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The Relevance of Organizing Physical Education in the Family

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Abstract: *This article analyzes the relevance of organizing physical education classes in the family, its role in strengthening the health of family members, forming a healthy lifestyle, and the physical and spiritual development of children. It also covers the pedagogical, psychological, and social aspects of organizing regular physical education in the family. The effectiveness of the personal example of parents, family sports classes, and modern innovative approaches is substantiated on the basis of scientific sources. The results of the study show that the effective organization of physical education in the family is one of the important factors in raising a healthy generation.*

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INTRODUCTION

Today, strengthening human health, promoting a healthy lifestyle and comprehensively educating the younger generation are among the priorities of state policy. The role of the family in this process is invaluable, and it is in the family that positive habits such as leading a healthy lifestyle, regular physical exercise and interest in sports are formed in children.[1]

According to the World Health Organization, lack of physical activity is one of the main risk factors for cardiovascular diseases, obesity, diabetes and other chronic diseases. Therefore, regular organization of physical education classes in the family is of great importance in maintaining the health of not only children, but also all family members.[2]

A number of regulatory and legal documents have been adopted in the Republic of Uzbekistan to develop a healthy lifestyle, increase physical activity of the population and popularize family sports. These documents set the priority task of involving all segments of the population, especially children and youth, in regular sports.[3]

Organizing physical education classes in the family, along with developing movement skills, endurance, agility, speed and strength qualities in children, also forms social qualities such as discipline, responsibility, cooperation, mutual respect and healthy competition. In particular, the personal example of parents is one of the most effective pedagogical tools in increasing children's interest in sports.[4]

Raising a healthy generation In order for a person to be spiritually mature, who serves to ensure the development and peace of society at all times, he must first of all be physically healthy. The trust and care of the family, especially parents, siblings, are of great importance in the formation of a healthy and strong child. In this regard, the great Central Asian scholar Beruni, in his work "Minerology", talks about the responsibility of future parents to their children, urging the mother to "increase attention to the fetus from the moment of pregnancy, to treat it gently, and from that moment to educate it." He emphasizes that parents should set the same requirements and goals when raising a child. Indeed, the first place of physical and mental education for a child is the family.[5]

METHODOLOGY

In order to properly implement physical education in the family, parents need to know what physical exercises are done in preschool institutions, as well as in children's sports schools, and what physical load they are performing throughout the week. It should also be noted that not all children attend preschool institutions. Parents of such children must monitor their full physical development. We know that the father has economic obligations in the family. The father's well-being of the family members provides financial support for the economic well-being of his children. Sometimes the father is unable to deal with his children. Taking this into account, the mother's responsibility in raising children doubles. A woman is such a great being that she does not spare her ungrateful service to the birth, growth and development of people. Therefore, the mother is required, first of all, to organize the child's daily routine.[6]

- proper organization of the diet;
- ensuring sanitary and hygienic conditions;
- paying attention to intellectual education;
- forming labor skills;
- organizing physical education activities;
- timely active rest;
- evening and daytime walks;[7]

In today's era of information technology development, the problem of physical inactivity among children and adults is increasing. As a result, various health-related problems arise. Therefore, the scientific organization of physical education classes in the family, the use of modern methods and tools, and the development of family sports culture are urgent scientific and practical issues.[8]

The purpose of this article is to scientifically substantiate the relevance of organizing physical education classes in the family, analyze its pedagogical and health-improving capabilities, and develop practical recommendations. The family is the most important social institution of society and is the main place of upbringing in ensuring the physical, mental, and spiritual development of a person. The child's attitude to a healthy lifestyle, interest in physical exercises, and sports culture are formed, first of all, in the family. Therefore, the scientific organization of physical education classes in the family is one of the urgent pedagogical and social issues today.[9]

In recent years, as a result of the rapid development of information and communication technologies, the state of physical inactivity (hypodynamia) among children and adults has been increasing. Sitting in front of electronic devices for a long time, reducing outdoor play and physical activity reduces the functional capabilities of the body. This leads to negative consequences such as overweight, cardiovascular diseases, musculoskeletal problems and psychological stress. In such conditions, organizing regular physical activities in the family is an important means of establishing a healthy lifestyle.[10]

RESULT AND DISCUSSION

Physical education classes in the family are not limited to the development of physical qualities only. They also form discipline, responsibility, independence, teamwork skills, mutual respect and healthy competition in children. In particular, the personal example of parents strengthens positive motivation for sports in children. If parents regularly engage in physical exercise, the likelihood of this habit forming in children is high.[11]

When organizing physical education classes in the family, it is important to take into account age characteristics. For preschool children, active games, running, jumping, balance exercises are recommended. For primary school children, exercises that develop agility, speed and coordination are a priority, while for teenagers, exercises focused on endurance, strength and sports games are effective. For adults, exercises such as strengthening gymnastics, walking, running, cycling and swimming are recommended.

