

TO THE QUESTION OF ENSURING THE HEALTHY GROWTH OF YOUTH

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Research University "Professional Education and Physical Culture" Department**Abstract**

This article analyzes the issue of ensuring that young people grow up healthy. Ensuring the healthy growth of young people has always been one of the main ideas of pedagogy and creativity of thinkers.

Keywords: sports, physical education, secondary school, folklore, youth, minors, influence.

During the years of independence, special attention is paid to the development of sports in the Republic of Uzbekistan, including children's sports. This direction is recognized as one of the priorities of the state policy, and positive work is being carried out. In particular, a comprehensive program of youth physical education has been developed. The Healthy Generation program plays an important role in promoting the health of young people. Physical culture has a strong influence on people, improves their health, increases their ability to work, and helps them live longer. Sports are a great way to support strength training at any age. Sport serves as a source of alternation between work and leisure. AT In accordance with the requirements of the Healthy Generation Program, the following three-stage sports competitions were held throughout the country:

- Competition "Umid nihollari" among students of secondary schools.
- Competition "Harmoniously developed generation" among students
- Institutions of secondary specialized vocational education.
- Competitions "Universiade" among students studying in higher educational institutions.

To date, three-stage sports competitions have been held, which have contributed to increasing students' interest in sports.

Today, as a result of increased attention to the place, the solution of new problems in the organization of physical education in educational institutions has become a modern requirement.

Ensuring the healthy growth of young people has always been one of the main ideas of folk pedagogy, oral creativity and the creativity of thinkers. In the epic "Alpomys" Khakimbek (Alpomys) describes his physical training, growing up in the bosom of



nature, his high altitude: Then Khakimbek, a seven-year-old boy, grabbed these fourteen bows and pulled them out. The arrow of the bow became like lightning. Askar tore down the great peaks of the mountains, and his voice resounded throughout the world. Then all the people gathered and said: "There are less than ninety Alpines in the world, the leader of the Alps Rustami Doston, and in the end it will be Alpomish Alp".

The descendants of the people with a healthy family and high spirituality will also be healthy, strong in faith and devotion, and this happiness will become a great factor in the glory and power of the Motherland. For such happiness of the people, a healthy generation is needed. When we talk about a healthy generation, we mean people who are physically and spiritually mature, resilient, capable of anything, highly cultured. Indeed, people who bring up a generation with such unique qualities look to the future with open eyes, bright faces and great confidence. We, Uzbeks, are a people who cannot imagine the meaning of their life without children. Was born:

-to have children

- building construction

- Planting seedlings and creating a garden is a hereditary tradition, good wishes and a sacred duty of a person inherited from our ancestors. Follows with special

to note with gratitude that our people, through the hardships of history, have preserved these noble traditions without endangering them. Our ancestors raised their descendants in the spirit of universal human feelings, immortal Eastern philosophy, and national values. Therefore, our people

- "A healthy mind in a healthy body" - "Movement is good in action" - Proverbs like "My health is my wealth" today

are known all over the world and are used in our lives as a means of education. This is Eastern philosophy. The great educator Abdullah Avloni in his book "Turkish Gulistan or Morality" said on this occasion: Purity makes the mind and perception wide and sharp. It will generate attention and fame among the people. With purity, we will be free from various diseases and will be with the value of our souls. Being clean is the most important thing for our health and happiness. It is not a sin to wear torn old clothes, it is a great sin and a sin to wash new clothes and take out the oil. ... It is necessary to get rid of adversity

pollution by purification. So, if a person wants to be strong physically and vigorous mentally, he should first of all pay great attention to cleanliness. At the same time, in people whose upbringing of chastity is a priority, it contains all the qualities a person needs for a prosperous life, and immoral shortcomings are eliminated.

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