

## THE IMPORTANCE OF TRAVEL AND TOURISM IN FORMING A HEALTHY LIFESTYLE IN PRIMARY CLASS STUDENTS

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**Abstract:** The issue of bringing up a mature generation, scientifically justifying the spiritual and moral impact of a healthy lifestyle in the development of social relations, scientific analysis and study of lifestyle due to independence has become an urgent topic. Due to national independence, to modernize the country and create decent living conditions for the population, increase the diversity and develop the work of shaping a healthy lifestyle in the future generation.

**Key words:** Stress, game-relays, sports exercises, excursion, tourism, guide, strength, agility, endurance.

Nowadays, the number of factors affecting the physical development of each person is increasing. For example, various changes, the form of education and place of residence, the rules of living, the life of children and adolescents, all this forces them to adapt to new conditions without harming their health.

The nature of our modern development has a great impact on the psyche of young students. Physical training during walks helps children to develop cardiovascular, respiratory, muscle and other important systems of the body. This is achieved by introducing active games, game-relays, sports exercises, various types of walking, basic movement exercises to training. On the walk

During physical training, activities are always alternated: fast exercises are alternated with slower ones. This allows children to maintain high work ability during the entire training.

For example, slow jogging is replaced with a game, and the game is replaced with basic movement exercises, and so on. Tourism guides understand tourism as a means of active recreation and know that they can independently organize it on the basis of a plan and voluntarily to gain knowledge and practical skills; plan-based tourism (in the form of excursions) going to predetermined places on buses, airplanes, locomotives, trains, etc.; organization of volunteer tourism on foot, bicycle, horse and other means as one-day, multi-day, they spend along routes selected according to the difficulty of travel (choosing one of 5 different difficulties).

One of the unique features of walking training is that general development exercises are not performed consecutively, but in different parts of the training.

will be held: during the walk in the introductory - preparatory part, children will perform various hand movements, alternating with slow walking, jumping on one and two legs: in the main part, leg and body moving exercises will be given.

Carrying out general development exercises in this way saves time, makes training more energetic, which is especially important in the cold season of the year. Another feature of outdoor activities is children's sports games training, i.e. to jump rope, slide, ski. In elementary school students, children are taught the elements of basketball, football, hockey, and learn to play badminton. In the preparatory groups, children's mastering of the aforementioned sports games will be continued and the elements of the table tennis game will begin to be taught. In addition, children will strengthen the basic movements learned in the previous physical training during the outdoor activities. Physical education classes on the walk consist of 3 interrelated parts: introduction - preparation, main and final part.

Introduction-preparatory part. Instilling children's desire for discipline and their future activities, gradually preparing them for the physical loads in the main part of the training.

The preparatory part of the entrance begins with the line-up and march. Children perform the simplest hand movements 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 educator pays attention to the accuracy of the step, the correctness of the hand movements, the observance of the distance and the direction of movement. He goes from walking without stopping to walking slowly. It can last 1-3 minutes depending on the age of the children. Usually this run is held on the sports ground. Children line up one by one and run around the circle without chasing each other, without pushing each other, observing the distance. Children perform exercises in the second and third rotations (3-4) by raising their knees, running sideways with a pair of steps, jumping on one leg, on two legs, jumping from one leg to another, running forward with their backs, turning back, etc. . All these exercises strengthen the muscles of the legs and pelvis, improve children's spatial awareness, and also give them positive emotions. Slow down running ends with walking. Preparation takes 3-5 minutes. In the cold days of the year, children do not line up for training: as soon as they leave the building, they go to the sports field, performing hand movements.

The main part of the lesson (depending on the age of the children) lasts from 14 to 26 minutes. In this part, the qualities of increasing the functional capabilities of the children's body, developing strength, agility, and general endurance are discussed.

In addition, the basic movements are strengthened and the skills of using them in game activities are formed. In elementary 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 minute to 15 minutes). After it is finished, children learn by practicing one of the main movements. After that, the children run again at an average pace, and then active games are held.

The main part in the preparatory group is conducted in the same way as in elementary school students, but the educator uses more intergroup method. And this

It allows the pedagogue to teach the children and improve the acquired skills of the children independently.

The duration of the run in the main part is shown in the attached plans. To conduct the run, it goes around the sports field and uses different paths in the designated place 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 elementary school students, this type of running is complicated - children are recommended a route that overcomes various obstacles. For example, running up a hill, jumping over a beam, running through pillars as a snake trail, crawling into gates, etc. It develops agility, endurance, improves movement coordination. In this case, the educator tells about 2-3 obstacles around the playground, children run 2-3 times around the playground and overcome the obstacles in a row.

