

FORMATION OF HARMONIOUS DEVELOPMENT OF SCHOOLCHILDREN THROUGH PHYSICAL EDUCATION

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Abstract

This review article discusses modern approaches to the implementation of physical education in schools, its influence on the formation of a harmoniously developed personality, and analyzes the literature confirming the need for a systematic and scientifically grounded approach to physical education of students.

In the context of modern challenges to the health and social adaptation of the younger generation, the issue of harmonious development of schoolchildren is becoming especially relevant. Health occupies a leading place among universal human values; therefore, the problem of preserving children's health remains urgent. According to the World Health Organization, about 40–45% of school-age children have chronic diseases, and more than 50% of students have certain functional impairments. Physical education, as an essential component of the educational process, contributes not only to health improvement but also to the development of personal, volitional, and social qualities.

Keywords: harmonious development of schoolchildren, physical education, health, school physical training, educational process.

JISMONIY TARBIYA VOSITALARI BILAN O'QUVCHILARNING BARKAMOLLIGINI SHAKLLANTIRISH

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Annotatsiya

Ushbu sharh maqolasida maktabda jismoniy tarbiyani amalga oshirishning zamonaviy yondashuvlari, uning barkamol shaxsni shakllantirishga ta'siri, shuningdek, o'quvchilarning jismoniy tarbiyasiga tizimli va ilmiy asoslangan yondashuv zarurligini tasdiqlovchi adabiy manbalar tahlil qilinadi.

O'sib kelayotgan avlodning salomatligi va ijtimoiy moslashuviga bo'lgan zamonaviy tahdidlar sharoitida maktab o'quvchilarining uyg'un rivojlanishi muammosi alohida dolzarblik kasb etmoqda. Salomatlik muhim umuminsoniy qadriyatlar orasida yetakchi o'rinni egallaydi, shuning uchun bolalar salomatligini saqlash muammosi har doim dolzarbdir. JSST ma'lumotlariga ko'ra, maktabga qatnaydigan bolalarning taxminan 40-45 foizi surunkali kasalliklarga chalingan, o'quvchilarning 50 foizdan ortig'i u yoki bu funksional og'ishlarga ega. Jismoniy tarbiya ta'lim-tarbiya jarayonining muhim tarkibiy qismi sifatida nafaqat sog'liqni mustahkamlashga, balki shaxsiy, irodaviy va ijtimoiy fazilatlarni rivojlantirishga yordam beradi.

Kalit so'zlar: maktab o'quvchilarining barkamol rivojlanishi, jismoniy tarbiya, salomatlik, maktab jismoniy tarbiyasi, ta'lim jarayoni.

ФОРМИРОВАНИЕ ГАРМОНИЧНОГО РАЗВИТИЯ ШКОЛЬНИКОВ СРЕДСТВАМИ ФИЗИЧЕСКОГО ВОСПИТАНИЯ

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Аннотация

В настоящей обзорной статье рассматриваются современные подходы к реализации физического воспитания в школе, его влияние на формирование гармонично развитой личности, а также анализируются литературные источники, подтверждающие необходимость системного и научно обоснованного подхода к физическому воспитанию учащихся.

В условиях современных вызовов к здоровью и социальной адаптации подрастающего поколения особую актуальность приобретает проблема гармоничного развития школьников. Здоровье занимает ведущее место среди значимых общечеловеческих ценностей, поэтому проблема сохранения здоровья детей всегда актуальна. По данным ВОЗ, около 40-45% детей, посещающих школу, имеют хронические заболевания, более 50% учащихся имеют те или иные функциональные отклонения. Физическое воспитание как важный компонент образовательного процесса способствует не только укреплению здоровья, но и развитию личностных, волевых и социальных качеств.

Ключевые слова: гармоничное развитие школьников, физическое воспитание, здоровье, школьная физкультура, образовательный процесс.

Relevance. Modern society imposes high demands on the physical and psycho-emotional state of young people. In the context of digitalization, physical inactivity, environmental degradation, and growing psycho-emotional stress, children and adolescents demonstrate a decline in physical development, mental health, and adaptive abilities [4]. According to the WHO, only 20% of adolescents aged 11–17 meet the minimum daily physical activity recommendations (at least 60 minutes per day), while over 40% of schoolchildren show deviations in physical health due to a sedentary lifestyle [4]. These trends are alarming, as physical development is directly linked to cognitive function, emotional state, and social adaptation. Therefore, school physical education plays an increasingly important role as a mechanism for disease prevention, health promotion, and holistic development of the younger generation [6, 21].

One of the most accessible and effective means of preventing these negative trends is physical education integrated into the school curriculum. School age is a period of intense physical, intellectual, and personal development, during which the foundations of a healthy lifestyle are laid and value orientations and behavioral models are formed [1, 7]. Hence, the formation of a harmoniously developed personality of a student through physical education is an important pedagogical and social task.

The aim of this review is to summarize current scientific data on the influence of physical education on the harmonious development of schoolchildren and to identify the most effective approaches to organizing physical activity within the educational process.

