

## **Young people living a physically healthy life community the basis of development**

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**Annotation:** The article is one of the current problems of today, in which the idea of healthy upbringing is studied, that living a physically healthy life is the essence of a person's life, and the issues of forming positive qualities and qualities of a person are highlighted.

**Keywords:** Man, mentally healthy, mature generation, educational process, worldview, medicine, purity, justice, knowledge, will, virtue, friendship, courage, generosity.

According to the decision of the Cabinet of Ministers of the Republic of Uzbekistan "On the wide promotion of a healthy lifestyle in Uzbekistan and the involvement of the population in physical education and mass sports", to establish a system of wide promotion of a healthy lifestyle among different strata of the population, especially among young people, to protect the young generation from foreign diseases, the task of increasing the popularity of physical education and sports in educational institutions, enterprises and organizations, and forming a system of effective organization of its activities, has been determined. Living a happy, mentally and physically healthy life defines the meaning of human life.

It shows that our ancestors have been leading a healthy life for centuries and that it is always important to provide the young generation with an excellent education and upbringing, leading them to perfection.

In general, in order to prepare a person for the stages of maturity and a healthy-spiritual lifestyle, it is necessary to educate him spiritually and morally on the basis of the development of society, because only as a result of proper education, people will have the opportunity to find their happiness.

Therefore, our students who have received and are receiving physical education in accordance with our national characteristics will continue to mature regularly, and their worldview will rise accordingly. is a dynamic process.

By regularly engaging in physical education and mass sports and forming life skills related to a healthy lifestyle, giving up harmful habits, following the principles of proper nutrition, health and wellness, and implementing measures to systematically increase mass physical activity, each

citizen is strong against diseases. issues such as ensuring immunity have become a matter of today's agenda.

The stages of personal maturity in our youth are based on forming a sense of the Motherland and instilling in their minds respect for concepts such as Motherland, Motherland, Missing the Homeland, Sadness of the Homeland;

Determining and ensuring the future of today depends in many ways on raising the current young generation to be spiritually mature with a broad outlook.

The general culture of the Uzbek nation and its specific characteristics are related to the long past. In this regard, the Avesta, the Zoroastrian life in it, Alpomish, Shokhnoma, Goroguli Takhir and Zuhra, Rustamkhan, Murodkhan Avazkhan and other similar epics and our historical golden heritage testify to this. The essence of our national culture includes such fields as education, knowledge, art, work, health care, love for the Motherland, appreciation of mothers and children and the elderly, physical education, sports, and they are the priority in our social, economic and cultural development.

Therefore, the field of physical culture is a strong factor in the development of the worldview of the mature generation in our healthy lifestyle, and every conscious person living in our society is a person with a free thought and a scientific worldview, and forms the basis of the development of society.

First of all, every person wants to be healthy and strong. For this, first of all, various public health physical education activities are aimed at raising the physical culture education of students to a high level. There are specific features and essences of some activities that serve to enrich and expand the education of general culture and physical culture in the implementation of such grandiose and extremely complex, responsible educational processes. They can be seen in the examples of "Polvonjonlar", "Chaqqon va epcillar" held in kindergartens, "Kuvnoq tallar", "Umid Nihollar" of secondary school students, "Barkamol Avlod" sports competitions of vocational college students, and "Universiade" of students of higher educational institutions. will be.

Nowadays, one of the important issues of preparing young people for life and strengthening their work capacity is equipping students with skills related to a healthy lifestyle in institutions that provide education and training for students and young people, regularly conducting physical education exercises (especially outside of school hours), and establishing the effectiveness of rational use of the health-giving factors of mother nature. and it is necessary to carry out organizational tasks related to physical fitness of students and strengthening their health.

Therefore, it is necessary for us to use our universal human values in the development of the spiritual image and scientific outlook of the mature generation. Because it is only thanks to them that a perfect generation can be brought up based on the needs of the times, and they are the main roots of educating the future generation in the spirit of loyalty to the Motherland. Although the eastern peoples did not use the concepts of healthy life and physical culture, their main contents, forms, goals and essences go back to our distant past. That is, it is expressed in expressions such as "Pakhlavon", "Rider", "The grass does not burn", "The sword does not cut", "Light", "Chaqqon", "Uchqur", "Brave". These can be seen in the above-mentioned royal works, epics, and masterpieces of folklore.

The expression of physical culture and its content is expressed in the official use of our nation and people, such expressions as wrestler (wrestling), rider (horse games), sniper (bow, bow, shooting weapons), action games (white poplar, blue poplar, hide and seek, chittigul) is widely used while

maintaining its value. Also, it is customary to call people who have attained the highest heights of physical culture with modern expressions such as master of sports, meritorious master of sports, champion, record holder, based on international standards. 2

If the issue is looked at in this way, it is necessary to use purposeful use of physical education in all factors of education and upbringing in raising children healthy, making them suitable for work in the field of profession and bringing them to adulthood.

Today, various relay competitions and sports games, which are held from time to time in schools, on the one hand, train the child's body and help him to be strong and agile, on the other hand, if they raise a healthy scientific worldview, they train the will of the child and instill in him courage, bravery, and courage. and important qualities of will, such as determination, can be nurtured.

Thus, the games in children's lives during the primary education period, especially sports games with rules of action, play an important role in their physical and mental development and preparation for future activities.

It is appropriate for teachers to implement the following in forming the moral culture of students based on physical culture.

To achieve consistency in the formation of physical culture of students in lessons and extracurricular activities; development of students' physical culture formation experiences based on universal traditions.

Referring to the great cultural heritage created by our ancestors. Studying them and making students enjoy the national culture of our people. Achieving cooperation of school, family and community in forming physical culture of students.

Physical culture has an effective effect on the development of a comprehensive scientific outlook of our students.

Therefore, in a situation that is moving towards independence, it should be the demand of our time to bring out the universal culture, preserve it and add it to the cultural property of today.

#### **List of used literature**

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