

**OPPORTUNITIES FOR EDUCATIONAL ACTIVITIES IN THE
DEVELOPMENT OF COMPETENCIES IN THE FIELD OF
“PHYSICAL DEVELOPMENT AND THE FORMATION OF A
HEALTHY LIFESTYLE” OF CHILDREN OF EARLY AND
PRESCHOOL AGE**

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Annotation

The article discusses the formation of an attitude among preschoolers aimed at realizing the importance of a healthy lifestyle in human life.

Key words: Physical education, healthy lifestyle, competence, model, sport, technology, education.

A healthy lifestyle is associated with the category of morality. Healthy living manifests itself as a harbinger of an unhealthy lifestyle. Thinking about a healthy lifestyle is manifested as an integral part of the upbringing of a harmonious personality. Our ancestors strictly followed the rules of a healthy lifestyle in their lives. That is why the absorption of this experience into the minds of children from preschool age with advanced mastery is among the important tasks of educators and parents.

As you know, two sides are involved in the pedagogical process – Education recipients and educators. The profession of upbringing is complex and multifaceted. Especially the activities of Educators of preschool educational organizations are extremely complex, which prepare the younger generation for certain life activities. In order to organize an educational process aimed at protecting health, it is necessary first of all to determine the factors that affect the deterioration of the health of caregivers.

The important tasks of organizing pedagogical processes aimed at the physical development of children in preschool educational organizations and the formation of a healthy lifestyle in them primarily arise from the importance of a healthy human policy in the direction of the development of early and preschool children with the requirements of competencies of the field of “physical development and the formation of a healthy They are as follows:

- to educate young people who will make it possible to create an optimal psychological microclimate and social and material conditions, to educate

physical health, who in the future will be spiritually rich, highly moral, educated, respect the traditions and culture of himself and other peoples;

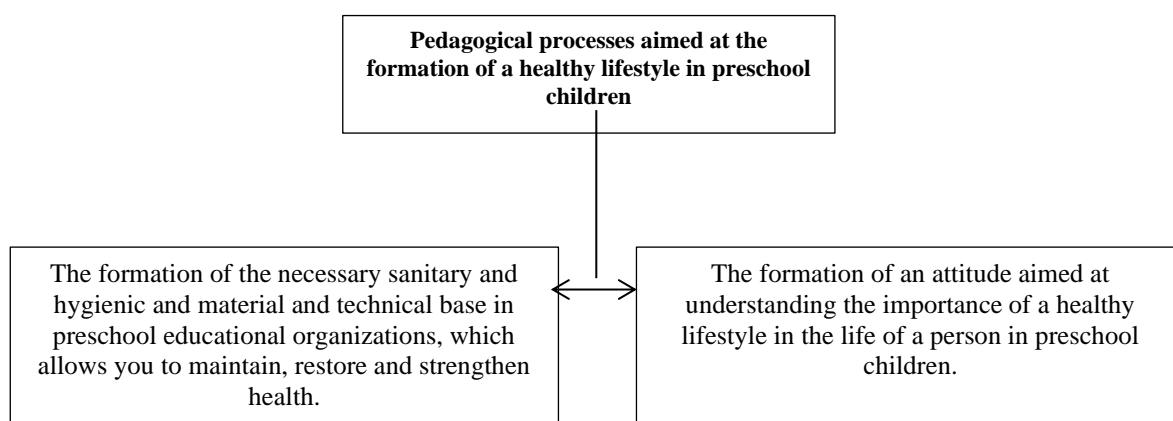
- to carry out the process of mental correction in cooperation with caregivers, educators and parents, providing for the formation of the need to carry out treatment and adaptation activities for the purpose of health and restoration, to mean a healthy lifestyle and the value of health;
- improving the skills of the subjects of the educational process on the issues of theory and practice of the formation of a healthy lifestyle;
- organization and use of technologies aimed at the physical development of preschool children and the formation of a healthy lifestyle in them;
- to expand the scope and ensure the quality of various activities aimed at the physical development of preschool children and the formation of a healthy lifestyle in them;
- such as the establishment of inclusive education (inclusive education) with an extension of education in perspective for children with limited health opportunities.

B.R. According to Djuraeva et al, determining a personal lifestyle is the product of consciousness. Accordingly, educators should realize that the warning about harmful habits alone is not enough today to maintain a healthy lifestyle environment among children.

