FORMATION OF HEALTHY LIFESTYLE OF LEARNERS ON THE BASIS OF NATIONAL VALUES

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Abstract. In this article ways of formation of a healthy lifestyle of learners on the basis of national values in the process of carrying out circle work on biology are shined; possibilities of out-of-class forms of work for a pedagogical creative initiative of the teacher, formation at learners of cognitive interests, deep assimilation of scientific bases by means of use of additional educational literature and visual aids are opened. By the author are characterized the contents and forms of the out-of-class actions connected with a training material in biology and promoting development of independent and creative thinking, to expansion of scientific outlook, a professional orientation and introduction in consciousness of learners of ideas of national independence. The special attention is paid on education of a healthy lifestyle of learners, formation of skills at them physical and brainwork. In this regard the scenario of carrying out one of occupations of the circle "Propagandists of a Healthy Lifestyle", which purpose to acquaint learners with history and traditions of a national holiday "Navruz" is presented in article.

Key words: traditions, Navruz, customs of carrying out holiday, patriotism, spiritual and moral, hygienic, physical, esthetic, labor training, healthy lifestyle.

In welfare life of learners on the basis of national values of each people the special place is taken from the remote past by eternal customs, ceremonies, traditions, holidays. The way of life inherent in the people is reflected in them. National traditions are reflection of welfare requirements of ethnos. They pass a long way of development and are always connected with environment, the nature, labor processes and are transferred from generation to generation, personifying thoughts, ancestors, their age experience, achievements and other values and forming priceless common cultural heritage.

Cultural values, the spiritual heritage which have been saved up in the millennia, are powerful spiritual source which feeds the East people.

The Uzbek people also carefully store and transfer from generation to generation historical and cultural values and realize them in an image of the life (1997, p. 137).

The great historical, spiritual, scientific heritage, architectural monuments, literature of the organization and carrying out holidays belong to such values. Especially broad studying of national traditions of carrying out holidays became possible in days of independence. Traditions of the organization of holidays of our people very rich and various: they are connected with seasonal holidays from time to time years, with carrying out mass "khashar" in the cities and villages before spring works, religious holidays Ruza and Kurban khayit, day of memory and honors, various family celebrations, political, cultural and educational and sports holidays. Besides, traditions remained to note approach of every season by the peculiar "days" symbolizing a season, the nature, fruits of Dekhkan work. For example, "A spring ball", "A festival of flowers", "Lola sayli (A festival of tulips)", "Navruz", "A festival of summer water (Swimming season)", "Choyymomo", holidays of a melon, grapes, a holiday upon termination of collecting cotton, "The snow letter" (emergence of the first snow). The majority of these days is comprised by pleasure and gratitude to rural workers for their work, and now traditional holidays are perceived and at the level of ecological consciousness as put in itself idea of reasonable use of natural riches, conservation, admiration of its beauty, a glorification of work of the person in harmony with the nature.

On initiatives of the head of state, 2014 in the republic it is declared "Year of the healthy child". The state policy this year provided broad attraction of youth to occupation by a physical education and sports, healthy lifestyle promotion, effective use of mass media and information and communication technologies.
Education of healthy generation includes care not only about physical youth health, but also about spiritual and moral development of the personality. Important problems of an education system determined formation of national consciousness of learners and respect for universal values, strengthening of patriotic, spiritual and moral, physical, esthetic, hygienic, labor training, development of skills of a healthy lifestyle. The last task is especially actual, and opportunities of its successful decision are given by biology studying at general secondary schools. We will address to experience of carrying out out-of-class occupations where under the leadership of the teacher learners have an opportunity to expand a framework of a training material and to gain practical skills of creative character in interesting their directions (Tolipova and G’ofurova, 2012, p. 144).

The teacher on such occupations can show a creative initiative in the most different forms, and learners thus more deeply and strongly acquire a scientific basis of a subject, address to additional sources, make direct observations and experiences. In the process of independent work their logical thinking and scientific outlook extends, and at the same time learners are enriched with national idea of the independence connected with harmonization of physical and intellectual development, and also with education at aspiration youth to a healthy lifestyle (Mahkamov, 1993). Expediently for participants of the circle "Propagandists of a Healthy Lifestyle" continuous listening of broadcasts from the cycle "Voice of Healthy Generation".

