

The Pedagogical Role of Physical Culture in the Formation of a Healthy Lifestyle in the Community

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The theme of the research is "Creating a healthy lifestyle in the community

Pedagogical bases of physical cultur "

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Annotation: *In order to raise the prestige of the neighborhood in strengthening national values and traditions, mutual affection, to further strengthen the material and spiritual support of the population and the education of physically and spiritually mature youth I think it is expedient to widely introduce sports training. In order to promote a healthy lifestyle in the neighborhood, first of all, it is necessary to form a system of physical culture, which will pave the way for the development of not only physical spirituality, but also spiritual education.*

Keywords: Physical culture, healthy lifestyle, sports, neighborhood, sports field, sports weeks.

INTRODUCTION: Ensuring longevity is one of the most pressing issues. This indicator is a reflection of a healthy lifestyle and a prosperous life of people. This raises questions such as what is a healthy lifestyle, what are the norms of its implementation, what are the measures taken in our country to support a healthy lifestyle. Unhealthy lifestyles and physical inactivity are among the leading causes of disability and premature death worldwide due to non-communicable diseases such as cardiovascular disease, stroke, malignant tumors, chronic respiratory infections, and diabetes. According to the World Health Organization, the problem of overweight and obesity has been on the rise in the world over the past few decades. Sport plays an important role in the formation of a healthy lifestyle in our society, the development of physical and spiritual development of the population, especially the younger generation. Today, physical education and sports should be an integral part of our noble aspirations to achieve a healthy lifestyle in every district of the country, from the district to the neighborhood, to every household. With this in mind, "Sports Weeks" have been introduced in our country to raise awareness of the importance of mass sports in human and family life, the basis of its physical and mental health. This, in turn, is a great opportunity to promote a healthy lifestyle in the community.

It is desirable that every citizen should have a deep understanding of the need for physical culture and sports in order to train himself physically, and to shape his health through certain physical exercises in which he is diligently engaged. The full development of the physical abilities of the children of our people is carried out in the process of physical culture, which is an integral part of education. The goal of physical culture is a long-term, organized pedagogical process of educating teachers who are healthy, happy, physically well-rounded, ready to work and defend the Motherland.

The following main tasks are solved in the process of physical culture:

- a) strengthening health, strengthening the body and increasing the level of physical development and ability to work;
- b) The acquisition of action skills that are necessary for all, including practical ones;
- c) fostering the spiritual and volitional qualities of man; g) increase physical quality (speed, strength, agility, endurance);
- d) mastering the technique of performing special sports exercises.

Exercise does not affect a particular muscle group, but affects the whole organism. In particular, regular physical activity has a positive effect on a person's health. Metabolism is improved, the body's tissues absorb nutrients better, and broken down substances are eliminated faster. The heart hardens and becomes more resilient. As a result, people who are physically active are alert, mentally fit, full of energy, in high spirits, and have a clear mind. As a result of exercise, the body's defenses develop well. Exercise, especially in childhood and adolescence, is especially helpful. It is necessary to cultivate in everyone the habit of following a strict regimen. Exercise, walking in the fresh air, playing sports, longevity and health are all factors. Every person should be accustomed to performing physical activities on a regular basis that correspond to a certain level of physical ability. In addition, in our hot climate, it is advisable to harden the body by non-traditional methods rather than traditional methods. That is, various methods of exercise, such as foot baths, walking on salt and rocky paths, as well as walking in the open air before and after sleep, strengthen the immune system. This is especially true if it is carried out on a large scale among the elders of the neighborhood, as running and strenuous physical activity can tire the elderly, so it is advisable for them to walk around the street. Such leadership actions by adults can serve as a direct example for young people, which in turn provides pedagogical closeness.

The effect of such physical activity on the body in physical culture can be summarized as follows:

- activates cardiovascular function;
- breathing improves;
- Strengthens bones, strengthens muscles, increases joint mobility;

- Ensures good digestion of food, improves the function of some organs;
- strengthens the nervous system, which plays an important role in maintaining the balance of excitatory events in the central nervous system;
- has a positive effect on human psychology;
- promotes proper posture, etc.

