

Skills For Adapting Physical Exercises to Children's Age in The Education of a Developed Generation

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Abstract: The article discusses a healthy lifestyle, exercise, which is one of the main health measures, physical education activities and their importance in raising a harmoniously developed generation.

Keywords: Harmoniously developed generation, healthy lifestyle, health, exercise, physical activity, body, body, physical culture, physical training.

Introduction

A healthy lifestyle is based on philosophy, psychology, pedagogy and general physiology, anatomy, hygiene, genetics, ecology and other natural sciences. this is fitness. Abu Ali Ibn Sina focuses on seven things in healthy living (HL) and health

These include: calming the client, choosing foods to eat and drink, cleansing the body of waste, maintaining the correct structure, getting enough and good nasal air, paying attention to clothing, physical and regulation of mental movements (this includes sleep and wakefulness.)

The use of the above elements by scientists in prolonging human life, preventing disease and improving health has yielded good results. Unfortunately, people are slowly starting to forget the client and other concepts.

Materials And Methods

A high level of awareness-raising among the population, increased attention to HL, and regular physical activity and sports can significantly reduce the incidence of heart disease in many countries. The exercise kit, developed by American scientist Kenneth Cooper, has been used with great success in many countries, including aerobics and shaping, which has strengthened the health of many people and serves as an effective tool in the prevention of heart disease.

One must be both mentally and physically strong and strong. A healthy lifestyle (HL) includes increasing a person's cultural and physical development, productivity, and creativity. The main components of HL are effective work, personal hygiene, avoidance of bad habits, proper nutrition at the appointed time, physical activity, regular physical activity.

At a time when radical reforms are taking place in the education system, the Ministries of Public Education and Health are working to protect and strengthen the health of students, to ensure a healthy direction of the educational process. Lum there is a need to organize according to plan. In order to protect the health of schoolchildren, it is advisable to introduce the following physiological and hygienic recommendations to the school, its educational process, parents: - Adherence to the daily routine, ie, at school and at home to organize the load of training sessions; - Expansion of outdoor recreation;

- Adequate and timely nutrition;
- hygienically complete, rhythmic sleep;
- timely replacement of mental load with physical load;
- alternating activities in a way that meets the hygienic requirements;
- to be engaged in independent activity.

The role of a healthy lifestyle in society is invaluable. That is why in front of the education system of our country, in addition to educating the younger generation on modern knowledge and skills, they are active against any harmful habits that threaten their health, to form a healthy lifestyle, to achieve spiritual perfection. able to stand, have an independent mind, great it is a priority to bring up a selfless, high-spirited, harmoniously developed person who lives with confidence and purpose.

The famous mathematician Gauss or the more famous medical tester Germon Gelm Goli, who is accustomed to movement activity, understands the importance of movement, its benefits and taste. 'Satanic

thought' always comes unexpectedly, of course, at a desk, not when the brain is tired and physically exhausted, but when physical endurance, high spirits are high. Especially ("flashing", suddenly appearing as "lightning") when the sun is shining, blue he says that the view of the mountain comes as the soul ascends and slowly ascends the mountain. A number of advanced, rich countries in the world have a high image in terms of physical culture, such as the United States, Germany, China, Japan and others. Unfortunately, the victorious work of our President, our government on HL physical culture, which deserves to be written in golden letters in the pages of our history, remains a dream for today, a great goal that we must achieve.

Discussion

Domestic and foreign researchers have shown that improving and preventing health, HL physical culture, mixing and combining different forms of mass sports, creating a complex that does not require large financial costs, using effective methods. It plays an important role in solving the set goals and objectives.

HL physical culture requires the selection and planning of daily exercise routines and physical activity according to their age and physical fitness. The key issue is how to organize movement activities, how to exercise to address the stated requirements. It depends on the type of exercise you choose to do, taking into account your age and individual characteristics. Someone chooses to walk, someone chooses to run, swim, ride a bike, do dumbbells, a 1-2 pound pack of rocks, someone chooses to play a sport they like and so on. The physiological direction of the above various forms of exercise is mainly focused on the development of strength and endurance, the leading movement qualities of the body's health. This training is not limited to preparing a person for high productive activities at work (mental, physical), but also to cope with the difficulties of social life, to overcome them and to get out of extreme situations in peace and military conditions.

facilitates the acquisition of skills.

The results of the sociological survey showed that students do not have the necessary knowledge and skills to choose one of the most popular sports.

Students who consider themselves to have HL physical culture (63%) consider it important to make it a habit to engage in a sport on a regular basis during their school years (37%). Because the current lifestyle takes up a lot of time (40.1%) for passive (sitting) activities in them

stressed. In particular, the high demand for computers, computers, television, etc., is the basis of today's daily life.

The Result

Ensuring regular mental and physical activity as well as regular exercise to promote good health raises the question of how to choose the right sport for you. Its solution depends on the development of the individual's physical abilities, physical capabilities, training in sports. For example, wrestling for short stature, arm, neck shorts, swimming, table tennis, football, gymnastics, boxing, tourism, chess, and more.

For middle-aged people, handball, individual wrestling, volleyball, tennis, badminton, national wrestling, athletics, basketball and other sports give good results. But that doesn't mean they can't do other sports. Because each person differs from each other in his interest, infecting the activity of the movement, liking it. They do not pursue the goal of achieving high results in their favorite sport, or the good conditions for these sports may have taken into account the goodness of the base, its proximity, their favorite coach, and so on. In addition, the age of 18-24 years is the first stage of the period of physical maturity of the organism, the period of high doses of loads and the ability to expend energy. During this period, a certain level of movement, the formation of a habit to it is a lifelong habit

rotation has been proven in practice. V.D. According to Chernyavsky, the following forms of physical culture can be included in the weekly exercise regime for the mentally active:

Morning gymnastics (15-20 minutes), fitness gymnastics in a fitness group or independently, cyclic exercises, games (30-60 minutes 2 times a week), special exercises (5-7 minutes 2 per week) -3 times) and active forms of work and leisure.

Conclusion

In short, human life and health are the greatest social wealth. This puts the challenge of creating a healthy lifestyle in front of the family, school and other places of human development. The health of the nation is also naturally addressed through a healthy lifestyle. Health is a balanced unit of biological, mental, physical state and labor activity of the human body. Health is happiness for everyone. Its labor productivity is a necessary condition for the development of the country's economic power, the welfare of the people.

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