

DIE ROLLE DER FAMILIE FÜR DIE KÖRPERLICHE BILDUNG UND DEN GESUNDEN LEBENSSTIL VON GRUNDSCHULSTUDENTEN

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Anmerkung: Dieser Artikel konzentriert sich auf den Sportunterricht und die Bildung eines gesunden Lebensstils für Grundschüler, die Erhöhung der Werte für einen gesunden Lebensstil bei Familien und Schülern, den Erwerb von Gesundheitskompetenzen, Arbeit und Freizeit. Informationen zur Organisation und Aufrechterhaltung des Verfahrens.

Schlüsselwörter: Gesundheit, Familie und Schüler, Sozialverhalten, Sportunterricht, schulpflichtiges Kind, Eltern, gesunde Lebensweise, Gesundheitsvorsorge, Vereinbarkeitsprinzip, Orientierungsprinzipien.

THE ROLE OF THE FAMILY IN PHYSICAL EDUCATION AND HEALTHY LIFESTYLE OF PRIMARY SCHOOL STUDENTS

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Abstract: This article focuses on physical education and the formation of a healthy lifestyle for primary school students, raising healthy lifestyle values among families and students, gaining health skills, work and leisure. information on the organization and maintenance of the procedure.

Keywords: health, family and students, social behavior, physical education, school-age child, parents, healthy lifestyle, health care, compatibility principle, orientation principles.

The outbreak of the COVID-19 coronavirus pandemic in the world has shown that Uzbekistan, as well as other countries in the world, has a weak public health, physical health and a healthy lifestyle.

COVID-19 coronavirus infection has primarily affected the health of our citizens suffering from cardiovascular and respiratory diseases, as well as obesity

(overweight). As a result, today's pandemic has caused many of our citizens to die prematurely.

Therefore, children's health is the result of complex human interactions with nature and society, which depend on genetic predisposition, social, cultural, environmental, medical and other factors. The reasons for the deterioration of the health of school-age children are insufficient attention to physical activity and the culture of child health, medical and psychological illiteracy of parents, the unpreparedness of some teachers for health education, unfortunately, some antelopes mistakenly believe that the student is completely under their influence and emotion, the failure of the educational process, they begin to look for those who are to blame in the family, not "helpers". Deterioration of the health of schoolchildren in the Republic of Uzbekistan has become not only a medical problem, but also a serious pedagogical problem. It is only natural that the rate of crisis in this area of life will increase, which will be a big problem for all of us. One of the reasons is the lifestyle of families where children are being raised today[1].

In many families, you may find so-called risk factors. These include, of course, chronic infections, poor nutrition, lack of physical activity, smoking, and more. Too often, students and their parents do not value their health.

The modern family is one of the institutions of personality formation in society, and the overall effectiveness of influences is determined by the degree of cooperation and the expediency of their interaction with other social institutions. A successful solution can be achieved through the joint efforts of the educational institution and the family, in particular, to integrate young students into a healthy lifestyle[2,3,4].

It plays a key role in shaping the values of a healthy lifestyle among families and students, improving health skills, and organizing and maintaining work and leisure routines.

High-quality nutrition promotes the harmonious physical and psychological development of young students, that is, it strives to provide all the components necessary for a healthy lifestyle.

According to S. Uraimov, you can't buy health, you can only find it on your own. But in order to keep a child healthy, it is necessary to unite the efforts of all the adults around him (parents, teachers, doctors, teachers, etc.), first of all, these parents, to create an environment around him filled with the needs, traditions and habits of a healthy lifestyle for. Thus, from a young age, a certain culture of behavior and a healthy lifestyle is formed. The knowledge, skills, and abilities of the valeological

nature formed at an early age provide a solid foundation for creating a positive motivation to protect one's health during adolescence[5,6,7,8].

A family is a community whose members are bound together by certain responsibilities. The child enters the existing system of relationships as a member of a family group, as a result of which he understands the norms.

Social behavior. In a conversation with parents about the role of family upbringing, the teacher emphasizes the multifaceted influence of parents on the emerging individual.

For a child, the family is the place of birth and the main place of residence. He has close people in his family, they understand him and accept him as he is, whether he is healthy or sick, kind or not so well, it is in the family that the child raises the foundations of knowledge about the world around him, the culture and 'Reef potential continues to take on not only the foundations, but also the culture itself - throughout its life. The family is strengthened by common tasks and worries, daily life filled with useful things, and rest together.

Physical education is of great importance in the family. Therefore, parents do not always pay enough attention to the child's health (proper nutrition, hygiene, walking, constipation, etc.). Getting proper nutrition through your diet does not have to be complicated. What we eat and how we eat will greatly affect our whole lives. A well-known statement by Khankeldiyev says that everyone understands proper nutrition. In many cases, the idea of healthy eating has to do with family eating habits, national traditions, lifestyles, and attitudes toward their health. Often, a child is malnourished because the parents are not able to feed the child healthy food[9,10,11,12,13,14].

