

HEALTHY CHILD – HEALTHY GENERATION: THROUGH PHYSICAL EDUCATION TOOLS

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Abstract: *This article analyzes the role and importance of physical education tools in raising a healthy generation. In particular, it substantiates the necessity of forming healthy lifestyle habits in preschool children through physical exercises, active games, morning workouts, and outdoor activities. Physical education not only strengthens children's physical health but also has a positive impact on their psychological, social, and intellectual development. The article also provides pedagogical approaches and recommendations for the effective organization of physical education.*

Keywords: *Healthy child, healthy generation, physical education, preschool education, physical exercises, active games, morning exercises, healthy lifestyle.*

A healthy generation is the most important foundation of any society's progress. A child's health and physical development are primarily linked to physical education and motor activity tools. The preschool period is one of the most critical and influential stages in a person's life; the elements of a healthy lifestyle introduced during this stage can be preserved throughout life.

The national programs initiated by the President of the Republic of Uzbekistan, such as "Youth – Our Future" and the "Strategy of Actions," emphasize the upbringing of a healthy generation as one of the top priorities. Therefore, strengthening children's health through physical education in preschool institutions is a pressing task.

Physical education is not just about strengthening muscles—it is a means of holistic development, forming movement culture, strengthening willpower, and guiding children towards a healthy lifestyle. A healthy child is not only physically fit but also emotionally resilient, active, and well-balanced.

Properly selected physical exercises according to children's age and individual characteristics:

- Strengthen the muscular and skeletal systems;
- Improve cardiovascular system function;
- Strengthen the respiratory system;
- Promote mental and emotional stability.

The tools of physical education used in preschool education can be classified as follows:

- Active games: Games such as “Find It,” “Who’s Faster?,” “Jump into the Hoop,” and “Chase the Ball” improve coordination and speed.
- Morning exercises: Morning routines, complex movements, and gymnastics help develop muscle strength.
- Sports elements: Running, jumping, sprint-stopping, and balance exercises spark interest in sports.
- Outdoor activities: Exercises in open spaces enhance oxygen exchange. Physical activity also directly influences a child's psychological state. It:
 - Reduces stress and anxiety;
 - Helps with socialization;
 - Develops teamwork skills;
 - Builds self-confidence.

Through active games, children learn to interact, develop communication etiquette, and find their place in a group.

To effectively organize physical education, strong collaboration between educational institutions and families is essential. Educators should:

- Organize engaging physical activities for children;
- Ensure the safety of movements;
- Use motivational methods.

Parents should:

- Continue physical education at home;
- Serve as role models for their children;
- Conduct discussions about a healthy lifestyle.

A healthy child is the foundation of a healthy society. By instilling healthy lifestyle habits in preschool children through physical education tools, developing movement culture, and fostering willpower and moral qualities, we can ensure the health of future generations. Joint efforts by educators and parents will yield successful results in raising healthy children.

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