

Corrective Work in The Rehabilitation of Students with Intellectual Disabilities

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Abstract: The article emphasizes the unparalleled importance of such values in ensuring that every child grows up to be physically and mentally healthy and well-rounded. It addresses the care for children with special educational needs, ensuring their health as one of the priority directions of our state, and explores solutions for fostering a healthy lifestyle in the younger generation.

Keywords: Immune deficiency, healthy generation, healthy lifestyle, physical education, general motor skills, physical exercises, active games, preparation for family life, adaptation to social life.

Introduction: The Republic of Uzbekistan is a young independent state, with 40% of its population under the age of 18 and 64% under the age of 30. [12] Therefore, one of the main directions of state policy in the field of human rights, health, education and welfare is to create the most favorable conditions for the emotional, intellectual and spiritual development of children, including comprehensive support for large families, children left without parental care and children with disabilities. [12]

The health of the population is one of the greatest assets of any society. Since the first days of independence, special attention has been paid to the health of citizens, especially the young generation, who are our future. After all, the health of the population is the greatest asset, one of the main indicators of the development and living conditions of any society.

The concepts of "healthy life", "healthy lifestyle", "healthy beliefs", "healthy generation" have become the basis of the life activities of our people. These ideas have risen to the level of state policy. The laws of the Republic of Uzbekistan "On the Protection of Citizens' Health", "On State Sanitary Supervision", "On Prevention of Human Immunodeficiency Virus

Infection (HIV Infection)", "On Prevention of Iodine Deficiency Diseases", "On Prevention of Micronutrient Deficiency Among the Population" and other legislative acts play an important role as legal bases in the process of reforming the healthcare system in our country.

The Uzbek people have many invaluable national values that have been preserved for centuries. One of them is attention to the health of the child.

The importance of such values in the future development of each child into a physically and spiritually healthy, perfect person is immeasurable.

It is our noble duty to take care of the younger generation in our country, as well as young families who are just settling down, and to ensure their health. The strength of the family depends on the concepts of moral purity, true love, nobility, mutual respect and trust, and respect for those around them, as well as on the health of children.

This is a practical expression of the fact that today's tense times, life itself, are setting new, extremely important and urgent tasks for us in the upbringing of the younger generation.

As the Head of our state Sh.M. Mirziyoyev has emphasized, our ultimate goal is to consistently

continue and raise our work on raising a comprehensively healthy generation to a high level.

In his speech, the leader of our state paid special attention to the issues of educating girls, helping them acquire modern knowledge and professions, and preventing early marriage, family conflicts and divorces.

Strengthening the health of young people, preparing them for family life, strengthening reproductive health, and forming a healthy lifestyle and medical culture are especially relevant today.

Physical education is an important means of developing the younger generation - preparing comprehensively mature young people for social life. Properly organized physical education ensures the normal physical development of a child in need of special assistance, strengthens their health, and prepares them for labor.

In a specialized school, one of its most important tasks is to raise students with special needs in a physically healthy manner from childhood, to ensure the harmonious development of their physical and mental strengths, and to develop their agility, agility, and general motor skills in a corrective manner. [6] The issues of physical education of students regardless of their age in a specialized auxiliary school and the ways of its implementation are indicated. Regardless of the age of students, they need to develop physical strength, strengthen their bodies, and observe hygiene and sanitation rules. Therefore, it is important to provide students with special needs with uniform physical training, proper organization of work and rest. At the same time, it is also useful to develop students' motor skills and abilities. First of all, it is necessary to develop the skills of walking, running, and jumping correctly.

In general, in all national sports games, mental and physical labor are combined, and they mainly serve to cultivate physical fitness.

1st grade students of a specialized school are characterized by physical weakness, insufficient general motor skills, and lack of physical qualities compared to their healthy peers. Or sometimes hyperactive states are observed in them. In both cases, balancing physical movements in 1st grade students, improving their health, and teaching them a healthy lifestyle are of important corrective importance.

From the moment students of specialized schools enter the 1st grade, rhythmic lessons, various national games, gymnastic exercises, and sports competitions are held aimed at cultivating physical qualities in order to form a healthy lifestyle in them. In this process, the capabilities and individual characteristics, age of 1st grade students of specialized schools are certainly taken into account.

Games that serve to train physical qualities are divided into different categories. They can be shown the following as an example:

Games related to speed: "Trap", "Who's first", "Insiz rabbit", "Running on all fours" (crawling), "Stuttering birds", "Third plus", various relays and others.

Strength games: "White bone", "Chilly", "Shoulder bridge", "Donkey ride", "Tug of war", "Wrist strength test", "Handshake" and others.

Endurance games: "White poplar or blue poplar", "Get out of the circle", "Alamon poyga", "Dorboz", "Aksok karga", "Osyk" (Gardkam), "Kilichbozlar", "Besh tash", "Tqqiz tash", "Orkang kuydi", "Buta soli", "Tortyshmachok", "Koz baglash", "Bekinmachok", "Kim keldi", "Dorboz", "Zuv-zuv" and etc.

The above-mentioned complex and simple (simple) Uzbek folk national games, along with the education of the physical qualities of students of all ages, also serve to educate them intellectually, morally, and aesthetically. They directly serve to form patriotism and human qualities in students and further improve them.

According to P.M. Pulatova, playing outdoor games together with parents in every family and with all classmates in the classroom, along with strengthening positive qualities such as harmony, kindness, appreciation, and respect, ensures their physical health, strength, and even fitness. For this reason, it is necessary to make outdoor games (jumping rope, blindfolding, hide-and-seek, ball relay, etc.) and sports games a habit. Such outdoor games develop and improve the general motor skills of students in need of special assistance. [5]

In the physical education program of special education schools, national active games are determined by grade. Because, as noted, games are taught depending on the age of children. Active games intended for primary school students are too easy and not very

interesting for upper-grade students. Games intended for upper-grade students are difficult for lower-grade students.

For active games, it is first of all necessary to take into account the conditions (time, place, interest, etc.). Organizing active games on spacious and clean areas creates considerable convenience. Especially, there will be opportunities for students to run freely, jump and independently perform various movements, play happily and joyfully.

The above-mentioned requirements are also met when performing active games organized outside of class (long break, home environment, street, playground, etc.). Otherwise, the mixed play of younger and older children can lead to quarrels, crying, injuries, or infectious diseases.

The most important features of mobile games are that they serve to develop speech at a young age, learn new words, and develop the speech of primary school students. Also, the content of games includes many other virtues and qualities, such as moral education, love of music, improving mental states, and maintaining balance.

Regardless of the age of the children and what games are used, their content and goals are aimed at the correct development of the body, the development of mobility and speed, and health and fitness. Such games are considered vital exercises (walking, running, jumping, throwing, hanging, swimming, etc.), and many of them require creative thinking and practical application.

Practical and professional physical education occupies an important place in the physical education system. General and special physical training are important factors in the lives of firefighters (firefighters), military personnel (their composition and network are wide), and ambulance workers. In their professional physical labor and work activities, active games (in the form of competitions) occupy a central place. For example, special actions such as spraying water, running fire extinguishers, ladders and other necessary technical means to a designated place, and climbing high-rise buildings are primarily taught in the form of games-competitions (relays).

CONCLUSION

In conclusion, active games in the physical education

system are a practical process in the form of competitions that have their own unique social, educational and scientific pedagogical research. Purposeful use of them in the formation of a healthy lifestyle in the 1st graders of the specialized school, in the formation of physical qualities such as agility, agility, activity, gives effective results in the ways of improving physical fitness, health, responsibility for one's own health and sports skills.

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