

ISSN: 3032-1123



METHODS OF CONDUCTING PHYSICAL EDUCATION ACTIVITIES IN THE DEVELOPMENT OF PRESCHOOL CHILDREN

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Received: Nov 27, 2023; Accepted: Des 19, 2023; Published: Jan 20, 2024;

Abstract: In this article, information on the methods of organizing physical education classes by educators in preschool educational institutions is applied..

Keywords: Pre-school Education, Physical Training, Methods, Physical Training, Complex Exercises, Preparation, Main, Final Parts.

INTRODUCTION

In the decision No. 2707 of the President of the Republic of Uzbekistan Sh.M.Mirziyoev on measures to further improve the preschool education system in 2017-2021, strengthening the material and technical base of preschool educational institutions, education with qualified pedagogues and personnel special attention to aspects such as providing, fundamentally improving the level of children's preparation for school education, applying modern educational programs and technologies to the educational process, creating conditions for all-round intellectual, moral, aesthetic and physical development of children focused.[1]

The main goal of education for children of preschool age is to educate the young generation as a physically healthy, mentally mature, spiritually rich, comprehensively developed person and to prepare them for school education.

The main tasks of educating children of preschool age are physical, mental, moral, aesthetic, labor training and regular training in the spirit of national and universal values, taking into account their innate ability, interest, needs and opportunities. One of the important indicators determining the readiness of children for school is their level of physical development. These normative indicators are determined on the basis of the "First Step" base program and "State requirements". According to the program, it is necessary for children to know the names of the basic movements, including walking, running, jumping, jumping, crawling, jumping over obstacles, and playing national and action games. This ensures that children grow up physically fit.[2] It is worth noting that the question of whether the training is being organized correctly in the educational institutions of the field is bound to arise.

The goal is to consider ways to increase the interests of students and organize activities in preschool educational organizations during the educational process.

RESULTS AND DISCUSSIONS

The goal is to consider ways to increase the interests of students and organize activities in preschool educational organizations during the educational process.

In the large group of the kindergarten, physical education training is held three times a week in the morning for 30 minutes. All three training sessions will be held on the field.

The structure of the physical education training consists of a generally accepted introduction of 4-6 minutes, the main part of 18-20 minutes, and the final parts of 3-4 minutes.

In the first part of the training, walking, running, line-up, re-line-up exercises, uncomplicated game tasks are offered. The teacher should pay special attention to the alternating of walking and running exercises. If we don't organize the exercises correctly, the sameness will tire the children, reduce the quality of the exercises, and may also lead to undesirable consequences (poor posture, flat feet, etc.). Cooperation with the teacher of the group and the music director is of great importance in the activities of physical education.

Cleanliness, hygiene requirements and safety rules are strictly observed when checking children's physical fitness, organizing activities. Classes are held in the open air, as well as in a specially equipped gym.

The main goal of physical education during preschool education is to form various skills and abilities in children, to develop physical qualities such as strength, alertness, agility, intelligence. Regular physical training has a positive effect on the growth and development of children and increases their creative potential.

There are various methods of exercises for children to regularly perform the basic content of physical education. These are basic movements (walking, running, jumping, hanging, crawling, sliding); general development exercises for the legs and body (with and without various equipment) consisting of dance exercises, line-up and re-line-up, movement games, mastering the important features of various sports games, sports exercises, roller skating, cycling, swimming, etc. finds [3].

It is extremely important to educate children in the spirit of the greatest traditions of our people. The Uzbek people, like other peoples, have their own ancient traditional games.

They have been formed and refined over the centuries and have reached today. Among the modern action games, such national games of the Uzbek people were included in the program.

At the same time, the program recommends special exercises that develop movement qualities, shape the figure correctly, and prevent flat feet.

Proper planning and conducting of work on physical education is extremely important for its effective solution.

