

## **Features Of Physical Education Of Preschoolers**

**Muratova Gulnara Rashitovna**

**Arabboev Qahramon Tokhirzhonovich**

**teachers of the Faculty of Physical Culture**

**Kokand State Pedagogical Institute**

### **Abstract**

The article shows the role of physical exercises in the development and strengthening of the musculoskeletal system of children and pedagogical possibility of physical qualities education in preschool children. Physical exercises have an educational value. Children develop attention and observation, develop strong-willed qualities, and develop character. Examples of exercises for preschool children are given.

**Keywords:** preschool educational institution, physical education, physical exercises, attention and observation, child development, movement, games.

**Introduction.** Ensuring the implementation of the Decree of the President of the Republic of Uzbekistan dated September 30, 2017 No PF-5198 "On measures to radically improve the management of preschool education" and the establishment of state and non-state networks of preschool education further expansion, creation of conditions for the formation of a healthy competitive environment between public and private preschools, the introduction of new forms of preschool education in the context of public-private partnership, as well as In order to ensure the effective organization of the Ministry of Preschool Education of the Republic of Uzbekistan, the Ministry of Preschool Education was established. The document says the number of public preschools in the country has shrunk by more than 45 percent over the past 20 years, while enrollment in preschools has risen by about 30 percent. [1],[8]

The physical development of preschool children is particularly important for the proper development of motor skills.

In the State curriculum of a preschool educational institution "The first step" contains the competencies of the field "Physical development and formation of a healthy lifestyle". At the end of the educational activity in the field of "Physical development and formation of a healthy lifestyle", a child aged 6-7 years:

- \* shows physical activity according to their capabilities and age norms of physical development;

- \* is able to perform various types of motor activity in a coordinated manner and with the goal of;

- \* uses fine motor skills in a variety of life and learning situations;

- \* regulates your movements with the help of your senses;

- \* applies personal hygiene skills;

- \* knows the basics of a healthy lifestyle and nutrition;

- \* follows the rules of the basics of safe life. Children of early preschool age need outdoor games, outdoor exercises.

In addition, you need tasks aimed at developing psychological qualities. Such tasks are applied in a strict sequence, are included in different forms of motor activity.

Also, tasks are included in the independent motor activity of the child on a walk.

Outdoor games originate from the depths of folk pedagogy. Starting from an early age, the child is brought up on bright toys, jokes, nursery rhymes, games and fun associated with the initial movements of the baby. There were folk games with motor content, including enticing game beginnings, songs, and counting games for children. All this still represents the artistic charm, educational value and is the most valuable, unique game folklore. According to Ushinsky, a special educational role is played by collective games, which develop children's communication skills, and establish "the first associations of social relations". [3]

### **Main part.**

The physical qualities of children are innate, they need to be developed and improved. At a younger age, the most rapid growth and development of the main body systems and their functions takes place, and the foundation for the multi-faceted development of physical and spiritual qualities is built. The greater the

number of different movements a child masters, the wider the opportunities for the development of sensation, perception and other mental processes, the more fully its development is carried out. If you conduct the education of physical qualities while developing motor skills, then this has an impact on their improvement, improvement of the whole body, increasing the emotional and positive state of the psyche; children show more and more confidence in performing movements, learn new things faster, strive for greater achievements, show creative independence.

The development of physical qualities is observed in certain actions, especially when walking, jogging, running, long jumping, high jumping, climbing a rope, climbing stairs, playing on playgrounds, slides, throwing a ball, competitions and competitions, sports. When children perform each exercise, all physical qualities are shown in all movements, but each type of movement or exercise is aimed at developing certain muscles of the body, certain physical qualities. For example, when running short distances-speed; when running a long distance — endurance, and when jumping long and high with a run — up-strength combined with speed. For example, the ability to move quickly allows you to run quickly, swim, ride a bicycle. And short-term power stresses are necessary in jumping, climbing, and throwing objects.

The game is a means of forming the child's personality. Emotions that arise in the game are a health component. Joy is one of the mandatory conditions of play activity, without which the game loses its meaning for children.

Outdoor play is one of the most important means of comprehensive education of preschool children. Its characteristic feature is the impact on the body and on all aspects of the child's personality; in the game, physical, mental, aesthetic and labor education is simultaneously carried out.

