formation. The importance of physical education in strengthening human health will be explained to the students during the training. A person engaged in physical education becomes strong, agile, resistant, strong-willed, resilient, brave, beautiful and mobile. Therefore, he tries to perform every action independently, well and with little effort. According to historical sources, the national sports and national games of the Uzbek people varied depending on the living conditions of the population and prepared people for active and productive work. The total amount of such national Uzbek games is not less than 3-5 thousand. Searching for these games, learning them and re-promoting them to the students during training will serve to raise our spirituality to a new level, form a healthy lifestyle, and strengthen the content of educational work.

As President I.A. Karimov noted, "caring for the future generation is our national characteristic, striving to raise a healthy, well-rounded generation." [I.A. Karimov "A healthy generation is the foundation of Uzbekistan's development", 1997]. There are various guidelines and methods for forming and raising a healthy generation. It is especially important to properly organize children's free time and



teach them various national movement games. This aspect of child education is also a matter of importance to the state and society. Our president paid special attention to the solution of this problem based on the needs of the times, and the organization of students' free time, including the restoration and implementation of forms of mass sports and physical education, especially about national sports games.

puts forward the opinion that collecting information, enriching it and conducting a wide campaign among our youth based on it is one of the urgent issues on the agenda. [I.A. Karimov "Courageous people build the future" 1999.] Because national action games and sports are also part of national values, and collecting, enriching and presenting them to children is one of the important tasks of raising a healthy generation. People's action games, national sports have been improved over the centuries in accordance with the times.

1. Like "White poplar or blue poplar", "Cat and mouse", "Chillak", "Rock game", "Horse game", "Find your place", "Happy geese" such national games serve to make students agile, agile, brave.

2. It should also be said that the superiority of the game over other educational methods increases children's cooperation. Develops his creative thinking, ensures that he is ambitious and resistant to difficulties. Pupils learn to set a goal for themselves in each training session and try to achieve it during training. For example, the tug-of-war game, in which children test their strength and fitness, and also increase their motivation to work hard to win. . The skills of patience increase in the process of fighting.

Besides, children think during the game. The members of the defeated group learn to pull their feet, gather their strength and act together.

- teach patience;
- teaching self-management;
- teaching children to think;
- preparing to be present;
- teach solidarity and sympathy during the game;
- teaching to work as a team and so on.

In his time, the great thinker Abu Ali Ibn Sina spoke about the issue of improving and strengthening body health, preventing and getting rid of disease, and its wide



*Modern American Journal of Linguistics,
Education, and Pedagogy*

ISSN (E): 3067-7874

Volume 2, Issue 6, June, 2026

Website: usajournals.org

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use in other cases, and expressed it in his works many times. That's why Abu Ali Ibn Sina said, "If a person does not run when he is healthy, he will definitely run when he is sick," or a person who does moderate exercise will never need to take medicine. Or he says, "One of the great healers I am leaving behind is cleanliness, the second is diet, the third is physical education, and the rest is the mood with the client." Physical education is aimed at strengthening health, achieving high work ability, acquiring vital skills and skills. It is important in preparing a person for productive work. In addition to physical characteristics, valuable mental characteristics are also developed at this time. Various physical exercises, active games, and sports are the means of physical education. They are engaged in them at home, at school, in children's sports schools. Physical education has different tasks at different ages. Pupils of I-IV grades improve their muscle sensations, the ability to distinguish the tempo and extent of movement, the degree of muscle tension and relaxation. They master the correct technique of movement, that is, they perform exercises in the necessary directions, rhythm, tempo, with the tension of the relevant muscles. If schoolchildren have not learned to perform the basic elements of actions correctly, if they do not strive to bring the action to the end, they will not be able to achieve sufficient results. Improving movement techniques is related to the formation of a person's personality. Physical education has a developing and corrective effect on the body. It eliminates height defects, curvature of the spine, hunchback; with the help of physical exercises, it is possible to correct some defects in the stature, namely, chest depression, small shoulders, and the lack of well-developed muscles. There is a special exercise complex for girls and boys. They take into account the characteristics of the body, the aesthetic requirements for the figure of boys and girls. In addition, physical exercises improve a person's mental state, appearance and mood, and increase the general vital tone. The great Hakim Abu Ali ibn Sina "regularly performing morning physical education, running, swimming, enjoying nature's scenery and listening to music are effective in strengthening a child's memory" - ["Laws of Medicine" Abu Ali Ibn Sina]. In conclusion, physical education and sports are very important for the young generation, who are the heirs of our great future. School teachers should teach students that an unhealthy lifestyle leads to diseases and suffering, and a healthy lifestyle leads to health and a happy life.



