



## **THE CONTENT AND TASKS OF INTRODUCING PRESCHOOL CHILDREN TO THE BASICS OF A HEALTHY LIFESTYLE**

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<b>ABSTRACT</b>	<b>KEYWORDS</b>
This article describes the content and tasks of introducing preschool children to the basics of a healthy lifestyle, taking into account the individual characteristics of the child, and the content of cooperation between educators and parents in organizing a healthy lifestyle.	Valeology, reasonable rest, training, morning gymnastics.

### **Introduction**

The main goal of valeology is to teach a child to pay attention to his health, to respect physical culture, to train his body and to eat properly from a young age. Effective implementation of these measures ensures proper physical development and health of children.

Teaching children the basics of valeology is the first important stage of preschool education, which should ensure the following tasks:

- to raise children's understanding that man is a part of nature and society;
- establishing harmonious relations between children and living and inanimate nature;
- formation of the child's personality;
- education of personal hygiene habits;
- training the child and starting his physical activity;
- prevention and elimination of bad habits;
- implementation of valeological monitoring.

Based on the laws of pedagogy, valeological education should be based on national beliefs, that is, based on the cultural experience of the people, traditions, rituals and forms of social practice, it should be carried out mainly in the family. The organization of educational and educational work in the preschool educational organization should be aimed at ensuring that children acquire deep knowledge, general educational skills and habits, and maintain and strengthen their health. Achieving this goal is carried out depending on the compliance with hygiene requirements and age characteristics of preschool children.

### **The Main Part**

The main tasks of the valeological approach in the organization of preschool education: formation and development of theoretical knowledge and practical skills necessary to understand the process of

strengthening and maintaining the multidimensional and complex concept of health in primary and preschool children, physical, mental, promotion of modern and national methods of spiritual and social recovery and attracting knowledge bases and practical skills on their use.

Valeology is a healthy way of life, health care, formation and management. As for preschool education, valeology aims to teach children the basic rules and norms of strengthening health and forming healthy lifestyle skills: active work, reasonable rest, exercise, physical education and includes self-development, rational nutrition, personal hygiene, and timely visits to the doctor. Protection of children's health and the formation of a healthy lifestyle culture has become one of the activities of the preschool education organization. Various healthcare technologies are used in the preschool educational organization (medical hygiene, physical culture and healthcare, education, etc.).

In the preschool educational organization, all conditions have been created for the comprehensive development and improvement of children's health: ecological room, music room, gym, phyto-bar, medical staff rooms, physical education rooms, treatment rooms, an isolation room for sick children lamps, health care; work of speech therapist and psychologist, etc.

It is impossible to develop a child without creating appropriate conditions. Therefore, one of the important stages of raising the basics of a healthy lifestyle in children is the creation of a developing environment. First of all, children need a visual environment, we can provide them with healthy lifestyle rules, teeth, hair, skin and other care schemes in various forms by organizing valeological corners and centres. With various diagrams drawings, and models of the human body, children have the opportunity to get acquainted with the human body.

We also offer morning gymnastics complexes for children, and sports exercises for training at home. In the role-play centre, all the attributes of the games that can strengthen the child's hygiene rules and relationships with peers in problematic and everyday situations are presented.

To reduce diseases, a plan of medical and recreational activities was drawn up, according to which the following will be carried out: phytoeroionization, fortification, medicinal herbs, water and sun baths, various natural juices for children, onions and garlic in the winter months, green salad in the summer, temperature reduction procedures are performed.

Great attention is paid to observing the temperature regime in groups, organizing walks in the fresh air, and maintaining the temperature regime. Health promotion is carried out by improving the physical development of children in physical education classes.

In the preschool educational organization, the following are held: morning exercises, active and inactive games, gymnastics after sleep, and hygiene procedures. There is an opportunity for children to engage in physical activity while walking. Sports and musical entertainment, holidays (traditional, folklore) help to reveal the potential of each child and contribute to the emergence of positive emotions. Parents also directly participate in the formation of a healthy lifestyle. Many years of experience have shown that it is not enough to create favourable conditions for the development of a healthy child, therefore, it is necessary to form basic knowledge about the human body, to consciously form a healthy lifestyle.

Valeological education is carried out with children both during classes and in free time. There are various manuals for teaching children from three to seven years of age, which cover not only physical development issues but also mental health issues. A child should not only brush his teeth and exercise, but also learn to love himself, people, and life. Only a person who lives in harmony with himself and the world will be truly healthy. The main goal of valeology in preschool education is to educate a

physically and morally healthy person; striving to create their health, applying knowledge and skills following the laws of nature and existence.

The tasks are: to form the conscious formation of a healthy lifestyle; develop independent active activity in the application of body knowledge (hygienic behaviour, life safety, physical education); ensure mental and physical self-development; form a positive attitude of the child to the physical "I"; change of the internal position of a person in relation to disabled people.

At the first stage of work on valeological education, our task is to help children realize themselves as individuals. The child should understand how people differ from animals and how they differ from other people. The topics of the first lessons: "Who am I", "What is my name", "We are a family", "People are big, people are small", "I am growing up". Then the children get acquainted with the human body and its parts that they can learn (hands, legs, head, etc.), get acquainted with their purpose and functions.

It is also necessary to teach children the elements of life safety. It is possible to propose situations for children (traffic accident, fire, poisoning, etc.) and explain that this or that organ will be damaged as a result. We will teach them first aid and discuss how to prevent this from happening.

We pay special attention to the availability of materials provided to preschool children, and the conditions used. If we start to explain to children how this or that organ works in scientific language, they will not understand it. Therefore, we try to convey information to the minds of children in an age-appropriate manner without violating the basic valeological concepts.

