

## THE IMPORTANCE OF PHYSICAL ACTIVITY FOR THE HEALTHY GROWTH AND DEVELOPMENT OF PRIMARY SCHOOL STUDENTS

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### ANNOTATION

This article is written about the importance of physical activity for healthy growth and development of Primary School students, for a strong immune system, and its components are information about the positive effect of morning physical education, sports, playing various games on the children's body.

**Keywords:** nervous system, agenda, coordination, element, immunity, physical activity, nervous system, vivacity, hygiene.

### INTRODUCTION

It is one of the most important tasks of every person to bring up the young generation to be physically healthy, mentally alert, and able to think. Learning to follow an agenda when teaching and educating students helps the teacher connect learning with learning.

It is important for the future primary school teachers to know and understand that physical activity is one of its important components when creating the students' schedule. Various dynamic games, using physical minutes in their place and at the right time will help to prevent various states of fatigue [3].

growth and development of children , movement stimulates metabolism and energy in the body, improves heart and respiratory activity. Active mobility of children has a beneficial effect on their brain cells and helps the development of mental activity [ 14,15 ]. This is especially important during childhood and adolescence. However , in recent years, extracurricular and extracurricular workloads in schools are causing a decrease in physical activity .

Studies conducted by hygienists show that most children are in a static (sitting) position for 82-85% of the day. Even for elementary school students, voluntary physical activity (walking, games) covers only 16-19% of the day, of which organized forms of physical education make up only 1-3%. The total movement activity of children admitted to school decreases by almost 50%. Compared to elementary school, physical activity index is even lower in upper grades. Physical activity of schoolchildren is especially low in winter months . Morning physical education in children's daily routine increases the tone of the nervous system, improves the work of internal organs, especially the cardiovascular system, refreshes children, helps them to be physically and mentally healthy, fresh, energetic, and their mood is highly stable (Fig. 1).



Figure 1. Morning body training

In the family, it is important to do physical education in the morning. Its importance is as follows:

- Supports the development of the musculoskeletal system.
- Helps to supply oxygen to all organs.
- It normalizes metabolism in the body.
- It ensures normal functioning of the nervous system.
- The work of the heart and blood-vessel system is normalized.
- Strengthens immunity.
- The child is refreshed, his appetite improves and his mood rises .

Therefore, morning physical education is very important for elementary school students, it helps to wake up from sleep and refresh, increases the tone of the child's nervous system, improves blood circulation, helps to strengthen immunity, enriches the body with energy, increases mental and physical activity.

### CONCLUSIONS AND RECOMMENDATIONS

**CONCLUSION.** One of the elements of the daily routine, physical activity helps the child to grow properly, develop physically healthy, walk briskly during the day, and have high learning rates. Physical activity strengthens children's immunity, prevents them from contracting various diseases.

**RECOMMENDATION .** One of the important components of the daily routine is physical activity, which is very important for children's health and contributes to their all-round development.

Any kind of physical activity: morning physical education, playing sports, playing various dynamic games will have a positive effect on the child's body and help its healthy development. It is very important for parents to monitor their children's physical education in the morning for their healthy growth and strong immunity, create conditions for them and implement them

in cooperation. Physical activity helps all physiological processes in the body to function normally.

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