

**IMPORTANCE OF TRAVELLING AND TOURISM AT THE FORMATION OF
HEALTHY LIFESTYLE OF THE PUPILS OF BEGINNING CLASSES**

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Abstract: the education of the developed generation, and on this basis, the scientific justification of the cultural and moral education of a healthy lifestyle in the development of social relations, the analysis of the study of lifestyle due to independence is an urgent task. Modernization of the country due to independence and the creation of decent living conditions for the population, the development of a variety of work to create a healthy lifestyle.

Keywords: load, relay games, sports exercises, excursion, tourism, strength, speed.

Currently, the number of factors affecting the physical development of each person is increasing. For example, various changes in the form of education and place of residence, the rules of life, the life of children and adolescents, all this forces them to adapt to new conditions without harm to their health.

The nature of our modern development has a great influence on the psyche of students.

Physical training during walks helps children develop cardiovascular, respiratory, muscular and other important body systems. This is achieved by introducing active games, relay games, sports exercises, various types of walking, basic motor exercises into training. When doing physical education on a walk, activities always alternate: fast exercises alternate with slower ones. This allows children to maintain a high level of performance throughout their studies. For example, slow running is replaced by a game, and the game is replaced by basic motor exercises, etc. [1,3].

Tourism guides understand tourism as a means of active recreation and know that they can independently organize it on the basis of a plan and voluntarily gain knowledge and practical skills; planned tourism (in the form of excursions) with departure to pre-determined places by buses, planes, locomotives, trains, etc.; organization of volunteer tourism by foot, bicycle, horse and in other ways, both one-day and multi-day, they are conducted along routes selected depending on the complexity of the trip (choose one of 5 different difficulty levels).

One of the unique features of walking training is that general developmental exercises are performed not sequentially, but in different parts of the training: during walking in the introductory and preparatory part, children perform various hand movements, slow walking, one- and two-alternating walking. with jumps: in the main part, motor exercises with legs and torso are given.

Performing general developmental exercises in this way saves time, makes workouts more energetic, which is especially important in the cold season. Another feature of walking classes is that children are taught sports games and activities, that is, jumping rope, sliding, skiing. In elementary school, children are taught the basics of basketball, football, hockey, and learn to play badminton. In the preparatory groups, children will continue to master the above-mentioned sports games and begin learning the elements of table tennis. In addition, during outdoor activities, children consolidate the basic movements learned in previous physical education classes [1,3,5].

Physical education classes on a walk consist of 3 interrelated parts: introductory and preparatory, main and final parts. Introductory and preparatory part. To instill in children the desire for discipline and their future activities, gradually preparing them for physical exertion in the main part of classes.

The preparatory part of the introduction begins with the formation and march. Children perform the simplest movements with their hands when walking. Hands up, to the sides, clapping, making circular movements, etc. Performing these exercises develops the muscles of the shoulder girdle, improves coordination of movements. While walking, the teacher pays attention to the accuracy of the step, the correctness of hand movements, the observance of distance and direction of movement. He goes from walking non-stop to walking slowly. This may last 1-3 minutes depending on the age of the children. Usually this race is held on a sports field. The children take turns and run around in a circle, not chasing each other, not pushing each other, keeping a distance. Children perform exercises in the second and third turns (3-4) by lifting their knees, running sideways with a couple of steps, jumping on one leg, on two legs, jumping from one leg to the other, running backwards, turning backwards, etc. All these exercises strengthen the muscles of the legs and pelvis, improve the spatial perception of children, and also give them positive emotions. Slow running ends with a step. Preparation takes 3-5 minutes. On cold days of the year, children do not line up for training: as soon as the children leave the building, they go to the playground, performing hand movements [3,4,5].

The main part of the lesson (depending on the age of the children) lasts from 14 to 26 minutes. In this part, the qualities of improving the functional capabilities of the child's body, the development of strength, dexterity, and general endurance are considered. In addition, the basic movements are fixed and the skills of using them in game activities are formed [1,5]. У учащихся начальных классов основная часть начинается с освоения элементов спортивных упражнений или спортивных игр. Затем бегите со средней скоростью на короткое время (от 1 до 15 минут). После его окончания дети будут практиковаться и разучивать одно из основных движений. После этого дети снова бегают в среднем темпе, а затем проводятся активные игры.

The main part in the preparatory group is conducted in the same way as for primary school students, but the teacher uses more of the intergroup method. This allows the teacher to teach children independently and improve the acquired skills of children. The duration of the run in the main part is indicated on the attached plans. To conduct the race, he goes around the sports field and uses different paths in the designated place of the kindergarten. Children should run in places where they can be seen by the teacher, and when running, the distance between each of them should be 1.5-2 steps. For younger schoolchildren, this type of running is complicated – children are recommended a route that overcomes various obstacles. For example, to run up a mountain, jump over a beam, run along the pillars with a snake path, climb through the gate, etc. Develops dexterity, endurance, improves coordination of movements. In this case, the teacher talks about 2-3 obstacles around the playground, the children run around the playground 2-3 times and overcome obstacles in a row.