## **Taking into account the individual characteristics of the child**

In teaching physical education to children of preschool age, to know the principles, methods and methods of teaching physical exercises, to form movement skills and develop physical qualities, to master the methodology of organizing physical education classes, morning gymnastics, and mobile games much attention is given. The educational content consists of physical exercises, including basic activities and games selected according to the program. In the process of education, adults give children practical experience of goal-oriented activities. Its content also includes the experience of mastering actions that serve development and improvement.

When working with preschool children, it is very important to take into account their age characteristics, some knowledge that the child lacks in the activity of conscious movement; methods of activities that teach the child to move, activities and them. the unity of knowledge about the competencies and skills of implementation constitutes structural components of social experience. The third component is the experience of creative activity. "A person who has not been taught to think independently from childhood and who absorbs everything after it has been chewed, cannot manifest the qualities given to him by nature." In the process of training movement activities, adults (parents, educators) set new movement tasks for children, taking into account the psychophysiological features of their development. This is clearly expressed in the gradually increasing requirements of the program aimed at the formation of movement skills and physical qualities. The whole process of teaching correct actions educates children's aesthetic sense. The main actions that children gradually master, are clear alignment, creative expressiveness of game images specific to their age, poetic and joyful moments in games, beginnings of games, and counting books, all these serve the task of educating children's aesthetic taste. Children's and educators' clothes, physical education equipment, and decoration of the grounds are of great importance. In the system of physical education of children, the

principles of comprehensive formation of the child's personality are important. They are determined by their ideas of raising the young generation from early childhood to full, mature, physically strong physical and spiritual strength.

In the process of teaching children physical exercises (at the level of their mastery), the educator begins the work of preparing them for creative research by acting together with them. It shows the possibilities of mastering actions, replacing them with one another, inventing a new option, and offers children to complete and change them. At first, children use different signals in the game, change the characters of the game, and change the plot of the game.

The educator develops children's imagination, expands the scope of imagination, teaches them to choose some episodes from fairy tales and stories for the game, and prepares them to invent games based on the plots of familiar fairy tales.

The choice of methods depends on the tasks before the educator, the content of educational work, as well as the age and individual characteristics of children. Thus, the educator uses visual methods that ensure the brightness of emotional perception and movement sensations.

They are necessary for the formation of a complete and concrete image of the movement that activates the development of sensory abilities in the child.

Verbal methods aimed at children's minds help them to understand the tasks set before them and to consciously perform movement exercises that play a major role in learning the content and structure of exercises, to use these exercises independently in different situations; practical methods are related to children's practical movement activities and provide practical verification of the correct perception of movements in their musculomotor sensors.

Technologies aimed at maintaining health are one of the types of modern innovative technologies aimed at maintaining and improving the health of all participants of the educational process in preschool educational institutions. The use of such technologies has two directions:

- forming the foundations of ideological culture among preschool children, that is, teaching them to take care of their health;
- organization of the educational process in the preschool educational organization without having a negative impact on children's health.

Healthcare technologies in the preschool educational organization are perfectly combined with traditional forms and methods of pedagogy and complement them. The use of such technologies solves several problems:

- lay the foundation for good physical health;
- increase the level of mental and social health of children;
- carrying out preventive health care;
- introducing preschool children to the principles of maintaining a healthy lifestyle;
- creating motivation of children for a healthy lifestyle;
- formation of good habits;
- formation of valueological skills;
- forming a conscious need for regular physical education;
- to cultivate a valuable attitude towards one's health.

Preschool educational institutions use various modern health technologies required by the state educational standard to ensure a comprehensive approach to maintaining and improving the health of students:

- medical prevention (medical examinations, children's health control, anti-epidemic work, organization of specialized correctional teams, prevention of many diseases, sanitary-hygiene work, food quality control, etc.);
- physical education and health care (sports events, valeological training, training procedures, etc.)
- valeological education of parents (to encourage parents to lead a healthy lifestyle, to teach parents how to interact with children to form a valeological culture in them);
- valeological education of teachers (introducing educators to innovative technologies that teach health care and methods of their implementation, motivation to a healthy lifestyle, expanding knowledge about the age and psychological characteristics of preschool children);
- children's health care education (formation of valeological knowledge and skills).

In order to prevent factors that have a negative impact on the health and lifestyle of the growing young generation, one of the joint tasks of the administration of educational institutions and medical staff is to provide future teachers with a healthy lifestyle during the educational process. It consists of imparting knowledge about the style, forming the relevant skills and competencies for the implementation of their main components and turning them into positive and useful habits. For this, it is necessary to provide information about a healthy lifestyle in the course of classes and during extracurricular hours, during educational hours.

## Conclusions

Taking into account the above points, the following can be included in the content of the work carried out in cooperation with parents in the formation of a healthy lifestyle in the preschool educational organization:

- to increase their knowledge in this regard by organizing conversations and meetings with parents on raising children based on the rules of a healthy lifestyle, distributing special manuals;
- organizing the children's agenda with parents and ensuring that they follow it;
- implementation of children's observance of personal hygiene rules in cooperation with parents:
- early identification and elimination of problems in children's health and physical development;
- giving instructions and recommendations on proper organization of children's free time and rest in the family, giving up harmful habits and tools that have a bad effect on children's health;
- arranging for children to undergo regular medical examinations and receive age-related vaccinations in agreement with parents;
- organization of family sports competitions at MTT on topics such as "Family of Athletes", "Healthy Family";
- it is possible to provide opportunities for children to engage in certain types of sports by their parents, and show the like.

## Adabiyotlar ro'yxati

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