

## POSITIVE EFFECT OF WALKING ON THE CHILD'S ORGANISM

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| Article history:   | Abstract:   |
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| <b>Received:</b> 21 <sup>st</sup> October 2021   | <p>This article is written about the positive effect of walking in the fresh air on the child's body and the indicator of mastering, one of the main elements of the pupils ' agenda. Walking in fresh air has a beneficial effect not only on the child's organism, but also on organisms of all ages. This has a positive effect on the course as well as on the off-lesson. The application of these new and modern methods in all schools of our country ensures good mastering of the lesson by the students. From a medical point of view, the parallel implementation of mental activity with physical activity can prevent rapid fatigue of students and ensure the effectiveness of rapid mastering of the subject at any level of difficulty.</p> |
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The main place of the youth in the future of our homeland, their spiritual, healthy growth and development on the next day is the properly structured agenda. At the core of the reforms carried out at the present time, young people stand. In order to increase the effectiveness of education, it is important to properly organize the agenda in increasing the performance of students ' acquisition. When maintaining a high level of work capacity and nervous system excitability for a long time in students, the agenda is of great importance, which can provide a reasonable distribution of working and rest time during the day [2].

As the formation of a healthy lifestyle in young people, we lay the foundation for their healthy growth development. One of the main elements of the children's agenda is a walk in the fresh air, which will help the child to be healthy in all directions. Walking children in the fresh air is the most convenient and osop type of tempering



When children are outdoor, the tone of the nervous and endocrine systems increases and the process of metabolism improves. Therefore, the child should be as much as possible in the fresh air, especially in the summer

outdoors. During this period, it is necessary to open the windows of the class room, so that the ultraviolet rays fall freely into the class room. Tempering children of primary school age shows a good effect on what season the year is.

Walking in the air improves health, increases immunity. In addition, walking helps to increase the child's appetite. Metabolism improves, nutrients are better absorbed. Thanks to a walk in the fresh air, the body is naturally cleansed, the upper respiratory tract works better.

**Purpose of the study.** Organize an outdoor picnic, which is a key element of the agenda for the child to develop healthy growth and relax the nerve cells tired of mental labor and strengthen memory.

**Object of research.** As an object of scientific research, pupils of secondary schools of general education.

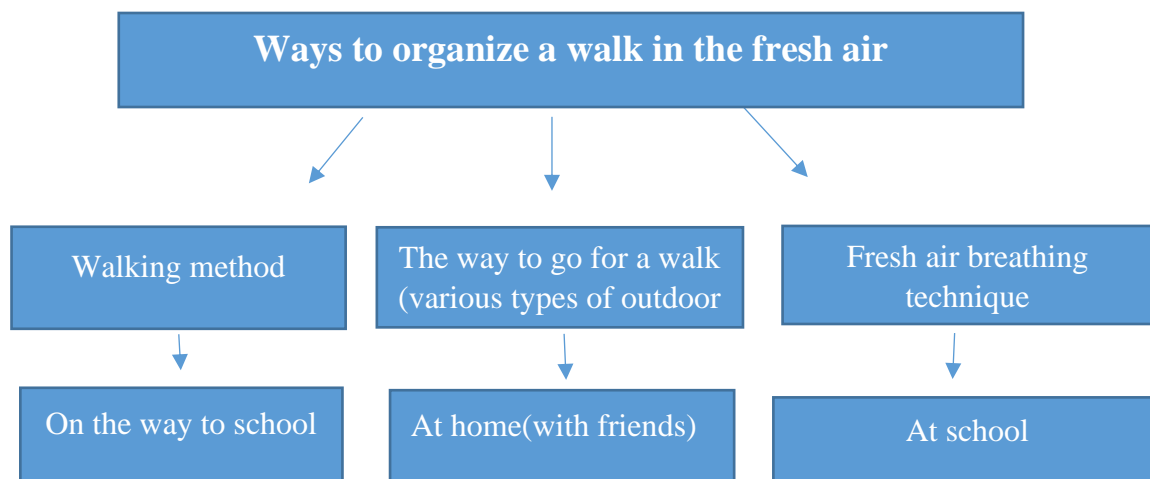
**Research methods.** For the healthy growth of the child's organism, the organization of outdoor walks is carried out by the following methods:

Method of walking.

Walking, method of playing;

Breathing fresh air

For children of school age, it is enough to walk 2 times during the day in the open air. The first part of this is that children go to school in the morning to breathe fresh air. This is useful for their health and is a guarantee that the day will pass in a good mood and in a healthy spirit. In addition, when they go to school with their parents, they ensure that they interact directly with each other along the way and increase the confidence of the student in himself. It is also appropriate for teachers to go out to the school yard or garden with students in the event that they used the break efficiently and perform breathing exercises from the fresh air or light exercises that strain the body. This increases blood circulation in the child's body and the supply of oxygen throughout the body, especially to the brain. In addition, we can see that this method is very effective, especially if we take into account the fact that children in the primary class sit for a long time at a party a little more difficult and this has a negative effect on the proper development and growth of the organism. The second part of the trip is acceptable to be after school. That is, the child can sleep in a dream, rest and come home after completing the task. Because at this time the child will be mentally tired by preparing tasks for the house, and the trip at this time will help the cells of the moth to rest and increase the efficiency of the next part of the day.



Some parents take their children out for a walk after lunch as soon as they come from school, which makes the child more tired because the child will need a little sleep after mental work. A negative result of this is that after a walk the child will need sleep and will not have time to prepare a lesson. Regular continuation of this condition leads to a decrease in the child's ability to master and lag behind his peers.

### CONCLUSION

The organization of children's outdoor walks in secondary schools and in the family has a positive effect on the health of the child and the indicator of assimilation by him, leads to an increase in working capacity. Therefore, for healthy physical and psychological growth and development of the child, outdoor walks are of great importance (playing various outdoor games, relaxing in the bosom of nature, walking in the fresh air, running, etc.). Walking in the fresh air has a positive effect on the child's body. As a result, the nerve cells of the cerebral cortex rest, metabolism improves, nutrients are better absorbed, increase the appetite of the child, contribute to increased immunity. Thanks to walks in the fresh air, the body is naturally cleansed, the upper respiratory tract functions well, brain cells help to relax, and the efficiency of activity in the afternoon increases so that the child can continue his daily activities.

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