Today, one of the most important factors in living a healthy life is sports, which is the focus of public policy. This is due to the fact that sport has become one of the factors of a healthy lifestyle and sustainable development, as well as a tool for peace and harmony among nations. It is no coincidence that our country pays more attention to children's sports than ever before, as sports have become one of the most important means of promoting the country to the world. This is evidenced by the system of three-stage sports (in the three-stage sports competitions, young people compete in 28 sports, including football, handball, volleyball, mini-football, basketball, streetball, judo, wushu, badminton, tennis, track and field, athletics, cycling, swimming, table tennis, sports and rhythmic gymnastics, boxing, weightlifting, chess, arm wrestling, karate, taekwondo, wrestling, turon and belt wrestling, Uzbek martial arts, freestyle and Greek competitions will be held on the types of Roman wrestling.) Sport is an important factor in preparing young people to become worthy successors to the future. In this regard, great exemplary work is being done in our country. Our country is making great strides in children's and youth sports.

The Republic of Uzbekistan pays great attention to the health of the population, especially the younger generation, the development of physical culture and sports. Our country has adopted a number of normative and legal acts aimed at the development of this sector and is actively implementing them. In particular, the Laws of the Republic of Uzbekistan "On Physical Culture and Sports", "On Education", "National Training Program", signed by the President of the Republic of Uzbekistan on October 24, 2002. PF-5368- "On the establishment of the Fund for the Development of Children's Sports of Uzbekistan", March 5, 2018 "On measures to radically improve the system of public administration in the field of physical culture and sports" Decree of the President of the Republic of Uzbekistan No. PP-3031 of June 3, 2017 "On measures to further develop physical culture and mass sports", PP-4063 of December 18, 2018 Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated May 27, 1999 "On measures for the prevention of non-communicable diseases, support of healthy lifestyles and increasing the level of physical activity of the population" Measures for further development of physical culture and sports in Uzbekistan No. 271 of January 29, 2019, No. 65 "On the promotion of a healthy lifestyle in Uzbekistan and the involvement of the population in physical culture and mass sports" and the requirements set out in Resolution No. 176 of 23 March 2020 "On Additional Measures to Prevent the Spread of Coronavirus Infection". Resolution of the Cabinet of Ministers of the Republic of Uzbekistan No. 118 of February 13, 2019 approved the Concept for the development of physical culture and mass sports in the Republic of Uzbekistan for 2018-2023. The concept consists of 11 chapters and 53 items. It was adopted in 2018 to ensure the full and effective use of health and sports infrastructure, as well as to further improve it.

MAIN PART: In addition, the formation of sports fields in the neighborhood, the creation of football fields for boys, the implementation of sports that are suitable for them, taking into account the health of women in the neighborhood (Fitness), including -Effective implementation of the organization of rhythmic gymnastics sports centers to ensure the beauty of girls will help to increase the full effectiveness of physical culture in the neighborhood.

Indeed, the family, which is the main garden of society in our country, is in the center of special attention and care. Indeed, the foundation of the mahalla is the family, and the integration of physical and mental maturity in the family strengthens the foundation of this mahalla. Having received the first aesthetic upbringing in his family, a person begins to distinguish beauty and elegance from other negative things, learns to enjoy the unselfishness by understanding the aesthetic qualities of nature and events. Children brought up in a healthy socio-spiritual environment grow up to be real people who can contribute to the development of the Motherland, who balance the interests of society with their own interests. To do that, we need to build a strong, healthy family that will nurture that healthy generation.

In fact, every family member should have physical activity and health-improving sports, such as swimming, rhythmic gymnastics, volleyball, as well as walking, running, jumping rope, which are convenient and comfortable for them. regular participation in dance clubs is not without benefits for their health. Traditional family sports competitions help to ensure the health of families, develop and promote family sports, as well as provide an opportunity to select talented athletes. The children of families who regularly go in for sports are healthy and strong, and are the winners of prestigious international and national competitions in their chosen sports.

