

BENEFITS OF MORNING PHYSICAL EDUCATION TO THE HUMAN ORGANISM

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ABSTRACT

The article examines the types of exercises given for morning physical education and the researches conducted on the morphological, physiological, psychological, and aesthetic development of the human body during morning physical education.

Keywords: *morning physical education, physical quality, health, human body, rhythmic gymnastics.*

АННОТАЦИЯ

В статье рассматриваются виды упражнений, предлагаемых для утренней физкультуры, и проведенные исследования морфологического, физиологического, психологического и эстетического развития организма человека в процессе утренней физкультуры.

Ключевые слова: *утренняя физкультура, физические качества, здоровье, организм человека, художественная гимнастика.*

INTRODUCTION

The government of the Republic of Uzbekistan has issued and implemented many decisions to promote a healthy lifestyle. Including 2019

The President of the Republic of Uzbekistan has decided to promote a healthy lifestyle. In accordance with the decision, the tasks of wide promotion of physical education and sports activities among the population in the Republic of Uzbekistan were determined.

All people try to be healthy, fresh and energetic, to preserve their youth, beauty and ability to work. One of the main factors to achieve this is physical activity. Abdurauf Fitrat's views on the issues of organizing physical education on the basis of social education, raising a person to be healthy and strong are worthy of attention. Physical education has been given great importance since ancient times. There are views that if the whole body of a person does not have health and strength, then a person will not live long.

Deciding on a healthy lifestyle in our society has been raised to the level of state policy, and at the same time, fundamental reforms in raising a physically mature and

healthy generation are being implemented step by step in our country. For example, "Physical education and sports" of the Republic of Uzbekistan "On" and the decision of the Cabinet of Ministers on "Measures for the further development of physical education and sports in Uzbekistan" express the important tasks that are expected to be implemented in this direction.

DISCUSSION AND RESULTS

Modern medicine shows the presence of such conditions as the decrease in the level of health of a person due to the lack of physical activity, the functioning of internal organs, a low indicator of work ability, and physical development that is not up to the required level. This is the reason why ancient philosophers thought that the thing that makes a person uncomfortable and damages his health is not doing physical activity for a long time. The great Hakim Abu Ali ibn Sina: "Body training is a glorious way to maintain health" becomes the life motto of every human being, then a person will never get sick. Gymnastics, physical exercises, walking should take a strong place in the daily life of every person who wants to maintain his ability to work and health, and who wants to live a real and happy life. Waking up from sleep and feeling groggy and moody is a common problem for many people. This lack of sleep is caused by insufficient satisfaction of the need for sleep. An active person in society is forced to work less, and the only remedy is to eliminate discomfort. Morning exercise is a wise decision in this regard. Rhythmic exercises are one of the manifestations of physical training in the direction of health. Its main content is running, jumping, games. All this helps to improve health. Children of all ages can do rhythmic morning physical education exercises. Movements in rhythmic morning bodybuilding exercises are unlimited, affect all parts of the body and develop physical qualities of strength, speed, agility, flexibility, and endurance. Musical rhythm organizes actions, raises the mood of the participants. A positive state of emotions makes actions more energetic

encourages them to perform, this thing strengthens their effect on the body. Rhythmic morning physical training can have an athletic orientation, if the movements are dominated by endurance, plasticity, game or mixed exercises. Dance moments are the majority in the set of exercises.

The tasks of rhythmic physical education are focused on:

Comprehensive maintenance and strengthening of health, improvement of physical development, training, increases the body's resistance to adverse conditions in the external environment. Development of spiritual and physical abilities of a

person, education of self-confidence and development of creative features. To have a certain range of knowledge on the basis of physical education and the method of independent application of physical exercises by the participants. Such as cultivating a stable interest and habits in regular physical exercise classes, including physical education in the daily routine.

It is necessary not to drink a cup of coffee to relieve sleep, drinking coffee on an empty stomach is harmful to health. Physical education:

heals, activates and strengthens the body, especially the head useful for the brain, internal organs, joints, respiratory tract, cardiovascular activity, metabolism; renews blood circulation; the easiest and most convenient choice for training; protects against scoliosis, spinal hernia, osteochondrosis; increases immunity; relieves mental stress; the main tool for those who sit all day and work at the computer; a beautiful figure, stimulates appetite, improves mood, and is considered a means of increasing labor productivity.

It is necessary to arrange sleep as much as possible, if you go to bed early in the evening, you will find strength for morning physical education. Physical education shows benefits only when it is done consistently, every day. It is necessary to start exercising as soon as you wake up. 10-15 minutes of light exercise is necessary for the body to start a new day.

CONCLUSION

In conclusion, it can be said that morning physical training had a positive effect on the internal and external systems of my body. It also helped my mental capacity to grow.

It was found that those engaged in physical education are resistant to injuries and avoid unpleasant situations such as bone fractures and sprains. It is appropriate that you make friends with this for the rest of your life. Only according to the circumstances related to the passage of time and age (illness, pregnancy, old age), you will reduce them and introduce more relief. As the exercise time cycle is activated, the tissues are fully supplied with oxygen. Sufficient oxygen in the brain stimulates concentration, memory, and thinking abilities. Children who are used to physical education in the morning are healthy, resistant to diseases, sleep soundly at night, and get excellent grades in school.

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