Tasks of the teacher consists in the following:
– Selection of a training material for purposeful listening;
– Selection of popular scientific literature for acquaintance of learners;
– Distribution of educational tasks by the learner making reports;
– Planning of carrying out actions within years together with members of the circle "Propagandists of a Healthy Lifestyle".

When carrying out actions it is recommended to rely on national values on health protection.

We will provide the approximate scenario of carrying out a holiday "Navruz".

Opening speech of the teacher: The Uzbek people try to keep heritage of ancestors and to transfer traditions of the organization of holidays to the following generations because without having kept culture of the past, it is impossible to form a way of life of today. Both in former times and now the Uzbek people sought for education, science, mastering craft. In traditions of the people always there was a desire to bring substantial and reasonable universal values in national values and thus to carry out their mutual enrichment. And therefore transfer of knowledge, experience and craft from grandfathers and to fathers, from fathers to children has huge value in education of generations. If the youth doesn't know cultural and spiritual heritage of the people, it will be impossible to form at it national consciousness and feeling of national pride. The national traditions which have reached us, customs fully reflect the bases of a healthy lifestyle accepted and today (Musurmonova, 1996, р.120).

We will listen to performances of our participants which prepared speech on a national holiday "Navruz".

Pupil 1: In 1990 the government of our republic declared day on March 21st a national holiday Navruz. From now on the holiday is solemnly celebrated in all districts, areas, settlements and the makhallyas, at the enterprises and in the organizations, in each family of our republic.

This day people wish each other good luck, health, wellbeing.

Pupil 2: Navruz – a favourite holiday, a purity holiday. It is the day of a spring equinox symbolizing the beginning of spring field works. Our people are perceived by Navruz as a symbol of harmony of the nature and the person, as an appeal to protect and multiply beauty and richness of the nature, to arrange well and plant trees and shrubs in environment (photo 1), to glorify the person of work. By preparation for a holiday works on purity targeting on streets, in houses, the makhallyas, the enterprises everywhere are carried out. All people participate in the khashar. The competitions "The Purest and Well-planned Makhallya", "The Purest Street" are held. In the streets planting of flowers, fruit and decorative trees is conducted.

Pupil 3: Navruz notes not only the Uzbek people, but also inhabitants of Central Asia, other countries of the East. This holiday – an integral part of culture of many countries. In days of Navruz people render respect, attention each other, show openness of soul and hospitality.

Navruz comprises a humanistic basis, the democratic and international principles: friendship, unity, consent – all this is necessary for youth education.
Pupil 4: Navruz brings pleasure to all children and youth (see photo 2). In days of a holiday horse games, jumps, kurash, start of a kite, jokers, national games will be organized. Participation in these competitions and entertainments promotes improvement of an organism and loads the person with energy.

Photo 1. Planting of trees (source: http://reuh.kol.uz/files/2013/01/2787.jpg)

Photo 2. A national holiday Navruz (source: http://www.gazeta.uz/2013/03/19/navruz)

Pupil 5: Navruz – all favorite holiday. These days prepare festive entertainments, national dishes, and vitamin-rich: sumalak, green somsa, an ismalok that allows strengthening immunity of an organism. These foods help patients with a high pressure of blood. Medical properties of sumalak which is Navruz's main course as it is prepared from the first green sprouts of wheat grains (see photo 2) are especially known. Sumalak improves composition of blood. It narrows blood vessels and by that promotes blood circulation, stirs up stomach and intestines activity. The two-day diet in combination with the sumalak will provide good health. In the process of preparation of these dish relatives, neighbors and all participants have to observe to purity, hygiene and the main thing – friendliness. The foods enriched with vitamins are useful to all – both to
small children, and young, and to old people (Qoraboyev, 2002, p. 180). After listening of speech of participants of a circle, the teacher generalizes statements and does the short conclusion.

Concluding remarks of the teacher: We heard to performances of learners traditions of a holiday Navruz. We will draw a conclusion that Navruz always was considered national as a holiday and national property. For the Uzbek people it symbolizes a healthy lifestyle and is connected with purity observance, culture of clothes, organism improvement, and enrichment by energy. In days of Navruz national games and competitions will surely be organized, national foods, vitamin-rich prepare, that is a holiday is directed organism improvement (Isabaeva, 2012, p. 64).

Thus, on out-of-class classes in biology the actions devoted to Navruz, first of all, strengthen knowledge of learners (including – about health of the person), promote assimilation of universal values and national heritage, formation of national consciousness and thinking of learners, education of the healthy and spiritually rich personality.

References