

ON THE IMPORTANCE OF TOURISM IN FORMING A HEALTHY LIFESTYLE IN PRIMARY SCHOOL CHILDREN

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ABSTRACT

Education of a developed generation, and on this basis scientific substantiation of cultural and moral education of a healthy lifestyle in the development of social relations, analysis of the study of a lifestyle due to independence is an urgent task.

Modernization of the country due to independence and creation of decent living conditions for the population, development of a variety of works on the formation of a healthy lifestyle.

Keywords: Load, relay games, sports exercises, excursion, tourism, strength, speed.

INTRODUCTION

The nature of our modern development has a great influence on the psyche of young students. Physical training during walks helps children develop cardiovascular, respiratory, muscular and other important systems of the body. This is achieved by introducing active games, relay games, sports exercises, various types of walking, basic motor exercises into training. When doing physical education during a walk, the types of activity always alternate: fast exercises alternate with slower ones. This allows children to maintain a high level of performance throughout their training. For example, slow running is replaced by a game, and a game is replaced by basic motor exercises, etc.

Tourism guides understand tourism as a means of active recreation and know that they can independently organize it based on a plan and voluntarily gain knowledge and practical skills; planned tourism (in the form of excursions) with departures to predetermined places by buses, planes, locomotives, trains, etc.; organization of volunteer tourism on foot, by bicycle, on horseback and in other ways as a one-day, multi-day, conducted along routes selected depending on the complexity of the trip (choose one of 5 different levels of complexity). One of the unique features of walking training is that general developmental exercises are not performed sequentially, but in different parts of the training: during walking in the introductory and preparatory part, children perform various movements with their arms, slow walking, one- and two-alternate walking. with jumps: in the main part, motor exercises are given for the legs and body.

Performing general development exercises in this way saves time, makes training more energetic, which is especially important in the cold season. Another feature of classes during a walk is that children are taught sports games and activities, i.e. jumping rope, sliding, skiing. In elementary school, children are taught the basics of basketball, football, hockey, and learn to play badminton. In preparatory groups, children will continue to master the above-mentioned sports games and will begin learning the elements of table tennis. In addition, during classes in the fresh air, children consolidate the basic movements learned in previous physical education classes.

Physical education classes during a walk consist of 3 interrelated parts: introductory-preparatory, main and final parts. Introductory-preparatory part. To instill in children a desire for discipline and their future activities, gradually preparing them for physical activity in the main part of the classes.

The preparatory part of the introduction begins with lining up and marching. Children perform the simplest movements with their hands while walking. Hands up, to the sides, clapping, making circular movements, etc. Performing these exercises develops the muscles of the shoulder girdle, improves coordination of movements. During walking, the teacher pays attention to the accuracy of the step, the correctness of the hand movements, keeping the distance and direction of movement. He goes from walking without stopping to walking slowly. This can last 1-3 minutes depending on the age of the children. Usually this race is held on the sports ground. Children line up in turns and run in a circle, not chasing each other, not pushing each other, keeping a distance. Children perform exercises in the second and third turns (3-4) by raising their knees, running sideways with a couple of steps, jumping on one leg, on two legs, jumping from one leg to the other, running forward with their back, turning back, etc.

All these exercises strengthen the muscles of the legs and pelvis, improve children's spatial perception, and also give them positive emotions. Slow running ends with a walk. Preparation takes 3-5 minutes. On cold days of the year, children do not line up for training: as soon as children leave the building, they go to the sports ground, performing hand movements.

The main part of the lesson (depending on the age of the children) lasts from 14 to 26 minutes. This part examines the qualities of increasing the functional capabilities of the child's body, developing strength, agility, and overall endurance. In addition, basic movements are consolidated and skills for using them in play activities are formed.

For primary school students, the main part begins with mastering the elements of sports exercises or sports games. Then run at an average speed for a short time (from 1 to 15 minutes). After its completion, children will practice and learn one of the basic movements. After this, children run at an average pace again, and then active games are held.

The main part in the preparatory group is conducted in the same way as for primary school students, but the teacher uses more of an intergroup method. This allows the teacher to independently teach children and improve the children's acquired skills. The duration of the run in the main part is indicated on the attached plans. To conduct the race, he goes around the sports ground and uses different tracks in the designated area of the kindergarten. Children should run in places where the teacher can see them, and when running, the distance between each of them should be 1.5-2 steps. For younger students, this type of running is more difficult - children are recommended a route that overcomes various obstacles. For example, run up a hill, jump over a beam, run along the posts in a snake path, crawl through a gate, etc. Develops agility, endurance, improves coordination of movements. In this case, the teacher tells about 2-3 obstacles around the playground, the children run around the playground 2-3 times and overcome the obstacles in a row.

It is not allowed to rush in performing basic movements, sports exercises or elements of sports games - it is necessary to demand precision and completeness of movements.

The main part of training is active play. In the recommended plans, active games are selected that are combined with walking, climbing, jumping, throwing. In order to increase the children's motor activity, losers (caught) are eliminated from the game at least once. In the game, between long pauses and repetitions, there should be a break of 15-20 seconds. On the contrary, if it is necessary to give the children a little rest or focus their attention on the precise execution of the rules of the game, the break between repetitions of the game can be shortened. In the final part of the training, they begin to walk slowly while running. Its duration is regulated by the teacher depending on the activity of the children in the active game before the final part, depending on the weather conditions and the children's preparedness: after a game with great effort, the time of slow walking should be divided in half or not spent at all, and the children should walk around the playground, they should walk calmly.

After a game of medium mobility, especially in the cold season, the slower the run at the beginning of the training, the more time you need to run slowly at the end. Weather conditions can change during the training or immediately before it. Then the teacher will have to change the course of training, choose other characters. For example, a climb was planned, the steps of the gymnastic wall were under the ice. At such a moment, you can include crawling elements, throwing Korshuns, etc. in the training. If snow fell and the site is not cleared, games can be held in another place.

Lifestyle is the most stable phenomenon among social processes, less susceptible to external influences, and for it, the natural process is changes in the combination of objective and subjective factors. There is a great need to update ideas about consciousness and way of thinking by influencing the inner world of people who are considered as subjects of lifestyle; When making a decision about a healthy lifestyle, first of all, an important moral factor is people's attitude to life, understanding the essence of innovation and the ability to be convinced of its advantages. At the same time, on the one hand, it is necessary to rely on the impressionability of the human spirit, and on the other hand, to use the means of influence accordingly. Therefore, it is necessary to conduct specific sociological research on this problem, summarize their results, bring them to the attention of official organizations, create a solution system and implement it in practice.

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