Family risk factors that affect a child's health include:

- non-compliance, ineffective educational measures;
- physical and emotional overload;
- Impairment of mental health of parents (depression, increased anxiety);
- Anti-social behavior of parents (drug addiction, alcoholism);
- Conflicts between parents.

The formation of a healthy child in the family should be based on the following principles.

1. Guided Principles - Parents are often very vague about the goals and objectives of parenting, so it is not possible to properly organize the upbringing of a healthy child.

2. Principles of scientific character - upbringing in the family is based mainly on their own opinions and the experience of parents, who ignore the

recommendations of teachers and psychologists. Learn to protect and value your health Listen to your teacher's advice and counsel for both children and parents.

3. The principle of conformity - in the formation of a healthy person, certain types of education (labor, moral, physical) should not be separate.

4. The principle of planning is to devote daily time to the development of healthy habits in the child, to create a "health plan".

5. The principle of specificity - children have subject-specific thinking. They draw conclusions about the world around them based on concrete examples. If he always sees and feels the opposite of what is being offered to him, it is impossible to instill in the child the skills to lead a healthy lifestyle.

The family is seen as a direct part of an elementary school student's life. This not only means that the child inherits the health of the parents, but also affects the health of the child according to individual capabilities. The close family environment influences both the health of an elementary school-age child and his or her attitude toward health.

The study of the specifics of the relationship between children and their parents' health The work of the teacher, class leader to form a decent attitude to children's health and value-semantic motivation in health helps to determine the direction.

A parent's example of behavior is the most powerful way to influence a child. According to S. Uraimov, "the educational process is an ongoing process and its individual details are resolved in the general tone of the family, and it is impossible to invent a common tone and artificially support it[15,16,17].

The overall tone is created by their lives and the behaviors of the parents. It is important that children learn about their parents' lifestyles, habits, life, including physical culture. The positive example of parents has a significant impact on the formation of children's desire to engage in physical culture in their spare time with the whole family. The forms can be different - walking or skiing, games, team competitions[18,19].

A healthy lifestyle is a basic, vital habit that summarizes the results of the use of physical education facilities available to primary school children to address health, education, and parenting challenges. Therefore, the family is encouraged from childhood to use a variety of forms of work to establish a healthy lifestyle. In the early stages of development, the family should help the child to understand the essence of health as early as possible, to achieve the goals of their lives, to encourage the child to form, maintain and strengthen their health independently and actively. .

Khankeldiyev laid the medical and biological foundations of the doctrine of physical education, which served not only as a theory and methods of physical education, but also as a necessary condition for the physiology and hygiene of exercise. Hygienic education and upbringing play an important role in protecting and strengthening children's health.

Hygiene education is part of general education and hygiene skills are an integral part of cultural behavior. Those who believe that imparting hygienic knowledge to children and imparting hygienic skills to them are the work of health workers are mistaken. This is a vital issue for parents, especially as the line that separates hygienic behavioral skills from the normal rules of social life is so vague that it can be considered non-existent.

Don't you come to school sick? All these rules and the knowledge that justifies them should be introduced into the minds of children through suggestions, systematic upbringing, and this should be done by parents first. Personal hygiene is of great importance in the prevention of various diseases.

Not to mention the walk. Today, it is not uncommon for modern people to have the opportunity to travel with the whole family. For example, many parents spend their weekends at work, children at home, or with their grandmother. Family walks always play an important role in improving the health of children. Therefore, parents should find as much time as possible for family trips and nature trips.

According to Hankeldiyev, if family conflicts and misunderstandings occur frequently, a healthy lifestyle, including proper nutrition and physical activity, will not produce the expected results.

A teacher's efforts to protect the health of young school children will not be successful if they are carried out by the teacher-child. In order to achieve high results, the teacher must build the educational work from the point of view of the teacher - children - parents.

When working with parents, the teacher should use a variety of forms that allow the child to engage in skilled parenting and health care. The most effective forms of working with parents are question-and-answer evenings, in which questions on topics of interest are discussed with passion and interest.

In order to successfully promote the health of a young student, the school needs to create an environment conducive to the humanistic interaction of the participants in the learning process, strengthening and maintaining the health of students and teachers.

The search for effective ways to maintain and strengthen the health of primary school students should increase the role of parents in improving the health of their

children and introduce them to a healthy lifestyle. The family provides the foundation for the physical, emotional, and social development that a person needs throughout life. Therefore, parents need to be taught how to properly organize health and education activities in the family to instill in children a valued attitude towards strengthening and maintaining their own health. Unfortunately, the current level of medical literacy of the population and parents is so low that non-compliance with diet, low physical activity, and serious irregularities play a negative role in the families of schoolchildren. Inadequate literacy of families in this area is associated with passive and untimely knowledge of disease prevention in children, low temperament coverage of children, and late access to medical care.

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