

FORMING A HEALTHY LIFESTYLE THROUGH GYMNASTIC EXERCISES

Hayitov Jumaqul Negmatovich

ABSTRACT

This article describes how to build a healthy lifestyle through gymnastics and its important role in human life.

АННОТАЦИЯ

В данной статье рассказывается о том, как через гимнастику построить здоровый образ жизни и ее важную роль в жизни человека.

Today, in our country, the old views that have lived out their lives have receded, a new era has begun, and a new reality is emerging. The era of large-scale reforms has come with great opportunities. does not mean the rest of the reality or an unchanging axiom. There are the most important aspects and practical criteria that are the basis for the concept of new Uzbekistan and are reflected in it, one of them is: the main goal of the reforms implemented in our country, a person's life, rights and freedoms, values, needs and interests. Chapter III of the state curriculum "First Step" is reflected as follow. It is called the competence approach to education of preschool children and includes 5 educational areas of the program. - Competencies in the field of "Physical development and formation of a healthy lifestyle" - Competencies in the field of "Social-emotional development" - Competencies in the field of "Speech, communication, reading and writing skills" - Competencies in the field of "Development of the cognitive process" - "Creative development" Competencies of the child's field based on the competencies highlighted in the program

we will think about the importance of physical education in the development. At preschool age, the child continues to develop. As the basic movement skills (walking, running, crawling) improve, the child becomes more interested in the things in the environment. In this period, the correctness of the regime in child education plays an important role, the correct and reasonable sequence of various types of child's activities and rest throughout the day. The agenda of a preschool-aged child includes morning hygienic gymnastics, mock games, and walks. physical exercises play an important role. It is necessary to do morning gymnastics every day. For 3-4 year old children, 3-4 imitation exercises (for example, "the crane walks in the swamp", "we look out the window") are much bigger in the gymnastics program For children of the age of 18, several general development exercises, running and walking can be included. Doing

gymnastics for 6-10 minutes is intended to induce sleep, lethargy, and refresh the soul. depends on how and how accurately gymnastics is performed. An approximate complex of morning gymnastics for each age. Exercise 1: "Crane walks in the swamp". Knees are raised high, shoulders are straightened. Walk around the room 1-2 times. Breathe freely. 2nd exercise "Pump". Legs are placed shoulder-width apart, hands are on the back of the neck. Turn the body to the right and at the same time touch the right hand below the knee of the leg (exhale). The same goes for the left side. Do it. It is repeated 3-5 times. Exercise 3: "The chicken eats grain". Sit down, tap the floor with your fingers "ko-ko-ko" (exhale), get up and straighten up (inhale). Repeat 3-5 times. Exercise 4: "The sparrow jumps". Jumps on both sides, jumps 4-6 times, then walks 10-12 steps. Repeat 2 times. Breathe freely. Approximate complex of morning gymnastics for children 5-6 years old. Exercise 1. "Hole" While lowering the hands, "lock" and confuse, raise the hands above the head, look at the "hole" (inhale), lower the hands while keeping the fingers tangled (exhale) ..repeated 3-5 times. Exercise 7. Extend the arms to the side (inhale) and lower them (exhale). Thus, children of preschool age are very active. Their movements are fast and diverse, this is the characteristic that should be used. Teaching children to run, walk, jump, throw things, crawl, and exercise their sense of balance. Need

Therefore, physical exercises and games that match the child's physiological capabilities make him fresh and cheerful. These actions strengthen the muscles and the bone ligament apparatus, allow the body to form correctly, and strengthen the respiratory and cardiovascular systems. in secret, the blood circulation of the muscle in the heart itself is improved, its strength and efficiency increase. plays a big role. Actions are necessary for harmonious, physical and mental development of a person.

REFERENCES:

- 1.Sh.Mirziyoyev."Yangi O'zbekiston strategiyasi".Toshkent.O'zbekiston nashriyoti.2021 yil.
- 2."Ilk qadam " davlat o'quv dasturi.
- 3."Yosh ota-onalarga" ilmiy ommabop meditsina adabiyoti.Toshkent.1987 yil
- 4."Salomatlik" Ommabop meditsina entsiklopediyasi.Toshkent.1985yil.
5. Худойбердиева, С. Н. К. (2022). АНАЛИЗ СИСТЕМЫ ОБРАЗОВАНИЯ НЕКОТОРЫХ РАЗВИТЫХ СТРАН. *Universum: психология и образование*, (3 (93)), 8-10.
6. Nizomiddinova, K. S. (2022, February). THE IMPORTANCE OF DEVELOPING PROFESSIONAL CREATIVITY OF STUDENTS. In *Archive of Conferences* (pp. 17-19).

7. Худойбердиева, С. Н. К. (2022). АНАЛИЗ СИСТЕМЫ ОБРАЗОВАНИЯ НЕКОТОРЫХ РАЗВИТЫХ СТРАН. *Universum: психология и образование*, (3 (93)), 8-10.
8. Худойбердиева, С. Н. (2022). ПОДГОТОВКА ПЕДАГОГОВ ПРОФЕССИОНАЛЬНОГО ОБУЧЕНИЯ С УЧЁТОМ ТРЕБОВАНИЙ СОВРЕМЕННОЙ СИСТЕМЫ ОБРАЗОВАНИЯ. *Международный научно-практический электронный журнал «МОЯ ПРОФЕССИОНАЛЬНАЯ КАРЬЕРА»*. Выпуск №, 33.
9. Xamidovna, S. K., & Fattoxovna, D. D. (2021). Xudoyberdiyeva Sitara Nizomiddin qizi,“. *FASHION DESIGN AND ECOLOGY*.