It follows that in preschool educational organizations, pedagogical processes aimed at the physical development of children and the formation of a healthy lifestyle in them are organized based on the following principles: the only personal mental needs of the subjects of the educational process in relation to a healthy lifestyle and life training; social responsibility for everyone around them and their own health; the novelty and

It is necessary to carry out timely diagnostic and psychological and pedagogical corrective measures in the physical development of preschool children and the formation of a healthy lifestyle in them. Psychological and pedagogical correction begins with the diagnosis of vital aspects of the individual. Educators are not only distinguished by the degree of one or another possibility, but also by their personal perception of themselves and their intellectual and physical capabilities. The implementation of pedagogical processes aimed at wellness in preschool educational organizations is due to the influence of the following factors: the personality of educators and their orientation towards adopting a healthy lifestyle; the adequacy of the material and technical base in an educational institution for the widespread use of pedagogical technologies aimed at protecting health; the creative capabilities of the pedagogical community; such as the

Protection and strengthening of the health of the subjects of the educational process is carried out in two integral directions, which are reflected in the following drawing (see Figure 2.1):



An important direction for the organization of pedagogical processes aimed at Wellness in preschool educational organizations is aimed at strengthening their material and technical base, taking into account the level of functioning of sanitary and hygienic norms and tools. To do this, it is necessary to consider: the plan for the implementation of the content and repair of technical devices, measures such as heating, water supply, lighting, repair of roads of autonomy and sanitary and hygienic standards, as well as educational equipment based on the rules, is:

- a) financing the above activities;
- b) compliance with the requirements for maintaining the microclimate, storage of educational equipment of the audience on the basis of lighting, furniture, sanitary and hygienic standards;
- C) compliance with the recommendations given on the basis of State Sanitary and hygienic checks:
 - collection of documents on the basis of the requirements of sanitary-epidemiological control;
 - hygienic areas of life conduct explanatory work with educators, educational educators-employees on labor protection, technical Safety and fire safety;
 - such as the organization of medical service.

To date, training of educators-educators with the skills of working with complex programs aimed at strengthening the health of the child in preschool educational organizations is one of the pressing issues. In general, the problem of a healthy lifestyle even for educators is of particular relevance. It seems to us that the transfer of Health minutes to carry out a healthy lifestyle is carried out on the basis of monitoring the measurement of the pulse and stroke in musical accompaniment, depending on the state of health, in connection with the professional working conditions. Alternatively, recommendations for independent work at home are also given. It is also advisable to conduct seminars, lecture-counseling sessions on the organization of pedagogical processes aimed at Wellness in preschool educational organizations: development of their

knowledge, skills, skills in order to increase the level of wellness work for educators, parents and educators, to carry out physical education and wellness activities.

Cooperation with the family is important in the physical development of preschool children and the formation of a healthy lifestyle in them. Because, a healthy lifestyle is determined by the level of well-being, health of the family, the full satisfaction of the needs of domestic service, bringing demographic processes to an optimal state, spiritual culture, awareness of family members, moral aspects and activity in social work.

A lifestyle in the family constitutes a rational lifestyle, which contributes to the formation of a physically healthy and mentally competent new generation, work, rest and social activity.

The formation of a healthy lifestyle requires improving housing conditions, the correct distribution of the family budget, proper and high-quality nutrition, strict prohibition of alcohol, drugs, smoking, regular physical education, full compliance with sanitary and hygienic rules, becoming a spiritual intellectual person. The creation of material capabilities of the family, the level of awareness, spirituality of parents provide an opportunity to raise children physically healthy, spiritually rich.

Ensuring environmental purity of the environment, the formation of environmental awareness and thinking also gives its positive effect in the formation of a healthy lifestyle in the family only when it is carried out in the family.

The effectiveness of mutual cooperation in the formation of a healthy lifestyle in the family of preschool children has its own characteristics. They are as follows: knowledge, skills and skills formed in preschool educational organizations are strengthened, content is enriched, improved;

the content, forms and methods of educational work to be carried out are organized not on the basis of existing achievements, but on the basis of shortcomings, interests, aspirations of preschool children;

the advantage of consistency in activity, constancy, reliance on public opinion; when assessing the results of educational work, public monitoring is established.

When the state of the existing problem in practice was studied and analyzed, it became known that a negative approach was observed to the effectiveness of educational activities carried out in cooperation with family, neighborhood.

Including:

- low efficiency of educational work aimed at improving the knowledge of preschool children in terms of spiritual, moral, medical and social preparation for school life, the formation of a healthy lifestyle;
- insufficient content of booklets, brochures and notes and methodological materials aimed at the formation of a healthy lifestyle of preschool children in the family;

- the fact that a parent knows the lifestyle, talent, interests and abilities of his child in the family and does not pay enough attention to realization;
- insufficient attention to national traditions, universal values, which have formed a healthy lifestyle in the family of preschool children over the centuries;
- that parents, caregivers are not at the level of demand for medical literacy;
- ignorance of the forms and methods of educational work carried out by educators on the formation of a healthy lifestyle;
- the paucity of scientific research work from pedagogy, psychology, sciences on this problem, etc.

In the prevention of these shortcomings, educational work carried out in cooperation with family, neighborhood, preschool educational organizations is planned, focused on a certain aspect of a healthy lifestyle, organized on demand and need, structured on the basis of national and universal values, organizing educational work in traditional and non-traditional forms, taking into account the problems of the sanitary and hygienic state of

Experiments have shown that a special chain is formed in the formation of a healthy lifestyle in the family of preschool children, and if there is a break in any link between them, it is impossible to achieve the expected result in ensuring continuity in educational work.