One should not allow haste in performing basic movements, sports exercises or elements of sports games - it is necessary to demand accuracy and completeness of movements.

The main part of the training is active play. The recommended plans include active games that are combined with walking, climbing, jumping, throwing. In order to increase the motor activity of children, losers (caught) are eliminated from the game at least 1 time. In the game, there should be a break of 15-20 seconds between long pauses and repetitions. On the contrary, if it is necessary to give children a little rest or focus their attention on the exact implementation of the rules of the game, the break between repetitions of the game can be shortened.

In the final part of the workout, they begin to walk slowly while running. Its duration is regulated by the teacher, depending on the activity of children in an active game before the final part,

depending on weather conditions and the readiness of children: after playing with great effort, the time of slow walking should be halved or not spent at all, and children should walk on the playground, they should walk calmly.

After a game of moderate mobility, especially in the cold season, the slower the running at the beginning of the workout, the more time you need to run slowly at the end. Weather conditions may change during training or immediately before it. Then the teacher will have to change the course of training, choose other characters. For example, an ascent was planned, the steps of the gymnastic wall were under the ice. At such a moment, you can include elements of crawling, kites throwing, etc. in the training. If snow has fallen and the playground has not been cleaned, the games can be held elsewhere.

During training, children run a lot. Depending on the running speed of preschool children, it can be divided into three types: slow, medium and fast.

Jogging is an important means of developing general endurance in children. The running speed of younger schoolchildren is 1.3-1.5 m/sec.

In the process of running, the activity of the cardiovascular and respiratory systems usually fully meets the body's need for oxygen. Thanks to this, children can run at such a speed for a long time, and thus a positive training effect is achieved [1,2].

When running slowly, the child keeps his body straight, shoulders straight, head raised, arms relaxed. First, the tip of the foot should touch the ground, and then take a step with the whole palm, a short step, only 2-3.

To teach children to run slowly, it is necessary to gradually accelerate walking. Running at an average pace places high demands on the most important systems of the child's body and at the same time has an important impact on their development. Such a running speed for younger schoolchildren was 2.2-2.4 m/s. Studies have shown that children of primary school age can run 500-600 meters without stopping at such a speed. The opportunities available to children make it possible to include this type of running in training in order to increase endurance.

When running at an average speed, the children's torso is slightly tilted forward, the head is held straight, the hip of the flywheel leg is pushed forward more, the entire palm of the foot is placed on the ground, and then they push off the ground with their toe. The arms are bent at the elbows, the fingers are relaxed.

Fast games are an integral part of the game relay races. For preschool children, it is held at a distance of 10-30 meters.

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Now studying scientific heritage, socio-political activities and acquaintance youth charity of our above-stated ancestors is considered one of the main urgent objectives of the modern intellectuals.

During a fast run, the torso and head are tilted forward, the steps are wide and fast. The heel of the flywheel foot is actively pushed forward and depressed due to the letter of the sole of the foot.

The recommendations presented in the plans are intended for children with an average level of endurance, taking into account the fact that children participate in physical education classes on walks in the middle group. If children have started to study in large or preparatory groups, they should be taught to perform these loads gradually. To do this, in two or three months, children run only half of the specified distance. In the fourth and fifth months, they run the entire distance of slow running, and they still run half the distance when running at an average speed. Only by the end of the year, children can be asked to run the specified distance.

It is better to start training in the fresh air in the warm season: after all, the child's body gradually gets used to a decrease in air temperature, which allows you to prepare for training on cold

days. If the training is started in another period, the duration of the initial training should be shortened: children can be offered to run twice and perform one motor game. Over time, other exercises will be introduced, and on the third and fourth weekend training sessions will be completed.

Many years of experience in outdoor physical education shows that all children are able to cope with the recommended physical activity by the end of the adaptation period. It is shown that when implementing the recommendations through travel and tourism in primary schools, it is possible to increase the mobile part of education by 85-90%, which affects the improvement of physical fitness of children and their health [1,3].

Lifestyle is the most stable phenomenon among social processes, less susceptible to external influences, and changes in a combination of objective and subjective factors are a natural process for it. There is a great need to update ideas about consciousness and way of thinking by influencing the inner world of people who are considered as subjects of lifestyle;

When making a decision about a healthy lifestyle, first of all, an important moral factor is people's attitude to life, understanding of the essence of innovation and the ability to make sure of its advantages. At the same time, on the one hand, it is necessary to rely on the impressionability of the human spirit, and on the other hand, to use means of influence accordingly. Therefore, it is necessary to conduct specific sociological studies on this problem, summarize their results, bring them to the attention of official organizations, create a solution system and implement it in practice.

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