Various activities during the day, combined with physical exercises and active games, help to ensure the correct movement of the child. Before the start of training, the teacher prepares large and small physical equipment and installs it in a certain place. According to the instruction of the teacher, children independently pick up flags, sticks, cubes and others, and after the exercise, they put them in their place. The teacher involves the children in moving and rearranging large equipment from one place to another.

At this point, it is necessary to take into account that overeating is harmful to children of preschool age, and it can lead to undesirable consequences: appearance, stunting. A differential approach is followed in the preparation of the agenda for physical development in the pre-school educational institution, in the organization of nutrition, training, physical exercise and games. Taking into account the specific age characteristics of children, the educator is based on the requirements of the physical education program in the preschool educational institution in physical development.[4]

Educational tasks include the formation of the child's spiritual and moral qualities during training, the introduction of some elements, knowledge and terms related to physical education and sports, correct movement skills and physical qualities. is solved by education. Physical training is held in the fall, winter, and spring seasons, indoors and outdoors. During the summer, all activities are held outdoors, on the sports ground. Indoor and outdoor exercises are interconnected: it provides a comprehensive solution to all health and educational tasks. The conditions of training determine some of their specific characteristics. Exercises held in the building in compliance with health-hygienic conditions ensure correct, beautiful and accurate movements. They can be conducted with the right objects and accompanied by music.

Training in basic types of movement is considered decisive. Exercises are selected in accordance with the requirements of the "Kindergarten educational program". During the year, approximately the same amount of exercises for each type of movement is selected for the purpose of harmonious physical development of children. Three main types of movement are given in each exercise. By complicating and varying them, they are repeated in a relatively short period of time in a certain consistency. In this case, it is important not only to perform the movements together, but also to teach each type of exercise at different stages: at the stages of learning, repeating and strengthening exercises. The planning system proposed below is to learn balance exercises with children, repeat jumping exercises and strengthen throwing exercises in the first week of every month; in the second week, jumping exercises are used for learning, throwing and climbing are repeated and strengthened; in the third week - throwing exercises are learned, scrambling and balancing exercises are repeated; in the fourth week - they learn to crawl, balance and jump

The primary goal of physical education of children during preschool education is to form various skills and competencies in children, to develop physical qualities such as strength, alertness, agility, intelligence. Regular physical training has a positive effect on the growth and development of children and increases their creative potential. The first step is to define the tasks of physical education of children of preschool age as follows: to strengthen and train health; to make them physically strong; to educate the creative qualities of a person from the moral side; to create conditions for the activation of purposeful actions in children; formation of important life types of movements, walking, running, jumping, crawling, crawling, throwing, hanging, swimming, cycling, developing leg, arm, body, head movements, alignment and re-alignment; expanding game movements and deepening, development of physical qualities: strength, quickness, flexibility, endurance, intelligence, willpower, patience and skill development; influencing the correct formation of the child's figure and helping to prevent flat feet; physical exercise and the benefits of games, to give sufficient imagination and knowledge about the basic hygienic requirements and rules; to cultivate interest in active movement.

Basic movement exercises; consists of exercises for walking, running, jumping, raising the hips, throwing and hanging, crawling and crawling, maintaining balance, general development, legs, developing the body, alignment and re-alignment. Regular physical training has a positive effect on the growth and development of children and increases their creative potential.

During training, children should be trained to walk easily without dragging their feet, without bending their head, climb the ladder, catch the ball with their paws, and correct the starting position when throwing the ball using different methods. Learning to ride a bicycle, being able to line up in different orders, learning to navigate in space, and teaching balance will have a positive effect on their physical and mental development.

CONCLUSION

In conclusion, in connection with the work on the formation of a healthy lifestyle, raising a healthy generation in society, in particular, in connection with the decisions taken by the government of the Republic, the attention paid to preschool educational institutions, the physical development of preschool children proper organization and implementation are important in society. The conditions created for young people create a foundation for the formation of a physically strong and mentally healthy young generation.

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