It is impossible to allow haste in the execution of basic movements of sports exercises or elements of sports games - it is necessary to demand accuracy and completeness of movements.

The main part of the training is active play. In the recommended plans, action games are selected, which are combined with walking, climbing, jumping, and throwing. In order to increase the children's movement activity, the losers (those caught) leave the game at least 1 time. In the game, there should be a break of 15-20 seconds between long pauses and repetitions. On the contrary, if it is necessary to give the children a little rest or to focus their attention on the exact implementation of the rules of the game, the break between repetitions of the game can be shortened.

In the final part of the training, they start walking slowly while running. Its duration is completed by the teacher in the action game of the children activity is regulated depending on weather conditions and readiness of children: many halve the time of slow walking after the attempted game or it should not be carried out completely, and children should walk around the playground calmly.

After a game with moderate mobility, especially in the cold season of the year, as long as you ran slowly at the beginning of the training, you should run slowly at the end. Weather conditions may change during or immediately before the training. Then the pedagogue has to change the course of the training and choose other actions. For example, climbing was planned, the steps of the gymnastic wall were covered with ice. At this time, elements of crawling, throwing snowballs, etc. can be included in the

training. If it has snowed and the field has not been cleaned, the games can be held in another place.

Children run a lot during the training. Preschool education

Depending on the running speed of children of their age, it is divided into three types: slow, medium and fast can be divided into runs.

Jogging is an important tool for developing general endurance in children. The running speed of elementary school children is 1.3-1.5 m/sec. In the process of running, the activity of the cardiovascular and respiratory systems usually provides the body's need for oxygen. Thanks to this, children can run at this speed for a long time, and in this way a positive training effect is achieved.

During slow running, the child keeps his body straight, his shoulders are straight, his head is raised, and his hands are relaxed. First, the tip of the foot should touch the ground, and then take a step with the whole palm, the step should be short - 2-3.

To teach children to run slowly, it is necessary to speed up the walk gradually.

Running at an average pace puts high demands on the most important systems of the children's body and at the same time has an important impact on their development. Such a running speed was 2.2-2.4 m/s in elementary school students. Studies have shown that elementary school children can run 500-600 meters without stopping at such a speed. Children's existing capabilities allow this type of running to be included in training in order to increase endurance.

Children's bodies are slightly bent forward while running at an average speed

they hold their head straight, swing leg hip forward more they take out, put the entire palm of the foot on the ground, and then with the tip of the foot they are pushed off the ground. The hands are bent at the elbows and the fingers are relaxed.

Fast running games are a component of game relays. Before school it is held at a distance of 10-30 meters for children of educational age. During fast running, the body and head are bent forward, the steps are wide and fast. The heel of the swinging leg is actively brought forward and depressed by writing the sole of the foot.

The recommendations given in the plans are for children with an average level of endurance. It is intended that children's physical education during walks in the middle group participation in the training is taken into account. If children have started working out in large or preparatory groups, they should be brought to perform the specified loads gradually. For this purpose, in two or three months, children run only half of the indicated distance. In the fourth and fifth months, they run the full distance of slow running, while running at an average speed, they still run half of the distance. Only by the end of the year, children can be asked to run the specified distance. It is better to start outdoor training in the warm season of the year: because the children's body gradually gets used to the decrease in air temperature, which allows to prepare for training in cold days. If training is started in a different period, the duration of the

initial training should be shortened: children can be offered to run twice and perform one action game. Over time, other exercises will be introduced, and on the third and fourth weekends, the training will be completed.

The long-term experience of outdoor physical training shows that all children are able to cope with the recommended physical loads by the end of the adaptation period. It shows that during the implementation of the recommendations through travel and tourism in primary classes, the mobile part of the training can be increased by 85-90%, which has an effect on improving the physical fitness of children and strengthening their health.

Lifestyle is the most stable phenomenon among social processes, less susceptible to external influences, and its change is a natural process due to the combination of objective and subjective factors. There is a great need to update the concepts of consciousness and way of thinking by affecting the inner world of people who are considered as the subjects of the lifestyle;

When deciding on a healthy lifestyle, first of all, it is an important moral factor to make people's attitude to life, to understand the essence of the novelty and to be convinced of its advantages. In this, 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 carry out concrete sociological researches on the basis of this problem, to summarize their results, to bring it to the attention of official organizations, to create a system for its solution and put it into practice;

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