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**Research Article** 

# THE ROLE OF EDUCATION OF A HEALTHY GENERATION IN NATIONAL VALUES

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## ABSTRACT

This article shows the pedagogical development of physical qualities in primary school students on the basis of national values.

## Keywords

Value, upbringing, process, factor, properties, psyche, thinking, will, improve.

## Introduction

The analysis of problems related to the essence, content, and manifestation of values goes back to many thousand years of history. Since ancient times, people have tried to evaluate the meaning of life, the world around them, various events and phenomena that occur in the world, interactions and situations, and have thought about the value of these processes. With the passage of time, changes in time, and the increasing number of problems during the development of society, the system of attitudes to solving them has changed. The theme of values is the basis of a number of worldviews and is the central part of them.

Values are first of all a very comprehensive, philosophical concept. For this reason, we can find different approaches to this concept in scientific, artistic and popular literature.

It is known from the great spiritual heritage and our national values left by history and ancestors that in ancient times our ancestors brought up their descendants in the spirit of universal feelings, immortal Eastern philosophy, and our

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national values, and they kept our language, language and religion for centuries. , who have made it their main goal to preserve the identity of our nation in every way and bring up mature generations. In fact, such qualities are worthy of our hardworking people, and we should be proud of them as much as possible. The issue of bringing up a physically and spiritually mature generation in our country is a national, state-wide task for us, and consistently and persistently continuing our work towards this noble goal is the focus of our current policy.

Education of the young generation, which has been created by the Uzbek people for thousands of years and is passed on from generation to generation, is one of the important issues facing the science of pedagogy today. In addition, it is very convenient to develop the physical qualities of the young generation through sports included in the school program.

In the general system of all-round development of a person, physical education of a student of junior school age occupies a special place. It is at this age that strong health is adapted to the ability to perform high work in these years, movement activity and physical qualities are first nurtured. Every nation cannot respect the values of other nations without realizing its identity, preserving its national culture and national values. Uzbekistan's strength lies in its people's loyalty to universal human values. At certain stages of the development of the society, the reaction to social events is manifested in different ways.

The term "value" came to us from the Arabic word "gadr", and today this concept is used to

express "the importance of something and an event in the existence and society between people and in mutual social relations. The phrase "value" can have a certain meaning and acquire a specific meaning only when it is given and defined in relation to a person and society. After all, "value" means the total material and spiritual benefits that satisfy needs and interests. Of course, no item or reality will have any value when interpreted separately from a person and his needs, can be separated.

It is worth noting that based on the role and importance of values in society, state and individual life, the theory of values - axiology was formed in science, in particular within the field of philosophy. The term "value" has its true meaning today. In addition to learning, essentially correct application is being achieved in social life.

President Sh.M.Mirzieyov, in his speech at the 2019 Navroz holiday celebrations, said, "It is in this unique and charming season that we all feel as if we have lived, as if new energy and determination have entered our bodies. We will rediscover our centuries-old traditions and values, we will once again realize what a great history and what a great culture we are the inheritors of. And our hearts are filled with pride and pride."

This, in turn, indicates that high respect for values is interpreted and recognized at the state level.

As the main link of national values, folk games have always been considered an important pedagogical tool. Through games, children are taught such qualities as patriotism, hard work, honestv. correctness. bravery. harmony.

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solidarity, friendship, self-sacrifice. If folk games are used in primary education, students will be physically and mentally prepared for physical education and sports, they will have an initial understanding of the national values, customs and traditions of our people, in the group skills of work, feeling of responsibility, critical assessment of one's own activities are formed.

In addition to the simplicity of folk games, the fact that they do not require complex actions, students are able to learn marksmanship, dexterity, left-handedness, the ability to control the situation, the ability to move correctly and consciously in complex situations, understand each other, learn It is important to increase the qualities of mutual respect and goodwill towards a good goal. It should be noted that the rich spiritual culture of our region, its unique national values, priceless philosophical and spiritual heritage, raise the spirit and spirituality of our people to a higher level, serving for Social and political values have a special place in the development of society and human life. Freedom, equality, fraternity have always been honored and valued by mankind.

In short, each component of national moral values is important in strengthening the independence of the nation and ensuring its future.

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