

# Formation of Valeological Culture in Elementary School Students through Action Games

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## ABSTRACT

This article discusses healthy life style and health philosophy formation skills take over that topics, current in our day current become standing readers \_ health issue curiosity development, great scientist Abu Ali ibn Try it medical in his works health save measures about thoughts and health philosophy formation skills take over that on the subject structured.

**KEYWORDS:** *health, physically healthy, spiritual perfection, valeology, life, healthy thoughtfulness, caring*

## Introduction

The prosperity of our independent state depends on the physical, mental, spiritual and spiritual development of young people, their health. It is possible to imagine the promising future of our country with physically healthy, energetic, mentally active, intelligent young people[4]. Today, the formation of a healthy generation is one of the most important tasks. This includes, first of all, the formation of a healthy lifestyle, the creation of various living conditions, the establishment of the material basis for the upbringing of a healthy generation, ie economic and financial support from the state. People health without providing healthy \_ life, healthy thought, comfort and happy life about to think possible not. Population health protection to do and strengthen, different kind of diseases prevent intake, treatment, environment, water, air and foods cleanliness provide healthy generation formation basic factors is one[12]. Own on time nutrition, medical examination on time after stand up clean and tidy dressing, eating first of course arm soapy washing, on time sleep, rest, personal hygiene rules follow to do physical education with practice, morning physical education exercise do man health for very important. Human to health effect provider all factors awareness health The science of valeology basis formed reaches [19]. Valeology is human health as a science about health much deterioration with depending on the twentieth century in the last decade to the body came [13]. Valeology term from Latin valeo - health, well -being to be and Greek logos - from the words of doctrine, science come came out and medicine by Professor II Brahman (1982) in the 1980s included. Current at the time this atama fundamental and \_ necessary as the first in turn, growing coming generation training, education, prevention works, treatment psychophysical rehabilitation self want to dedicate which was people for necessary in a way show was[5]. Of valeology basic concepts valeological education, valeological \_ teaching, valeological educational, valeological knowledge, valeological culture enters. Valeological information that is, scientific and practical knowledge and skills, behavior and activity systems form your own health and surrounding to health valuable provide a relationship on healthy generation teaching, upbringing and development continuous process

understood[20]. Valeological ta'lirn man health formation, storage and development, personal health save and improvement skills to take possession of effect provider factors content finders evaluation get about knowledge formation[14]; healthy life style about knowledge and uni formed reach skills assimilation, health and healthy life style on propaganda work take to go method and tools take over process. Valeological education vital values and general cultural worldview inseparable part as barpo to be done health and healthy life style value-oriented instructions formation process. Valeological education in person creativity, spirituality world enrichment, own health strengthen, surrounding of people to health caution with attitude b to die relatively passion develops[6]. Valeological knowledge health in the field humanity on the side collected, fan and valeological knowledge next development for primary zahirani in itself aks provocative scientific based on concepts, ideas, factors is the sum. Valeological education \_ results in person his genetic, physiological and psychological options, own health control make \_ \_ and development method and tools meaning holder knowledge, to those around valeological knowledge spread ability has which was valeological culture decision to find necessary[15]. When we say a healthy generation, we mean not only our physically strong children, but also a spiritually rich generation. Because a nation with a comprehensively healthy generation can never be defeated. We all need to understand this[7]. He added, "The culture of personal care for one's own health should be inculcated from an early age with the help of family, school, neighborhood, health care, physical education and sports. It is important that people value their health, not in words, but in deeds, and preserve it as a national treasure. In this regard, the study of the legacy of the encyclopedic scholar Abu Ali ibn Sina, who influenced the development of many sciences with his scientific views, deserves special attention. Ibn Sina's works on medicine and education contain ideas, comments and guidelines on the problems of physical education and human health. It is known that today in our country a great deal of work is being done to improve the welfare of the population, strengthen their health, popularize physical culture and sports, educate the younger generation to be mentally healthy and physically fit[16]. The widespread development of public and private transport, on the other hand, reduces a person's physical activity. As a result, there is an increase in diseases of the cardiovascular and digestive organs. Naturally, these factors also affect the health of children and adolescents, who make up about 40% of the country's population[8]. The researchers found that 60 percent of primary school students had postural disorders, 50 percent of all graduates had vision loss, 30-40 percent of all students had cardiovascular disease, and 20-30 percent had neurological disorders. susceptibility, and the presence of various chronic diseases was observed in 45%. One of the researchers, DUNistryan, said that 60 percent of human

health depends on lifestyle, 20 percent on the environment, 12 percent on human heredity, and only 8 percent on the level of medical care[17]. It is obvious that the problem of forming a healthy lifestyle is one of the most important issues for our society today. The issues of shaping a healthy lifestyle, which are relevant for our society today, are close in content and means to Ibn Sina's views on health. Researchers have elaborated on Ibn Sina's views. However, little has been said about their use in practice. Only a few authors have commented briefly on this. They suggested using Ibn Sina's legacy in the process of physical education, but did not comment on ways to use it. Thus, it can be said by studying the literature on Ibn Sina's views on physical education as well as the formation of a healthy lifestyle. Ibn Sina's legacy in the field of physical education has been studied in depth for a long time and it is noted that they can still be used today in accordance with modern requirements.[9] Only a healthy person is able to live an active life (high life outlook) with good mood, optimism, psychological endurance, high mental and physical activity, successfully overcome professional, material and family difficulties. Valeology is an interdisciplinary approach to the ways of ensuring, shaping, maintaining and strengthening human health in specific life activities. Healthy generation the idea instead increase for : - National gene pool storage, national mentality strengthening; - Physical and spiritual in terms of healthy generation upbringing; - Free and independent, strong and soft generation to grow; - Talented and healthy thoughtful, correct mulohaza manager free young people upbringing should. Valeological education is a continuous education aimed at the formation of a system of scientific and practical knowledge, behavioral and operational skills and abilities that provide a valuable relationship to personal health and the health of others, which is an integral part of the universal cultural worldview. and is understood as a process of developing human health[10]. The main condition for the implementation of the above tasks is the formation of the concept of educating a physically and spiritually healthy

generation in our country. Conclusion At the same time, our research and observations of other authors show that a healthy lifestyle is most effectively formed in the process of regular communication with a person through physical education and sports[11]. In this regard, a new stage in the improvement of education, both in the learning process and in extracurricular recreational activities, has focused on the physical education of children and brought physical culture to the forefront; All educators can solve the problem of maintaining and strengthening health in a reoriented environment, primarily through the means of physical culture, sports, involvement of people in active socially significant activities and a healthy lifestyle focused on practice.

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