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PEDAGOGICAL FOUNDATIONS OF PROMOTING A HEALTHY LIFESTYLE IN PRIMARY EDUCATION

Niginabonu Nizomjonovna Rasulova
Master's student, Kimyo International University in Tashkent
Manzura Mirkamolovna Rustamova
PhD, Associate Professor, Tashkent Chemical International University

Abstract

The article analyzes the pedagogical foundations of developing a healthy lifestyle in primary school students, its didactic aspects, and the possibilities offered by the native language subject. It examines the pedagogical tasks of promoting a healthy lifestyle, the methods and techniques for promoting it in native language lessons. The study demonstrates the relationship between students' speech, thinking, and socio-moral development and a healthy lifestyle.

Keywords

primary education, promotion of a healthy lifestyle, pedagogical foundations, native language, lesson methodology.

Introduction

A healthy lifestyle is a set of habits and rules that ensure an individual's physical, mental, and social well-being. In primary education, conveying this concept to students and teaching them to maintain their health is one of the most important pedagogical tasks.

The native language lesson provides a suitable platform to achieve these goals. Through the native language, students can develop logical thinking, expand their vocabulary, and cultivate speech culture. At the same time, promoting a healthy lifestyle in native language lessons involves the following tasks:

1. Developing healthy habits;
2. Providing information on proper nutrition, hygiene rules, and physical activity;
3. Instilling social and moral values.

The Concept of Pedagogical Promotion of a Healthy Lifestyle

Pedagogical promotion of a healthy lifestyle is the process of forming knowledge, skills, and habits in students that help preserve their health.

Pedagogical Tasks

1. Moral and ethical education: Developing a sense of responsibility for a healthy lifestyle in students.
2. Formation of knowledge and skills: Providing information about healthy lifestyle rules, nutrition, and physical exercises.
3. **Development of speech and thinking:** Enhancing thinking, analysis, and generalization skills through texts on healthy lifestyles.

Pedagogical Foundations

1. Psychological foundation: Stimulating appreciation for a healthy lifestyle based on children's developmental characteristics.
2. Didactic foundation: Incorporating healthy lifestyle topics in native language lessons through texts, stories, poems, and dialogues.
3. Methodological foundation: Ensuring active participation of students through interactive methods, games, communication, and project work.

Methodological Opportunities for Promoting a Healthy Lifestyle in Native Language Lessons

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Native language lessons offer the following possibilities for promoting a healthy lifestyle:

1. Educational Work through Texts

Texts on healthy lifestyle topics are taught during native language lessons. For example: "Healthy Eating Habits," "Benefits of Physical Exercise," "Hygiene Rules." Students read the texts and engage in exercises such as Q&A, discussions, and analysis.

2. Speech Exercises

a) Dialogues and conversations: Students discuss healthy lifestyle rules.

b) Explanation and interpretation: Students explain the content of texts and express their own opinions.

c) Creative writing: Students write short stories or poems related to a healthy lifestyle.

3. Projects and Interactive Methods

a) "Healthy Life Week" project: Each student creates a weekly plan and records their experience.

b) Games: Games such as "Right or Wrong" and "Healthy Habits" help students consolidate their knowledge.

Pedagogical Technologies for Promoting a Healthy Lifestyle in Native Language Lessons

1. Didactic Games. Games stimulate students' interest and help them learn the topic more easily. For example, in the "Healthy Meals" game, students arrange food items in the correct order.

2. Visual and Multimedia Tools. Slides, pictures, and posters are used to demonstrate healthy lifestyle rules, which students then reinforce.

3. Project-Based Method. Students are divided into small groups to prepare mini-projects on healthy lifestyle topics. For example: "My Healthy Diary" or "Healthy Eating Recipes."

Pedagogical Impact of a Healthy Lifestyle on Student Development

Incorporating healthy lifestyle topics in native language lessons leads to the following developments:

1. Integration of speech and thinking: Students express their thoughts clearly and logically.
2. Expansion of vocabulary: Students learn terms and expressions related to a healthy lifestyle.
3. Enhanced logical reasoning: Students improve their analytical and problem-solving skills.
4. Formation of social and moral values: Students learn to appreciate a healthy lifestyle.

Conclusion

Promoting a healthy lifestyle in primary education should be pedagogically well-founded. Native language lessons are convenient for this purpose because:

1) They support the development of speech and thinking;
2) They teach students healthy habits;
3) They use didactic and interactive methods to make learning engaging and effective.

Therefore, special attention should be paid to the topic of a healthy lifestyle in native language lessons as it is both pedagogically and educationally important.

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