When planning family physical activities, the main criteria should be the regularity, duration and safety of the exercises. Experts recommend organizing physical activities for 30-60 minutes at least 3-5 times a week. The exercises should consist of preparatory, main and final parts, and the physical load should be determined in accordance with the age, health and physical fitness of family members.[12]

It is advisable to use modern pedagogical approaches to increase the effectiveness of physical education in the family. In particular, the inclusion of family sports competitions, relay races, walks and tourist hikes, bicycle marathons, sports holidays, and national active games in the lessons increases children's interest. Monitoring physical activity using digital technologies, planning exercises through mobile applications, and monitoring results also increase the effectiveness of family lessons.

Also, cooperation between educational institutions and the family serves to further improve the family physical education system. The organization of seminars, trainings, and practical classes for parents by schools and preschool educational organizations has a positive effect on the formation of a healthy lifestyle in families. Methodological recommendations provided by educators enrich the knowledge and skills of parents in physical education.[13]

Studies show that children who regularly engage in physical education in the family have higher levels of physical development, academic performance, mental stability, and social adaptation. In addition, in such families, the values of a healthy lifestyle are firmly formed, and the tendency to harmful habits is significantly reduced.

Thus, the scientific organization of physical education classes in the family is an important condition for raising a healthy, physically fit and spiritually mature generation. Strengthening cooperation between parents, educational institutions and the neighborhood, developing a family sports culture and widely introducing modern pedagogical technologies into practice will further increase the effectiveness of work in this area. This approach will serve to strengthen the health of not only individual families, but also society and raise a healthy generation.

The pedagogical significance of organizing physical education classes in the family.[14]

The family is the first and most important educational environment for personal development. A person's attitude to a healthy lifestyle, the level of physical activity and sports culture are formed primarily in the family. Therefore, the proper organization of physical education classes in the family is an important factor in ensuring the physical development of children, as well as their spiritual, moral and spiritual development.

From a pedagogical point of view, physical education in the family is the first stage of the continuous education system, creating the foundation for the physical education process carried out in the system of preschool education, general secondary education and higher education. Positive habits formed in the family are further developed in subsequent stages and serve to ensure a person's adherence to a healthy lifestyle throughout his life.

The purpose and objectives of family physical education

The main purpose of family physical education is to strengthen the health of family members, ensure their physical development, and make a healthy lifestyle an integral part of everyday life.

To achieve this goal, the following tasks are performed:

• to arouse interest in physical exercises in children;

• to increase motor activity;

• to develop the qualities of strength, speed, endurance, dexterity and flexibility;

• to form the correct figure;

• to form the habit of observing hygiene rules;

• to organize free time meaningfully;

• to strengthen positive relationships between parents and children.

Principles of organizing family physical education

It is advisable to organize family physical education based on the following pedagogical principles:

• regularity - classes are held continuously on certain days of the week;

• consistency - exercises are planned from simple to complex;

• individualization – adaptation of training to the age and physical fitness of each family member;

• awareness and activity – active participation of participants in performing exercises;

• safety – compliance with health requirements when performing exercises;

• motivation – organization of training based on interesting games and competitions.

Forms of family physical education

Physical education in the family can be organized in various forms:

• morning physical education;

• family walks;

• cycling;

• running;

• sports games (football, volleyball, badminton, table tennis);

• national active games;

• tourist walks;

• family Spartakiads;

• active recreation in nature on weekends.

These forms serve not only physical development, but also the formation of a positive psychological environment in the family.

Factors affecting the effectiveness of physical education in the family

The effectiveness of family physical education depends on a number of factors:

• pedagogical literacy of parents;

• adherence to a healthy lifestyle in the family;

• availability of sports equipment and conditions;

• personal example of parents;

• age and individual characteristics of children;

• cooperation with educational institutions;

• activities of neighborhood and sports organizations.

In particular, the personal example of parents is the most effective means of forming motivation for sports in children.

Modern approaches

Currently, innovative technologies are widely used in organizing physical education classes in the family. In particular:

• fitness applications;

• smart watches and fitness trackers;

• online sports classes;

• monitoring the number of daily steps through mobile applications;

• family sports challenges;

• digital healthy lifestyle programs.

Such technologies allow for regular monitoring of physical activity and increase interest in training.

Practical recommendations

To effectively organize physical education classes in the family, it is advisable to implement the following recommendations:

1. Do at least 30–60 minutes of physical exercise every day.

2. Make morning physical education a family tradition.

3. Organize family sports events on weekends.

4. Regularly involve children in sports clubs.

5. Limit the time spent using television and mobile phones.

6. Widely use national and active games.

7. Strengthen the personal example of parents.

8. Establish cooperation with educational institutions.[15]

CONCLUSION

Pedagogical research shows that in families where regular physical education classes are organized in the family, children have higher indicators of physical fitness, functional state, psychological stability and academic performance. Family sports also strengthen the emotional bond between parents and children, improve the positive psychological climate in the family, and help to form a healthy lifestyle.

These results confirm that organizing physical education in the family is important not only for raising a healthy generation, but also for ensuring the social and demographic development of society.

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