In outdoor games, the child has to decide for himself how to act in order to achieve the goal, contributing to the development of independence, initiative, creativity, and ingenuity.[5]

Outdoor games are a means of active recreation after strenuous mental work. Playing activity strengthens the main muscle groups and thus contributes to better

health. The movements included in outdoor games are very simple in their form, natural, understandable and accessible to perception and execution.

Game activity is always associated with solving certain tasks, performing certain duties, overcoming difficulties and obstacles, strengthening willpower, cultivating self-control, determination, achieving goals, and self-confidence.

From all of the above, we can conclude that a high level of development of physical qualities helps in various life situations. The higher the level of development of physical qualities, the more successful the child's motor activity, the higher his ability to master new forms of movement, the higher the ability to use them expediently in life, the higher self-esteem, confidence in movements.

Physical education is an essential part of physical education. All physical qualities are innate, i.e. they are given to a person in the form of natural inclinations that need to be developed and improved. It is in preschool age that the most intensive growth and development of the most important body systems and their functions is carried out, and the basis for the comprehensive development of physical and spiritual abilities is laid. The greater the number of different movements a child masters, the wider the opportunities for the development of sensation, perception and other mental processes, the more fully its development is carried out. The education of physical qualities in unity with the training of children in motor skills has an impact on their improvement, improving the whole body, increasing the emotional-positive state of the psyche; children show more and more confidence in performing movements, learn new things faster, strive for greater achievements, and show creative independence.

The development of physical qualities is manifested in specific actions, basic movements: walking, running, jumping, climbing, throwing, playing and sports activities. When performing any exercise, the main type of movement, all physical qualities are manifested to some extent, but any one of them takes precedence. For example, when running short distances — speed; when running long distances—endurance, and when jumping long and high with a run-up—strength combined with speed. For example, the ability to move quickly allows you to run quickly, swim,

ride a bicycle. And short-term power stresses are necessary in jumping, climbing, and throwing objects. I propose to consider the development of physical qualities in preschoolers.

Dexterity is a complex quality characterized by good coordination and high accuracy of movements. Dexterity develops in the main types of movements (climbing, in general development exercises with objects, with equipment, in outdoor games, in sports games. The development of dexterity is facilitated by performing exercises in changing conditions. So, in mobile, sports games, children have to continuously switch from one movement to another, not conditioned in advance; quickly, without any delay, solve complex motor tasks, in accordance with the actions of their peers. Dexterity develops when performing exercises conducted in complicated conditions that require a sudden change in movement technique (skiing up and down a hill, etc.). When conducting relay games (running between objects, climbing into a hoop, etc.). To determine dexterity, a shuttle run is performed for a time.

Age	Average score boys	Average score girls
5 years old	12,7 +/- 1,5	13,0 +/- 1,5
6 years old	11,5 +/- 1,1	12,1 +/- 1,0
7 years old	10,5 +/- 1,1	11,0 +/- 1,0

Speed - the ability of a person to perform movements in the shortest possible time.

Speed develops in dance movements, in exercises performed with acceleration (walking, running with gradually increasing speed, at speed (to reach the finish line as quickly as possible, with a change of pace (slow, medium, fast and very fast, as well as in outdoor games, when children are forced to perform exercises with the highest speed (to run away from the driver). The development of speed is promoted by speed-strength exercises performed in the course of organized educational activities, in free motor activity, on a walk: jumping, throwing (the push when jumping in length and in height with a run-up, the throw

when throwing is made at high speed). For the development of speed, it is advisable to use well-mastered exercises, while it is necessary to use an individually differentiated approach, take into account the physical fitness of children, as well as their state of health. To determine the speed, children run 30 meters for a time.

Age	boys	girls
4 years old	8,5	9,4
5 years old	8,1	8,5
6 years old	7,3	7,8
7 years old	6,5	7,0

Flexibility - the ability to achieve the greatest magnitude of the range (amplitude) of movements of individual parts of the body in a certain direction. Flexibility depends on the condition of the spine, joints, ligaments, as well as the elasticity of the muscles.[8]

Flexibility develops when performing physical exercises with a large amplitude, in general developing exercises in the morning, in class, wake-up calls after sleep. In preschool children, the musculoskeletal system has great flexibility. You should strive to maintain this natural flexibility, without abusing stretching exercises that can lead to irreversible deformities of individual joints (for example, the knee). Flexibility exercises should first be performed with an incomplete swing, for example, do 2-3 half-bends, and then a full tilt, 2-3 half-squats, then a deep squat. To determine flexibility, the child performs a downward tilt, standing on a bench, or sitting on the floor, moves the cube away from him.

