

DEVELOPMENT OF FUNDAMENTALS OF PERSONAL PHYSICAL CULTURE IN PRESCHOOL EDUCATION

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Annotation: In this article, the main principles and principles of the continuity of physical education are discussed in terms of the formation and improvement of the culture of health and healthy life using the means and methods of physical culture in a broad sense.

Key words: pedagogical, psychological, physiological, aesthetic, emotional, sensitivity, imagination, combination, creative, images, continuous physical education, children of different ages, culture and healthy lifestyle.

INTRODUCTION

We need to deeply understand the secrets of health promotion and deeply understand that the only way to preserve health is a healthy lifestyle. Lifestyle is a routine of daily life. The main factor determining it is the person himself. A healthy lifestyle is a life activity based on the acquisition of skills that serve to ensure the health and safety of a person's life. This is such a way of life that there should be no harmful factors affecting people's health. Adopting a healthy lifestyle, including active physical activity, eating right, and avoiding harmful habits, play an important role in protecting human health.

Forming a healthy lifestyle in our society based on the Decree of the President of the Republic of Uzbekistan dated October 30, 2020 "On measures for the wide implementation of a healthy lifestyle and further development of mass sports" No. PF-6099 is to create conditions for the generation to regularly engage in physical education and sports.

Ensuring the continuity of physical education in general educational institutions, from preschool education to higher education institutions, consists in forming a culture of health among young people. Based on the socio-economic identity of society, its further development and the content of education, the purpose of continuous physical education is to help in the formation of a mature person in all respects. The main means of achieving this goal are students' acquisition of the fundamentals of personal physical culture, in which the inseparable organic unity of knowledge, requirements and aspirations, the best exemplary optimal level of health, the comprehensive development of mobility, the ability to control one's own movements, it is understood as knowing how to perform physical health and sports activities.



Therefore, together with the traditional goals of physical education, physical and spiritual development, a healthy lifestyle, the formation of a demand for conscious and regular exercise, humanitarianism, communication experience, the development of will and moral qualities, along with the traditional goals of physical education need

The existing deficiencies in the system of physical culture (education) can be solved only if it takes into account the demands of its continuous development, open, democratic, humanization, and the highest level of value. The principles of physical education in the continuous education system are based on the ideas of development, approach to personality and activity, optimization and acceleration of the educational process, use of modern psychological-pedagogical and psycho-physiological educational theories, and their effective use. Continuous physical education ensuring that the education system does not go back, it is manifested in the need to democratize it, that is, overcoming the content, form and methods of uniformity and revealing their versatility and variants. This means changing the content of pedagogical relations, moving to working together. Democratization in the pedagogical process consists in treating the fundamentals of physical education of everyone and every need in the same way, opening children's ability to act in a broad sense.

CONCLUSION.

Transferring the development of the content of physical education to an intensive one is an urgent issue, because its content relies on the principles of an active approach. These principles are based on the comprehensive development of a person in the educational process, self-awareness in physical education, health and sports activities, as well as the formation of a healthy lifestyle.

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