



PAPER

## THE IMPORTANCE OF INNOVATIVE PEDAGOGICAL APPROACHES AND PHYSICAL EDUCATION IN STRENGTHENING THE HEALTH OF SCHOOLCHILDREN

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### Abstract

This article analyzes the role of innovative pedagogical approaches and physical education in strengthening the health of general education school students. In the era of globalization and rapid development of digital technologies, shaping a healthy lifestyle, increasing physical activity, and ensuring psychophysiological development of children is a pressing issue. Therefore, the introduction of interactive methods, digital tools, and innovative health-promoting programs into physical education classes serves to improve their effectiveness. The study highlights the importance of individualized approaches, game technologies, health-oriented exercises, and motivational strategies in promoting student health. As a result, theoretical and practical foundations for creating necessary conditions to enhance schoolchildren's healthy lifestyle, social activity, and academic success are outlined.

**Key words:** innovative pedagogical approach, physical education, healthy lifestyle, schoolchildren, health, digital technology.

### INTRODUCTION

In today's globalization process, the development of society depends not only on economic and political factors but also directly on the physical and spiritual health of the younger generation. Healthy, knowledgeable, and strong-willed youth

are the main driving force of any nation's progress. From this perspective, physical education classes in schools play an important role in shaping a healthy lifestyle, preparing students for independent life, increasing their social activity, and nurturing them as competitive future specialists. In Uzbekistan, educating youth to become well-

**Compiled on:** October 18, 2025.

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rounded individuals is considered a priority of state policy. Regular physical education lessons organized in accordance with modern requirements not only contribute to students' physical fitness but also to their mental, moral, and volitional development. Physical well-being is closely linked to healthy thinking, strong willpower, and correct life perspectives. The importance of physical education lies in strengthening health, hardening the body, preventing diseases, and expanding students' physical abilities. Such activities not only improve health but also develop endurance, speed, agility, and strength. Furthermore, regular sports activities enhance concentration, improve academic performance, and foster teamwork, friendship, and mutual support. Sports competitions and physical activities instill competitiveness, determination, and diligence. However, the digital era has led many young people to become excessively dependent on gadgets, reducing their physical activity and causing health problems at an early age. Therefore, physical education classes at schools are the most effective means of promoting an active lifestyle, increasing the need for movement, and protecting children from harmful habits.

## MAIN PART

Physical education is one of the most important factors in raising healthy, spiritually mature, and socially active individuals. Its effective organization in general education schools, the introduction of innovative teaching methods, and the promotion of national and international sports help foster a well-rounded generation.

The significance of physical education can be seen in the following aspects:

1. **Strengthening health.** Regular physical exercises improve the cardiovascular, muscular, skeletal, and respiratory systems, enhancing immunity and reducing fatigue.
2. **Supporting intellectual capacity.** Research shows that students engaged in regular physical activity perform better in classes, with improved memory, attention, and thinking abilities.
3. **Developing volitional and moral qualities.** Activities strengthen persistence, discipline, teamwork, patience, and mutual respect.
4. **Reducing stress.** Exercise helps relieve psychological pressure, fatigue, and increases

positive mood.

5. **Promoting healthy lifestyles.** Regular sports reduce harmful habits such as excessive screen time and inactivity.

6. **Strengthening national and universal values.** National sports and games nurture love for cultural heritage and traditions.

7. **Preparing for professional life.** Physical activity ensures endurance, agility, and strength, which are crucial for future careers.

### Existing Problems

Despite the significance of physical education, some issues remain in schools: Insufficient material and technical base (old or lacking equipment). Low student interest due to overuse of digital devices. Predominantly traditional teaching methods with limited innovation. Lack of special programs for students with disabilities.

### Global Statistics

Around 80–81 percentage of students aged 11–17 worldwide do not meet the recommendation of at least one hour of moderate to vigorous physical activity daily. Among them, about 85 percentage of girls and 78 percentage of boys fail to achieve the target.

The WHO recommends children and adolescents (5–17 years) engage in at least 60 minutes of moderate or vigorous physical activity daily for musculoskeletal, cardiovascular, and mental health. Sedentary lifestyles increase the risk of obesity, diabetes, stress, and mental disorders.

In Uzbekistan, according to the State Committee of Statistics (2022), about 71 percentage of the population engage in regular physical activity. However, gender differences are notable: 75.9 percentage of men versus 66.1 percentage of women. Insufficient physical activity leads to non-communicable diseases (cardiovascular diseases, diabetes, obesity), placing a burden on the healthcare system.

### Ways of Improvement

To increase the effectiveness of physical education in schools, the following measures are proposed:

1. **Innovative approaches.** Using digital technologies, interactive lessons, online monitoring systems, and motivational platforms to enhance student engagement.
2. **Improving infrastructure.** Modern gyms, equipment, and outdoor facilities to ensure safe and

effective training.

3. Individualized approach. Tailoring programs to each student's health condition, interests, and abilities.

4. Parental involvement. Organizing seminars and family sports activities to promote a culture of physical activity.

5. Promoting national sports. Introducing kurash and traditional games to strengthen national identity.

6. Training qualified teachers. Enhancing professional skills of PE teachers with modern methods and technologies.

7. Extracurricular activities. Expanding sports clubs, festivals, and competitions to boost interest and social engagement.

## CONCLUSION

Physical education in schools is a crucial process that promotes healthy lifestyles, physical development, and social activity among youth. Through physical education, students not only strengthen their bodies but also develop psychological resilience, willpower, patience, and teamwork skills.

To fully implement state policies in this area, it is necessary to enrich physical education with modern pedagogical approaches, innovative methods, and digital technologies. Individualized teaching based on each student's health, interests, and abilities is also of great importance. Strengthening infrastructure, creating extracurricular opportunities, involving parents, and integrating both national and modern sports into the curriculum will further improve the quality of lessons. As a result, effective organization of physical education in general education schools will help raise a healthy, well-rounded, spiritually mature, and competitive young generation, which is one of the most important factors in ensuring sustainable social development.

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