

## **THEORETICAL FOUNDATIONS OF A HEALTHY LIFESTYLE, PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OF PUPILS**

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### **ABSTRACT**

The article summarizes the content of domestic and foreign experience and training materials on the classification of physical activity, their effect on the body, which students must master in a healthy lifestyle, physical education, and physical activity. The subject of physical education is intended for physical education teachers, children's sports trainers and numerous students of middle and senior school age who want to achieve a healthy lifestyle through physical education.

**Keywords:** “Improving physical culture”, “physical activity”, “sports load”, “load size”, “load volume”, “load intensity”, “stimulating load”, “power load”, “practical load”, “Load efficiency”, “posture”, “body properties”, “heart rate”, “physical aging”, “biological aging”, “physical status” and others.