



PHYSICAL CULTURE AND PHYSICAL IN SCHOOLCHILDREN INCREASE LITERACY

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ABSTRACT

This article will talk about how the school encourages students to engage in more physical activities, the causes and consequences of this.

Increasing Physical Culture and physical literacy in schoolchildren is an important part of the modern educational system. Physical culture not only serves to maintain and promote the health of students, but also improves their social and psychological state. In this article, we will talk about methods and approaches to increasing Physical Culture and literacy.

What is physical culture and physical literacy?

Physical culture is the sum of knowledge, skills and values that shape a person's positive attitude to physical activity, sports and a healthy lifestyle. Physical literacy is the ability to master movement skills, realize the importance of physical activity and incorporate it into everyday life.

Ways to increase physical culture and literacy;

1. Educational programs and school classes

It is important to conduct physical education classes in modern, interesting and interactive ways. The lessons should provide information not only about sports, but also about a healthy lifestyle, hygiene rules and the importance of physical activity.

2. Sports events and competitions

The organization of regular sporting events and competitions at the school helps to increase the physical activity of students. These activities are a great opportunity to strengthen the team spirit and increase interest in sports.

3. Active breaks

Activities should be encouraged during breaks at school. Students can also perform physical activities during short breaks, which increases their overall level of activity.

4. Parental and community involvement



It is important to involve parents and community members in the physical education process. Parents set an example for their children and can play sports together with them. It is also important to increase access to sports facilities and resources in the community.

5. Use of technology

With the help of modern technologies, physical education lessons can be made more interesting. For example, interactive videos, fitness apps, and virtual sports games increase student interest and encourage them to participate actively.

6. Healthy eating

To increase physical culture and literacy, it is necessary to focus on healthy eating habits. It is important to explain the importance of proper nutrition to students through healthy eating classes and workshops. Physical education makes a person warm, increases health, while ensuring that a person walks trigger during the day. The content of Physical Culture includes:

1. The structure of human organs and their functional maturation. Control of internal organs, nerves and movement, bone muscular system, body length and their functional activity;
2. Strengthening the student's health;
3. Getting used to hygiene rules;
4. To cultivate the all-round dexterity of students.
5. The formation of the physical and physiological aspects of future workers in terms of importance, increasing their working abilities.
6. Creating conditions for the sexual and age characteristics of students.
7. Maturing students ' sense of will, endurance, strict discipline, friendship.
8. Education of individual physical abilities.

As you can see, the content of physical education benihoya is wide. This tool ensures the meaningful formation of our youth on the basis of lifestyle, physical culture and sports. Especially in stimulating the achievements of physical education classes, sports and Physical Education Promotion, Development Education Technology and production practice, maintaining students ' working abilities for a long time, of incomparable importance from the processes involved in linking the physical and physiological qualities of our youth to the content of the profession. culture is manifested in sports affairs or ordinary sports branches, clubs, groups or mass competitions, etc.

Physical education works to restore the health of children with physical disabilities, who have been released from classes, who have become disengaged as a result of working with students in a single way. In addition, individual training is also established, taking into account the interests and aspirations of children with physical abilities. Certain abilities are achieved by participating in mass sports work with children, school and other educational institutions, achieving high results, even obtaining secondary special or higher education. So it is necessary and necessary to engage in physical education. I think that doing it especially in the morning of the day can be more profitable.

Conclusion

Increasing Physical Culture and physical literacy in schoolchildren is an important factor in the formation of their healthy and active lifestyle. This goal can be achieved through methods such as educational programs, sporting events, active breaks, parental and community



involvement, technology use, and healthy eating. As a result, the physical and mental health of students improves, their reading success increases and contributes to the formation of a healthy society.

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