

Active Games Are the Main Element of Forming a Healthy Lifestyle in Schoolchildren

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ABSTRACT

In the modern world, where computer games and mobile games enter all aspects of life, including free time and entertainment, the issue of forming a healthy lifestyle in children and adolescents is becoming more and more urgent. One of the main tools to help achieve this goal is action games. In this article, we will consider how mobile games can become the main means of forming a healthy lifestyle in schoolchildren.

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Entroction

According to the analyzes of the World Health Organization, among the factors affecting human health, medical care accounts for 10 percent, genetic factors for 15 percent, and the state of the environment for 20 percent. The most important thing is that a person's lifestyle (physical activity, diet, bad habits) affects his health up to 55%. The contribution of individual factors of different nature to health indicators depends on a person's age, gender, and individual-typological characteristics. It can be understood from this distribution that the state of health of each person is 90% unique, because it depends on heredity, environmental factors and mainly on the individual lifestyle of a person (behavior of each person, his habits, actions, aspirations, inclinations). In addition, it is important to encourage schoolchildren to be active during the day and teach them to follow a healthy lifestyle from a young age.

In today's society, where the lifestyle is associated with sedentary work and play, the formation of healthy habits in children is of particular importance. School age is an important period in which students form preferences and habits that can accompany them throughout their lives. In this article, we explain why outdoor games are the main means of promoting a healthy lifestyle among schoolchildren.

Physical activity and health

Physical activity plays an important role in maintaining children's health. It helps strengthen muscles and bones, develop the cardiovascular system, and improve general well-being and mood. Modern technologies and entertainment teach children to a passive lifestyle, and the action game offers an interesting and effective way to engage them in active activities. Physical activity plays a key role in maintaining and strengthening the health of children and adolescents. This is supported by many studies that have found a positive relationship between the level of physical activity and various health indicators.

1. Physical health:

Musculoskeletal system: Regular physical activity, including playing outdoors, helps strengthen muscles and bones, which reduces the risk of developing osteoporosis and other diseases.

Cardiovascular system: Moderate and intense physical activity improves the functioning of the heart and

blood vessels, reduces blood pressure and the risk of developing cardiovascular diseases.

Obesity: Active games help burn calories and control weight, which can help prevent obesity and diseases like diabetes and certain types of cancer.

General well-being: Regular physical activity improves mood, reduces stress and depression, increases energy levels and overall vitality.

2. Psychological health:

O'z-o'zini hurmat qilish va ishonch: Faol o'yinlarda ishtirok etish, ayniqsa, bolalar musobaqalarda yoki hamkorlikdagi yutuqlarda muvaffaqiyatga erishganda, o'z-o'zini hurmat qilish, ishonch hosil qilishga yordam beradi.

Ijtimoiy ko'nikmalar: Harakatli o'yinlar bolalarga boshqalar bilan muloqot qilish, jamoa bo'lib ishlashni o'rganish, nizolarni hal qilish va do'stlikni rivojlantirish imkoniyatini beradi.

Kognitiv: Jismoniy faollik, shu jumladan o'yinlar konsentratsiya, diqqat, xotira va aqliy moslashuvchanlik kabi kognitiv funktsiyalarni yaxshilashga yordam beradi.

Shunday qilib, harakatli o'yin nafaqat jismoniy faollik manbai, balki bolalar va o'smirlarning sog'lig'ini saqlash va yaxshilash, shu jumladan jismoniy, psixologik va ijtimoiy farovonlik uchun kuchli vositadir. Ular nafaqat jismoniy faollikni rag'batlantiradi, balki butun hayot davomida sog'lom turmush tarzini shakllantirishga hissa qo'shadi.

Social interaction and teamwork

Action games also help children develop social skills. Participation in group activities requires the ability to work in a team, communicate with friends and take into account the interests of other participants. These skills are no less than physical health, and outdoor games are great for their development

Forming a healthy lifestyle

Active outdoor games serve as a basis for the development of a healthy lifestyle in children. Regularly conducting physical exercises in the form of a game will help students to learn the importance of a healthy lifestyle and arouse interest in active recreation. This experience can be an important factor in children maintaining a healthy lifestyle in the future. In addition, it is important to understand age characteristics when choosing action games for children and teenagers. Children of different ages have different levels of motor skills, coordination and cognitive abilities. Therefore, it is important to choose games that match the level of difficulty and skill of the child. For younger children, it is better to choose simple and easy games, and for teenagers, you can choose more complex and difficult games. playtime should be limited so that it does not interfere with other aspects of their lives, such as schoolwork, physical activity, and socializing with family and friends.

Choosing the right activity games for your child's age will help them develop healthy and have fun throughout life.

Summary

In conclusion, it can be said that action games are a powerful tool for promoting a healthy lifestyle among schoolchildren. They combine elements of physical activity, social skills development, and learning healthy habits and skills. It is important to note that for best results, a balanced use of active games should be combined with other methods of promoting a healthy lifestyle, such as exercise, a healthy diet, and active communication with parents and peers. necessary. Active outdoor games are not only a means of entertainment, but also a powerful means of forming a healthy lifestyle among schoolchildren. They promote physical development, social skills and healthy habits. Therefore, it is important to encourage and support children's participation in outdoor games in order to ensure a healthy and happy childhood, as well as to create the foundations of a healthy lifestyle in the future.

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