

## Valeological Education in Children

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### Abstract.

The article covers the scientific and theoretical bases of valeological education of pre-school educational institutions. In order to reveal the topic of the article, the research work of foreign and local scientists was effectively used. In order to reveal the scientific and theoretical basis of the topic of the article, methods such as comparison and comparison were used.

**Keywords:** Educator, physical education, vale logical education, preschool, educational institution, healthy lifestyle, physical health, physical culture classes, gymnastics, sports.

The health of individuals in the society is one of the achievements of this society. And healthy individuals are the product of healthy generations. After the birth of a child in a private house, the main task for the parents and their loved ones is to take care of his health. The importance of physical life in the healthy growth of a child is great. Even in a pre-school educational institution, children need not only to spend time, but also to be educated comprehensively. Theoretical knowledge nourishes our intelligence and ensures that we are mentally healthy. Valeological education provides us with the health benefits of our body. First of all, we will shed light on the meaning of the words valeology and valeological education. "Valeology" is a Latin word, also means "Health", "Health". This term was first used by K.I. Brexman (1987) won in the year.

Valeological education is one of the manifestations of practical education that shapes a person's skills and abilities in relation to physical activity and sports.

Data on the health status of the children and adult population in the country indicate the level of health consequences of the disease, the trends in the level of health decline and the decline in life expectancy. In particular, defects in the health of children are one of the alarming situations that affect the future of the country. In our Uzbek people there is a transplant "healthy body, healthy mind". Why is mental health now associated with body health? Reason any physiological condition of the child ensures the effectiveness of the activity of its cerebral hemispheres. Kelajagimiz albatta, yosh avlodning qo'lidadir.

Currently, attention to preschool institutions is being paid by our compatriots in our country, and reforms are being implemented. On October 19, 2017, President of the Republic of Uzbekistan Shavkat Mirziyoyev held a meeting dedicated to the issues of radical improvement of the pre-school education system. At the meeting, the president of our country touched upon the issues of "strengthening the National gene pool in the country, educating the younger generation as healthy".

In accordance with the decree of the president of the Republic of Azerbaijan "on measures to radically improve the management of the preschool education system" on September 30, this year, a new system was created in this area in accordance with the decree "on Organization of activities of the Ministry of preschool education of the Republic of Uzbekistan".

Development and implementation of a single state policy in the field of pre-school education, expansion of the state and non-state network of pre-school educational institutions, strengthening the material and technical base, providing them with qualified pedagogical personnel, sharply increasing the coverage of children in pre-school educational institutions, applying modern educational programs and technologies to educational processes, the ministry, physical development and radical improvement of the quality of their preparation to the school have been set.

Famous educator with his theory of "tiny step" with long years of experience of the former Union L.I. Belov admits that valeological education is Artistic Gymnastics and sports gymnastics, as the most

convenient and simple sport for starting in preschool institutions. In his opinion, Gymnastics is light for use in children, and more importantly, it provides body beauty, as well as health. For the correct formation and strengthening of bones in children, gymnastic sport is of particular importance.

Russian pedagogue-psychologist I. Betskoy believes that the beginning of valeological education in children in a preschool institution recommends starting with swimming. According to the educator, swimming is the main sport in the correct formation of the functioning of the lungs and respiratory system in a child. Most of the European scientists (Koval V. I., Larina N. N., Rodionova T. A. Koleda V. A) in the process of proper organization of morning badabtarbiya exercises in educational institutions, the following tasks of the educator-educator are determined.

-Organization of morning physical exercises at the right time(in accordance with the purpose of Organization of the child in the morning after breakfast, the feeling of hunger in the morning in children produces apathy in relation to physical exercises);

-Ensuring the correct sequence of exercises for bodybuilding (transition from light exercises to step-by-step complexes);

- Control over the implementation of the exercises due to the physiological state of each of the preschool educational institution educator;

-Choosing the right place for physical exercises, depending on the seasons and the environment (in the winter inside the room, in the summer under the morning sun in the preschool yard);

- To give children an interesting understanding of which bodybuilding exercise is useful for which part of the training;

-To check that they start breakfast in the correct order after physical exertion;

In general, within the framework of this topic, it is possible to give examples from the research activities of many scientists.

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