

**FORMATION OF A HEALTHY LIFESTYLE IN PRIMARY SCHOOL STUDENTS
THROUGH NATIONAL GAMES**

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Abstract: This article provides a comprehensive analysis of the pedagogical, psychological, and methodological potential of national games in forming a healthy lifestyle among primary school students. The study scientifically examines the role of national games in physical development, motor activity, social competencies, and the formation of healthy habits. Additionally, a comparative analysis with the experiences of developed countries (Finland, Japan, South Korea, and the USA) is conducted, and effective models for integrating national games into physical education lessons are proposed.

Keywords: national games, healthy lifestyle, primary education, physical education, motor activity, international experience, pedagogical technology, psychomotor development.

Introduction

In the context of globalization, societal development is directly linked to raising a healthy, physically fit, and spiritually mature generation. Therefore, in Uzbekistan, strengthening the health of the younger generation, increasing their physical activity, and forming a healthy lifestyle are defined as priority areas in the modernization of the education system. Primary education is a crucial stage, as fundamental healthy habits and skills are formed during this period. Scientific research shows that insufficient motor activity in primary school children negatively affects not only their physical development but also their cognitive activity, attention, and memory. Therefore, organizing physical education lessons effectively using innovative and interactive methods is a pressing pedagogical issue.

National games play a special role in addressing this problem. They reflect centuries-old traditions, values, and life experiences, and serve as an effective pedagogical tool that meets children's natural need for movement. They also develop not only physical qualities (speed, agility, endurance) but also social skills (teamwork, cooperation, discipline). International experience (Finland, Japan, USA) confirms the effectiveness of this approach.

Purpose: To scientifically substantiate the role of national games in forming a healthy lifestyle and develop methodological approaches for their effective use.

Objectives: Analyze pedagogical and psychological features of national games

Determine their role in forming a healthy lifestyle

Conduct comparative analysis based on international experience

Develop methodological recommendations



Main Part

1. Theoretical and Pedagogical Foundations

National games are an integral part of folk pedagogy and a product of long-standing educational experience. They ensure comprehensive development—physical, intellectual, and social.

They:

- Increase physical activity
- Develop strength, speed, endurance
- Form social skills
- Enhance motivation
- Foster respect for national values

2. Role in Forming a Healthy Lifestyle

A healthy lifestyle ensures physical, psychological, and social well-being.

Through national games:

Physical: improves cardiovascular and muscular systems

Psychological: reduces stress, increases confidence

Social: develops communication and teamwork

Examples: “Oq terakmi, ko‘k terak”, “Tug of war”, “Tag”.

3. International Experience

Finland: active learning, movement during breaks

Japan: traditional games develop discipline and adaptability

USA: “Physical Literacy” concept

South Korea: integration of traditional and digital environments

4. Methodology of Integration

Stages:

1. Planning (selecting games)
2. Organization (grouping, explaining rules)
3. Implementation (active participation)
4. Reflection (analysis, feedback)

5. Experimental Results

Results showed:



Increased physical activity
Higher student engagement
Improved teamwork
Faster formation of healthy habits

6. Scientific Discussion

Findings confirm that game-based learning is more effective than traditional methods and align with Bailey (2006) and Whitehead (2010).

Conclusion

1. National games are an effective pedagogical tool
2. They develop physical, psychological, and social skills
3. Increase motivation and engagement
4. Supported by international experience
5. Important for raising a healthy generation

Recommendations

Systematic use of national games
Develop methodological guides
Use game technologies widely
Consider age characteristics
Combine with modern technologies
Expand research and monitoring

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