Age	boys	girls
4 years old	8 – 10	9 – 12
5 years old	5 – 8	8 – 12
6 years old	7 - 9	6 – 11

Balance - the ability of a person to maintain a stable position while performing a variety of movements and poses on a reduced and raised area of support above the ground (floor). This quality is necessary for a person to move around in the room and on the street, without touching objects, each other, to successfully cope with the duties necessary for different jobs (top climber, etc.).

The balance depends on the state of the vestibular apparatus, all systems of the body, as well as on the location of the general center of gravity of the body (GCG).

In preschoolers, the total center of gravity of the body is located high, so it is more difficult for them to keep their balance. When performing exercises, changing positions, the center of gravity of the body shifts and the balance is disturbed. You need to make an effort to restore the desired position of the body. For preschoolers, this is quite difficult.

Balance develops in such types of movements as walking, running on a bench, in exercises performed on a reduced and raised support area (skating, cycling, also in exercises that require significant effort to maintain a stable body position (throwing at a distance, long jump from a place and from a run, etc.). To assess the balance function, a stand is performed on one leg, the other bent at a 90-degree angle and set aside.

Endurance - the ability of a person to perform physical exercises of acceptable intensity for as long as possible.

**Results and discussions.** The development of endurance requires a large number of repetitions of the same exercise. The monotonous load leads to fatigue, and children lose interest in this exercise. Therefore, it is best to use a variety of dynamic exercises, especially in the fresh air: walking, running, skiing, skating, sledding, cycling, swimming, etc. Outdoor games are also useful, which cause positive emotions and reduce the feeling of fatigue. Walking (walking, skiing, during which exercise alternates with rest) is also recommended. The dosage of exercises and the duration of classes increase from group to group. And it also contributes to the development of endurance. To determine endurance, a step test is performed. The heart rate and the ability to restore the pulse are monitored.[7]

When planning the main types of movements in the class, I note for myself what physical quality I will develop today. What qualities can be developed in the main types of movements?

Walking- Endurance, speed, balance

Running-Speed, endurance, agility, balance

Jumping- Strength, agility, speed, balance

Throwing- Agility, strength, speed, balance

Climbing- Agility, flexibility

To track the effectiveness of our activities, we monitor the development of physical qualities at the beginning of the school year and at the end. We use the diagnostics proposed by N. V. Poltavtseva, E. N. Vavilova, and A. B. Lagutin. Based on the results of the autumn monitoring, I plan my work with children.[6],[7]

Work on the development of physical qualities is impossible without the cooperation of a physical education instructor, narrow specialists, and teachers.

During classes, on a walk, in independent games, I draw the attention of teachers to those children who have difficulties with any movement, I ask them to conduct individual work during a walk, free activity, taking into account the individual characteristics of the child, his capabilities, paying attention to how he tolerates the load.

**Conclusion.** Having considered physical qualities and studied the patterns of their development in preschool children, we can conclude that physical qualities are important for the comprehensive physical development of children. For training physical qualities as a means of forming physical development in preschool children, the universality of outdoor games is important. During the game, only one of the child's qualities does not develop. There is a General training of the body with a great emphasis on one of the types of qualities studied. The development of physical qualities is measured by certain indicators, such as speed, flexibility of the body, endurance, coordination of movements. This is necessary for the proper development and full life of a person.

In the course of the work done, the goal was achieved and the tasks were solved. We must remember that it is a huge mistake to encourage children at preschool age not to move and be silent. During this period, children learn the world. And the development of physical qualities provides a solid Foundation for a comprehensive study. It can be concluded that as a result of the use of outdoor games in preschool children, the level of physical fitness increases. In addition, a physically developed child does not lag behind in his mental development. It is easier for him to establish friendly relations with other children during the game. From here we get a healthy person on all levels: physical, mental and social.

This work can be used by teachers and physical education instructors in kindergartens.

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