Physical activity is a natural human need. School-based physical education includes various forms of motor activity: physical education lessons, sports clubs, active games, and extracurricular activities. Their importance lies not only in developing motor skills, but also in building endurance, coordination, strength, as well as psychological traits such as willpower, perseverance, discipline, and teamwork abilities [3, 9].

It is scientifically proven that a child's motor activity decreases twofold or more after entering school compared to the preschool period [1, 3, 7], and the need for physical exercise is inadequately met. Additionally, children are forced to remain seated for longer periods. At this age, it is crucial to maintain and appropriately structure physical activity, as many physical abilities develop during this period [5, 11].

Studies show that only through the regularities of the physical education process can comprehensive and harmonious physical development be regulated [2, 12]. The development of moral-spiritual, physical-psychological, and intellectual abilities is essential, first for society and its social conditions, and second for individuals to influence or change their environment [8, 14].

A review of recent literature [13, 19] confirms the significant role of physical education in the harmonious development of schoolchildren. For example, the works of V.N. Platonov and L.P. Matveev emphasize the need for an individualized approach to physical development based on age, gender, fitness level, and health status. International sources, including the Harvard School

of Public Health (2019), also highlight the correlation between physical activity and cognitive skills, including memory and creative thinking.

Scientific literature [10, 15] also emphasizes the role of physical education in preventing deviant behavior in adolescents. Regular participation in sports fosters resilience to negative environmental influences, improves self-esteem, and contributes to social integration.

Studies show [16, 20] that regular physical activity improves academic performance. According to the Russian Academy of Education's Institute of Age Physiology (2021), children who attend sports clubs and actively participate in physical education lessons demonstrate a 12–15% higher level of school motivation and attention.

Moreover, it is important to note the impact of physical education on students' emotional well-being. According to a psychological survey conducted among students in grades 5–9 (Moscow, 2022), 73% reported that physical activity helps them cope with stress and improves their mood.

According to both Russian and international researchers [4, 23], regular physical activity improves physical fitness, enhances students' psycho-emotional state, and reduces anxiety and aggression. A positive impact of physical activity on cognitive functions, including attention, memory, and learning ability, has also been confirmed. Furthermore, physical education creates conditions for student socialization, development of communication skills, tolerance, and mutual support [9, 14].

Other studies [16, 19] show that the effectiveness of physical education in general education schools largely depends on differentiating the teaching process based on students' individual abilities and interests, as well as the socio-pedagogical and geographical features of their environment. Therefore, the physical culture environment in schools should be tailored to regional factors [18].

The role of regional education systems in enhancing the effectiveness of physical education is also significant [17, 22]. Modern education policy documents propose that regional strategies for education development serve as mechanisms for sustainable progress in education.

One of the key components of a proper school physical education system is well-organized medical supervision. Its objectives include utilizing physical education methods to strengthen children's health, ensuring their proper application, and creating suitable conditions for physical education. School doctors conduct health and physical development assessments, monitor physical exercise sessions and sanitary-hygienic conditions, promote health education among students, parents, and teachers, and participate in school programs for health improvement and injury prevention [3, 7, 8].

Achieving harmonious development requires a comprehensive approach, including scheduled physical education lessons, a motivating educational environment, and integration of health knowledge, nutrition, hygiene, and prevention of harmful habits into the curriculum [12].

Several studies support [5, 17] the importance of physical activity for developing a harmonious personality. According to V.K. Balsevich, regular physical activity among schoolchildren contributes positively to self-awareness, confidence, and a lasting motivation for a healthy lifestyle. He notes that students who are physically active achieve higher academic results and exhibit greater psychological resilience.

E.A. Yamburg views physical education as an important element of the educational environment that influences socialization and the development of students' moral values.

International research [3, 8], including the work of R. Bailey (2006), highlights the im-

portance of physical education in forming 21st-century key competencies such as teamwork, leadership, decision-making, and stress management.

However, researchers [2, 9] also point out existing issues: insufficient attention to students' individual characteristics, limited infrastructure, and low student motivation for physical education. This necessitates a revision of educational approaches, the implementation of innovative methods, interdisciplinary integration, and technologies that increase student engagement.

Conclusion. Physical education is a vital tool for the harmonious development of school-children, positively affecting not only their physical health, but also their intellectual and emotional well-being. However, in light of modern challenges — decreasing physical activity, excessive screen time, and reduced active play — it is necessary to strengthen the integration of physical education into the educational environment.

The formation of a harmoniously developed student personality is impossible without a systematic organization of physical education. School physical education serves not only a health-promoting function, but also plays a key role in the development of children's personal and social qualities. Promising directions include expanding extracurricular physical activity, introducing innovative forms of physical education, and involving parents in fostering children's physical culture.

A comprehensive approach to physical education that considers age, psychological, and individual characteristics of students enables the creation of favorable conditions for well-rounded development, health promotion, enhanced academic motivation, and social adaptation. A promising direction is the introduction of programs integrating physical education into overall personality development and establishing a health culture as a foundation for a successful and active life.

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