Summary

The development and strength of every country largely depends on the physical and mental health of the young generation. The issue of raising a perfect generation has risen to the level of state policy and is now considered a priority task. The main directions of raising a healthy generation have been promoted by our respected President Islam Karimov since the first days of independence. In connection with the declaration of 2005 as the "Year of Health" the decision of the Cabinet of Ministers on January 25, 2005 on the "Year of Health" State Program was adopted. According to this decision, the order of the Ministry of Public Education No. 19 of January 31 was issued. On the basis of this order, the order No. 6 of the Republican Education Center dated February 16 was developed. "Health - the year of health" The implementation of the measures specified in the state program requires selfless work. For example, in order for the growing young generation to be healthy at all times, one of the most important tasks is to form a healthy lifestyle and provide ecological and hygienic education. In this regard, health lessons are included in general secondary education schools to promote a healthy lifestyle and lifestyle, in which ecological and hygienic education is provided. Lessons conducted in order to provide knowledge about the personal health of students, to protect it, to have a positive attitude towards hygienic knowledge, to maintain children's health and to introduce them to life in everyday life, are designed for 17 hours in each class during the academic year. . The purpose of teaching these classes is to teach students ways to achieve mental and spiritual maturity, to prepare a healthy generation for a healthy life. The state educational standard defines the following requirements for the knowledge, skills and qualifications that elementary school students should acquire regarding their health and physical development.

1. Hygiene and standards of human health and physical development, protection of one's health, risk to oneself - prevention of danger, observance of cleanliness, proper nutrition, physical training, to know such concepts as physical education, striving to be physically beautiful, feeling and enjoying physical elegance:
2. Understanding the essence of exercise, regular physical education, washing, physical exercises;
3. Performing morning gymnastics;



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4. Knowing and following personal hygiene standards;
 5. Knowing how to provide first aid;
 6. Compliance with the agenda;
 7. Dental care. Dental disease and prevention;
 8. Compliance with food hygiene;
 9. The concept of "health is wealth" and its implementation;
 10. Knowing habits that are harmful to human health.

Every student is required by the state to meet the guidelines. First of all, the work is to create a healthy culture in every person, to create a healthy environment in the society, and to educate the skills of mother nature protection. At the meetings of the primary school method association, teachers should reflect on the proposed innovations, advanced technologies for promoting a healthy lifestyle, and exchange experience. In primary grades, it is recommended to conduct educational lessons with the following topics:

- "Your health is in your own hands";
- "Reproductive health and healthy family";
- "Combating and preventing drug addiction";
- "Providing emergency medical care";
- "Environment - environmental protection";
- "Water is the source of life";
- "Health benefits";
- "Health is wealth";
- "Take care of nature";
- "Importance of physical exercises in strengthening health";
- "Students' Agenda";

It is no coincidence that the fifth direction of the decree of the head of our country "On the State National Program for the Development of School Education in 2004-2009" is about the development of children's sports. Because doing physical exercises for children makes them strong, agile, resilient, strong-willed, resilient, brave, beautiful and active. As a result, children's ability to work is high. Having a high work capacity is the first sign of health. Also, regular exercise improves the work of the lungs, digestion and other organs in the child's body. Most importantly, it increases the body's resistance to the negative effects of the



