

Tasks Of Introducing Preschool Children To The Basics Of A Healthy Lifestyle

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Abstract

In the article, it is revealed that instilling the basics of valeology in children is the first important stage of preschool education, the main tasks of the valeological approach in preschool educational organizations, taking into account the individual characteristics of the child, and the issues of using health care technologies in preschool educational organizations.

Keywords: valeology, physical culture, physical qualities, training a child, teaching proper nutrition, life safety, motivation.

Introduction

Valeology is a concern for healthy, healthy, physically and mentally mature generation and long life. 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. Effective implementation of these measures ensures proper physical development and health of children [1].

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;
- establish a harmonious relationship between children and animate and inanimate nature;
- formation of the child's personality;
- education of personal hygiene habits;
- training of the child and establishing 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 [2].

The main part

The main tasks of the valeological approach in preschool educational organizations: formation and development of theoretical knowledge and practical skills necessary to understand the multidimensional and complex concept of health and the process of strengthening and maintaining it, physical, mental, promotion of modern and national methods of spiritual and social recovery and the involvement of knowledge bases and practical skills in their use.

Valeology is a healthy lifestyle, 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, and physical education and includes self-development, rational nutrition, personal hygiene, timely visits to the doctor, etc. Protection of children's health and formation of a healthy lifestyle culture has become one of the activities of the preschool education organization. Various health technologies are used in the preschool educational organization (medical hygiene, physical culture and health, 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, 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 to create a developmental environment. First of all, children need a demonstration 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. The role-play centre contains all the attributes of games that can strengthen the child's hygiene rules, problem-solving and peer relationships in everyday situations.

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 winter, green salad in 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 [4].

In preschool educational organizations, 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. 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 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 is truly healthy. The main goal of valeology in preschool education is to educate a physically and morally healthy person, to strive to create their health, using knowledge and skills in accordance with the laws of nature and existence.

The tasks are: to form a 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"; a change in 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, children are small", and "I am growing up". Then children get acquainted with the human body and its parts that can be studied (hands, legs, head, etc.), get acquainted with their purpose and functions.

Also, it will be 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 behave in order to avoid this. 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 without violating the basic valeological concepts [5].

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. Educational content consists of physical exercises, including basic activities and games selected according to the program. During the educational process, 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 is not taught to think independently from childhood, and who absorbs everything after being chewed, cannot show the qualities given to him by nature." In the process of training motor activity, adults (parents, educators) set new motor 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 the right actions educates children's aesthetic sense. The basic actions that children gradually master, clear alignment, creative expressiveness of game images specific to their age, poetic and joyful moments in games, beginnings of games, and counting tables, all these serve the task of educating children's aesthetic taste. Children's and educators' clothes, physical education equipment, and the 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.

The formation of creative skills in action games is the same as above. 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 [7].

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 a two-fold direction:

- formation of the foundations of valeological culture among preschool children, i.e. teach them to take care of their health;
- organization of educational process in kindergarten without negative impact on children's health.

In the organization of preschool education, healthcare technologies 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 work;
- introducing preschool children to the principles of maintaining a healthy lifestyle;
- of children's healthy lifestyle_create motivation for;
- forming good habits;
- formation of valeological 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 children's health:

- 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 in order 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 for 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).

At the age of five to seven, the rules of personal and collective hygiene are explained to the child, interesting conversations are held about a healthy lifestyle, observing the correct posture of the body, organizing scenes on the topics of hygiene and ethics, assisting; explain what infections are and how they are transmitted, why it is important to take care of health from childhood, talk about the harm of bad behaviour (smoking, drinking alcohol), collect toys for the child work and cleaning, helping the child to prepare for sleep, feeding the child independently, getting used to cleaning the dishes on the table after eating. Continuity, to continue to cultivate the desire to always look beautiful; take off clothes in an orderly manner and hang them in place; to be able to distinguish right and left foot shoes, to wear them correctly; notice the disorder in his appearance and independently eliminates it; teach him to tell politely if he notices flaws and irregularities in his friend's clothes; able to use a table properly; things like washing personal belongings and putting away toys and sports equipment after playing, getting used to keeping them clean and careful [8]. In conclusion, it should be noted that health is an invaluable asset not only for each person but also for the entire society. It is important to teach and educate him from childhood. When we meet and say goodbye to our near and dear ones, we wish each other the best and good health. Because health is the key condition for a person's priceless and happy life. Also, a person realizes his life goals and plans due to his health and, if necessary, overcomes any difficulties. Only when a person intelligently achieves and maintains his health due to good and stable health, he has laid the foundation and ensured his active behaviour, life and longevity.

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