On the basis of the formation of a healthy lifestyle in the family of preschool children, family, neighborhood, cannot achieve the desired result without mutual cooperation. Subjects who are directly involved in the formation of preschool children in the family of a healthy lifestyle will help them closely in the organization, management, leadership, assessment of the result, monitoring of educational activities.

The content of this chain and its effectiveness depend on the subject, scientific and methodological resources chosen for the educational event. They can be: scientific and methodological, popular literature on human spiritual and physical health, healthy lifestyle; heritage of ancient and medieval thinkers, religious sources; internet materials; samples of advanced work experiments, achievements of science; visual tools (posters, booklets, handouts).

The success of cooperative educational events depends on the level of training, worldview, period demand, relevance, level of knowledge, experience, work on oneself, level of responsibility and opportunity, creativity, attitude to work, foresight of the result, dedication, attitude to news.

In the physical development of preschool children and the formation of a healthy lifestyle in them:

- support the interests, aspirations of preschool children, strengthen the role of state and public organizations in solving their problems;
- with the cooperation of the family, neighborhood, necessary to carry out constant monitoring of the work on physical education of preschool children and the

formation of a healthy lifestyle in the family and establish appropriate measures, strengthen their control;

- maintaining the health of family members, ensuring physically healthy growth of pre-school boals;
- the correct upbringing of children in the family in every possible way, mentally, spiritually and morally;
- ensuring that children are engaged in physical education and sports;
- raising children in the spirit of respect for national and universal values, devotion to family traditions and customs;
- the formation of a culture of mutual treatment of family members, a healthy spiritual environment between a couple, parents and children, the formation of a healthy lifestyle;
- to give children constant information about a healthy lifestyle;
- maintaining and enriching the continuity of the family dynasty;
- it is assumed to carry out educational activities to instill in the minds of young people issues such as achieving the full economic support of the family.

Also in ensuring the effectiveness of the content of cooperation:

- compliance with the daily regime in preschool organizations, families, neighborhoods, the importance of a healthy lifestyle, the impact of physical education and sports on the health of an individual on ecology the impact of marriage among young people on the health of a person, the preparation of young people for family life, the increased demand for the training of special courses

The development and constant monitoring of effective technologies of research on solving the above-mentioned social problems, the formation of a healthy lifestyle carried out with preschool children makes it possible to determine their place in ensuring the development of society.

Activities carried out in our country, the use of the traditions of Family athletes; the formation of a culture of understanding the essence of life in members of society, primarily among the future generation, honoring the value of life, rational organization of life activities; the formation of social thought about the values of earth, water, air by promoting the principles of orastness and; involvement of the general public in the elimination of unpleasant situations by the widespread promotion of issues of the health impact of the spiritual and psychological environment in the family in the popular literature, achieving an increase in the personal spiritual responsibility of parents in this regard; serves to methodically improve the effectiveness of work in this direction, recognizing only elementary imagination and knowledge of reproductive culture and

In the formation of a healthy lifestyle in the family of preschool children, an important role is played by the complete, non-linear or reconfigured family, the presence of a nuclear or multi-family , the number of children, the social background and level of education of the couple, the young family or years of experience of the family, as well as the level of in the formation of a healthy

lifestyle in the family of preschool children, the spiritual environment of the preschool educational institution, family and neighborhood is a pedagogical factor.

As a result of our observations, the main emphasis should be placed on a number of priority issues in the cooperation of family, neighborhood, preschool organizations in the physical development of preschool children and the formation of a healthy lifestyle in them:

- ensuring family, neighborhood and community cooperation in the formation of a healthy lifestyle;
- it is necessary to properly organize, control and organize the free time of preschool children, to achieve the organization of their active free time, and not their passive free time;
- involvement in physical education and sports;
- environmental education, the absorption of ecological culture into the consciousness of preschool children, etc.k.

Thus, in our eyes, preschool children are effective in the formation of a healthy lifestyle in the family in the following situation: to achieve the upbringing of a child in the family and their mental state, the assimilation of a culture of communication with children during this period; to properly organize the agenda of preschool children; to focus on children's health, to organize; fostering healthy communication between parents and children, between children, achieving mutual respect among family members, a culture of communication; not leaving every child's behavior out of control, not letting go of lockdown. Prevention of falling under the influence of various harmful habits; to achieve the correct and productive organization of the rest of the Pharisees, free time. The establishment of active use of weekends and free time is at the forefront of Family Education.

After all, the development of effective pedagogical technologies that allow you to solve the issues of protecting the health of preschool children, the formation of a healthy lifestyle in them, the creation of didactic and scientific and methodological foundations of this problem in the process of forming a healthy lifestyle in preschool children in the family is today an urgent pedagogical problem.

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