In particular, as you know, on March 5, 2019, the Presidential Decree "On measures to radically improve the system of public administration in the field of physical culture and sports" was adopted. In accordance with the decree, the Ministry of Physical Culture and Sports of the Republic of Uzbekistan was established on the basis of the former State Committee and its territorial divisions, and its functions and powers were expanded. A new system for improving the selection of athletes has been introduced, and it is beginning to show results. At the Asian Games in Indonesia in August-September 2019, our athletes won 21 gold, 24 silver and 25 bronze medals - a total of 70 medals. The fact that our country took the 5th place in the number of gold medals was the best result in the history of Uzbek sports. As for the achievements in 2019, in January-November this year, Uzbek athletes participated in 175 international sports competitions with 943 athletes and won 514 (including 175 gold, 156 silver), 183 bronze medals. For comparison, in 2018, the national teams of Uzbekistan in various sports participated in 143 international competitions

with 572 athletes and won 416 medals (160 gold, 142 silver, 114 bronze). We have listed the achievements of our athletes in 2018-2019, as there is currently a pandemic period in the world and in our country, and therefore several sports competitions have been postponed.

Today, from the provinces and districts to the neighborhoods, the primary factor is the creation of favorable conditions for the popularization of sports, especially among young people. The construction of modern sports facilities, stadiums and complexes is the basis for the formation of a three-stage national system of games - "Umid Nihollari", "Barkamol Avlod", "Universiade", which will fully cover the youth with mass sports competitions. As a result, sports and physical education have a positive impact on the worldview of young people, and physical and intellectual resources provide a new stage of development. In addition, a non-educational system of physical culture and sports is being formed in our country. This is evidenced by the establishment of educational institutions, various sports clubs in the community, the construction of sports grounds and complexes. Only "Neighborhood Football" competitions or "Athlete Family" competitions show that sports are becoming an integral part of young people's lives not only during education but also outside of education.

The idea that every boy and girl in our country should go in for sports, be physically fit, and thus make a healthy lifestyle the meaning of their lives, is becoming more and more practical. indicates that z is reflected.

To improve family health, it is recommended that every family pay attention to the following:

- 5-7 minutes of morning exercise for each member of the family. In the morning, family members should do a fitness run;
- perform 3-5 minutes of refreshing exercises during work and study;
- After dinner, a family walk, ie a walk of at least 1-2 km.

Only by putting these physical skills on the agenda of every family can the health of family members be strengthened and 50-55% of lifestyle-related diseases be prevented. The establishment of such a physical culture provides a healthy environment in the family, as well as pedagogical closeness. Spending time with a parent builds a child's confidence in them. While work, study, and other activities limit the ability to communicate in the family, such physical cultures bring the family environment closer and better. The family is an integral part of the neighborhood. When education and upbringing, physical and mental maturity are formed in the family, it directly affects the small communities around it, that is, other families. In turn, this leads to a cohesive, healthy environment in the neighborhood system. At the initiative of the Ministry of Physical Culture and Sports, the Ministry of Mahalla and Family Support and the Football Association of Uzbekistan are holding competitions "Future of our football", "Football in the neighborhood", "Leather ball" among the youth of the mahalla. The future of any country, its future development is measured primarily by the physical and spiritual maturity of its people, its youth. At present, the competition between the states, the competition for the demonstration of strength, is gaining priority in two areas - sports and physical education, as well as in the field of intellectual activity.

CONCLUSION: Every society has always been distinguished by its own moral norms and requirements, and in some cases sharply different. These requirements and norms have been used to determine the status, place and level of society. Ethical education still plays a role in shaping and educating moral norms through physical activity, sports training, various competitions and entertainment activities in solving the problems that are necessary for them to be observed by members of society. a sense of concern for relationships, communication, universal values, nation, people, state, and glory is directly nurtured in the process of physical education. In conclusion, I think that physical culture can not only ensure the unity of the family, but also help to unite the people of the neighborhood. The promotion of physical culture and sports in our country is one of the important directions of social policy. Because sports promote a healthy lifestyle in society by strengthening the health of the population, educating the younger generation in a healthy and harmonious way. Various diseases prevent harmful habits among young people. Sport also plays an important role in shaping high culture and patriotism. The achievements in this area will introduce the country to the world and give pride to all our compatriots.

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