***Modern American Journal of Linguistics,
Education, and Pedagogy***

ISSN (E): 3067-7874

Volume 2, Issue 6, June, 2026

Website: usajournals.org

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external environment and disease-causing microbes. A person with good physical fitness rarely gets sick, if he gets sick, he easily and completely overcomes the disease, and quickly recovers his work ability. Therefore, regular exercise has a positive effect on a person's health, develops him physically, makes him strong, strengthens his health, and makes it possible to open new aspects of his life. In order for the children of any society to develop well and healthy, the natural environment must have high ecological quality and quantity indicators. At the same time, every member of the society should have ecological consciousness and thinking, respect and love his place of residence. Based on the above, special attention is paid to ecological education in our country. "The world around us", which is taught in primary 1-4 grades of general secondary education schools. In the "Natural Science" science programs, a lot of attention is paid to giving students environmental lessons. It's not for nothing. Solving environmental problems in the formation of a perfect generation is becoming more and more urgent. "The international community has already recognized the sanctity and inviolability of human rights not only to the right to life, but also to the moderate environmental conditions necessary for a full and healthy life", - writes the Honorable President I.A. Karimov. "Uzbekistan on the threshold of the 21st century" In the current era, especially in the conditions where the need for science and technology, various technological processes has increased tremendously, it is recommended to cover the following topics in classes and extracurricular activities in order to provide theoretical and practical knowledge of the basics of ecology and environmental protection to the growing young generation. ." Preserving nature", "Protection of air and water around us", "Take care of water", "Nature and man - one whole", "What is ecology?" , "Ecological nature", "Air pollution", "Environmental responsibility". Through these topics, to explain the consequences of careless treatment of nature and its resources, the sad situation on the island, the fact that the main reason for children being sick and getting sick is the destruction of the environment and ecology. The educational task of the topics covered is to create an understanding in students that the health of each person depends on the external conditions surrounding him, to give them environmental education, to study the great contributions of our ancestors to the medical science, to respect them, to their scientific heritage. is to arouse interest.



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Education, and Pedagogy*

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The goal of developing subjects is to help students learn natural science, social education, etiquette, health sciences and improve logical thinking about science. In the process of passing the topics, it is appropriate if the teacher uses various instructional tools, educational tools: tables, pictures with human parts, in accordance with the purpose of the topic. The educational purpose of passing the subjects. In recent years, President I.A. Through Karimov's initiative and fair policy, an understanding of the progress we are making about people and their health will be given. Health is happiness for everyone. The productivity of a person's work, the economic power of the country, and the well-being of the people depend on the health of people.

In order to maintain and strengthen his health, he must first know his body structure, the functioning of each of his organs, and the hygiene necessary for their normal growth and development. The work of all organs of the human body is related to each other and the external environment. In some schools, as a result of not creating suitable conditions for the child's body or not following the rules of hygiene, a large number of schoolchildren suffer from locomotion, heart-blood, and respiratory diseases. For example: when the classroom desks do not fit the student's body, the work of the locomotor organs is disturbed, the work of the respiratory organs is disturbed due to the lack of lighting, and the lack of heating of the classrooms. The level of medical and hygienic knowledge of public education workers should be sufficient to protect the health of students and develop a healthy way of life in their minds. After all, the knowledge and life skills learned from youth accompany a person throughout his life and are passed down from generation to generation as a tradition. Therefore, in all educational institutions, providing students with medical knowledge and forming the ability to protect their own health is considered as the main factor that guarantees the health of the population. The subjects "Etiquette" and "Human and his health" newly included in educational programs are the most important tools in this regard. In our free and prosperous country, the feeling of creating a healthy generation has taken a deep place in the hearts of our people, as well as sacred feelings such as homeland, nation, and honor. There is no doubt that the large-scale actions will have a positive effect.



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Website: usajournals.org

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