

The importance of morning physical education and its place in the health of students

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Annotation: Analysis of observations and experiments shows that health-improving gymnastics classes for students are an important tool in the development of the younger generation. Exercise is essential for the normal functioning of the body. The great ruler and thinker Abu Ali ibn Sina said, "Physical training is a great way to maintain good health," which is reminiscent of the saying in folk pedagogy, "Whoever does good is blessed."

Keywords: Morning physical education, student health, physical activity, physical development.

Morning exercise increases the tone of the nervous system, improves the functioning of internal organs, especially the cardiovascular system, refreshes the child and helps him become more strong-willed. Morning exercise should be done in a well-ventilated room 10-15 minutes after waking up. The duration of gymnastics should not exceed 10-20 minutes, first perform light exercises and gradually increase the load. After exercise, the heart rate accelerates slightly, which is a normal physiological condition and returns to normal after a while. Morning exercise can include stretching, bending, twisting, walking, jumping, slower running, and more. 5-8 exercises are performed in the morning physical training, each exercise is repeated 2-3 times 8-10 times. Avoid prolonged breathing exercises. Light clothing should be worn during class, and a small rug should be used for bedtime activities.

Man's strengths and abilities are divided into physical, mental, and moral. Therefore, the education that ensures the development and growth of these human abilities is divided into three parts: physical education, mental education, and moral education. Physical education is of great importance in human life. First of all, everyone in life needs to be in perfect health and strength. Second, physical health promotes mental and moral health. Customer and health are inextricably linked with thought and ethics. The purpose of physical education is to develop people who are mature in all respects: physically fit, pure-minded, courageous, resilient, determined, able to defend the Motherland.

Physical development is the process of changing the shape and function of the human body. When used in a narrow sense, the term "physical development" refers to anthropometric and biometric indicators (buy, body weight, chest circumference, lung capacity, posture), and so on. When the term "physical development" is used in a broad sense, it also includes physical qualities (speed, agility, flexibility, balance, visual acuity, strength, endurance). Physical fitness is a measure of movement skills, abilities, and physical attributes. Minutes of physical education are spent on drawing lessons, arithmetic while working with plasticine, and speech development classes. For these exercises, 2-3 exercises are selected, which are performed while standing and sitting. The choice of action games takes into account the physical condition of the children, the field and the conditions in it. Once the educator has selected a game, he or she will carefully consider how to use it and then conduct it. It is very difficult for a child to play unfamiliar games. Adults are given independent tasks. Games last 7-15 minutes and are repeated 5-7 times. The trip is organized 1-2 times a week, and 1-2 times for children under 2 years old. It is necessary to prepare a destination in advance, a training scenario, taking into account the conditions and preparing the necessary equipment. Depending on the age, the travel time can be extended from 20 minutes to 1.5 hours.

Health functions include preserving life and strengthening health, improving physical development, improving body functions, improving its protective properties and resistance to

various diseases through exercise, exposure to adverse environmental conditions (low and high temperatures of water and air, exposure to sunlight). 'secret) to increase the resistance.

It is also important to increase children's overall work ability. Taking into account the characteristics of the development of the child's body, the tasks of health are:

- promote proper and timely hardening of bones, the formation of spinal curves, the development of the arch of the heel, the strengthening of the articular apparatus;
- Promoting the proper development of body parts (proportions), bone growth and mass regulation;
- development of all muscle groups (body, legs, arms and shoulder girdle, paws, fingers, heels, neck, eyes, internal organs, cardiovascular, respiratory and other muscles);
- Attention should be paid to the development of more underdeveloped flexor muscle groups.
- - help to improve the functioning of the cardiovascular and respiratory systems, increase blood flow to the heart,
- improve its contractile rhythm and develop its ability to adapt to sudden changes in load;
- increase chest mobility, deep breathing, help to stabilize its rhythm, increase lung capacity, improve nasal breathing;
- promote proper functioning of internal organs (digestion, excretion, etc.);
- promote the proper development of thermoregulatory function;
- Improving the functioning of the central nervous system, promoting the alternation of the processes of excitation and inhibition, their mobility, as well as the development of motion analyzers, sensory organs.

Conclusion:

In this regard, the creation of a didactic basis of health-improving gymnastics in physical education classes of secondary schools is important in shaping a healthy lifestyle in the context of updating and enriching the content of education, in particular. , the use of well-interpreted fitness gymnastics classes in physical education classes is of great importance today.

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