



Technology of formation of physical activity in children of preschool age

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ABSTRACT

The first step is to consider the state curriculum of the preschool organization, the importance of physical education in preschool children, the development of physical qualities, goals, objectives, role, requirements for the physical development of preschool children.

ARTICLE INFO

Received: 20th December
2021

Revised: 20th January 2022

Accepted: 24th February 2022

KEYWORDS

The first step is the requirements of the state curriculum, the importance of physical education, physical qualities, goals, objectives, role, requirements.

Radical improvement of the level of preparation for school education in the implementation of the Resolution of the President of the Republic of Uzbekistan dated December 29, 2016 No PD-2707 on measures to further improve the system of preschool education for 2017-2021. Introduction of modern educational programs in the educational process, provision of qualified pedagogical staff, creation of conditions for comprehensive intellectual, moral, aesthetic and physical development of children, consistent continuation of work on strengthening the material and technical base of educational institutions. Increasing physical activity in preschool children is of great importance and they need to be developed through physical education.

Physical activity is a pedagogical process aimed at achieving physical maturity. develops sufficiency and others. In addition, exercise-specific actions aimed at solving physical tasks are complex types of movement activities. Exercise has many different physiological effects on the body. It stimulates metabolism, blood circulation and promotes bone growth.

At the same time, physical education also facilitates the implementation of aesthetic education. In the process of exercising children develop the ability to feel and perceive aesthetic pleasure, beauty, expressiveness of movement, elegance of stature, clothing - head, sports equipment, understanding and accurate assessment of the beauty of the environment, it is necessary to cultivate the desire for aesthetically pleasing behavior, intolerance of rudeness in words and deeds.

In the process of physical education, labor education is also carried out. Children's health is strengthened, motor skills are formed, and the physical qualities necessary for work are developed. Preschool children are involved in the construction and repair of physical education equipment, making bags for throwing, painting badges, putting and collecting physical equipment, attributes, toys in physical education. occupy their niches. That's why our ancestors worked hard because they were mentally and physically strong.

For physical development, it is advisable to start at a pre-school age. "I have been exercising since I was 3 years old, and I still do regular exercise at the age of 91," writes academician G. A. Speransky. This is due to the fact that children of preschool age need to get used to morning exercises and general developmental exercises in the system of physical education.

The reason is that the role of physical education is extremely important for the mental and physical development of preschool children. In order to develop children into full-fledged adults, it is necessary to combine sports with education. At the same time, it is necessary to arouse interest in sports and teach skills about its achievements from preschool age. When preschoolers spend physical minutes during classes, the child's level of knowledge is also highly effective. At the same time, the activity of children increases at a time when the circulatory system throughout the body is accelerated. The main purpose of physical education of children in preschool education is to form in children a variety of skills and abilities, to develop in them such physical qualities as strength, alertness, agility, intelligence. Regular physical activity has a positive effect on children's growth and development and increases their creative potential.

The peculiarity of the body of preschool children is that it grows and develops very quickly. At the same time, the body's functions and systems are not yet complete, so it is easily injured. Therefore, the following are the primary tasks in the physical education of children:

Health functions: To strengthen the health of children, to develop the shape and function of the body, to increase their ability to work, to increase their resistance to various external influences, to ensure longevity.

Learning Objectives: The high sensitivity of preschool children, the ability to easily adapt to changing conditions, allows them to perform a number of educational tasks, including: the formation of the necessary skills and abilities, physical qualities (agility), strength, endurance, agility, flexibility, balance, visual acuity), the formation of correct posture - posture, hygiene skills, the acquisition of knowledge about physical education.

The child's movement skills (crawling, walking, running, cycling, etc.) are relatively easy to develop and make it easier for the child to interact with the environment.

Children need to know the name of the body parts, the direction of movement - up, down, forward, back, right, left, full rotation, the name of the equipment used in physical education, the purpose for which it is used, the rules of their care and handling.

Educational tasks: to instill in children a love for sports, interest in the achievements of athletes. Positive traits of character in the performance of exercises - cohesiveness, discipline, humility, willingness and moral qualities - honesty, fairness, a sense of camaraderie, mutual support, teamwork skills, fostering responsible performance of tasks, as well as willpower qualities - courage, perseverance, self-confidence, perseverance in overcoming difficulties, endurance, etc.

In solving the tasks of physical education of preschool children, their age characteristics are taken into account. Requirements for the physical development and healthy lifestyle of young children:

The child controls his body and its organs, moves purposefully.

0 - 1 years old. Expected Outcomes: Raises head and chest, turns back to abdomen and back; sits helpless; He searches for his feet and finds them and pulls them into his mouth; crawls in different directions; moves on all fours; stands on a pole; stands up with and without the help of an adult; begins to walk; crosses small barriers;

1 -2 Age. Expected results; Walks in different directions without adult help; sits on his knees; runs; bends over, picks up toys, goes up and down stairs. Step by step - ascends;

2 - 3 years old. Expected results; Standing on one leg maintains balance;

Ascends and descends independent stairs; slides down a hill; Jumping on both feet, jumps forward, jumps over small obstacles; opens a closed door, enters and exits through the door; flies on a three-legged bicycle.

3 -4 years old. Expected results. Moves in different ways (straight, free, in the specified direction); Requirement: The child controls his body parts, moves purposefully. Can be arranged in a circle; runs in balance; moves up and down the sports ladder; jumps on two legs in one place, jumps forward; crawls under the arc of a circle; repeats exercises during physical training; flies a three-legged bicycle;

4 -5 years old. Expected results: walking on tiptoes with the soles of the feet and knees up; keeps balance on the rope, runs with knees up; jumps over low obstacles; tries to jump on a rope, is pulled by the hand on a gymnastic bench and is absorbed in the abdomen; moves on the gymnastic ladder; flies on a scooter;

5 -6 years old. Expected results: walking from toe to toe; goes around or over obstacles; walks step by step while maintaining balance on a gymnastic bench; performs various types of running (snake trail, zig zag, moximon) overcoming obstacles; jumps in different ways; crawls through several objects; lies on his stomach and crawls with his hands; climbs the gymnastic ladder.

6-7 years old. Expected results: one, two, four rows, circles, rows; performs various tasks while walking; runs lightly

(fast, overcoming obstacles, maintaining direction and balance); jumps from place to place, alternating legs to the right and left; jumps on the rope in various ways; a rope ladder climbs up a thick rope; flies on a two-legged bicycle.

The conclusion is that the role of physical education in the upbringing and development of a healthy generation is very important for the future of our country. The main goals and objectives of educating preschool children are to develop children physically and mentally, to meet their psyche, personal abilities, aspirations and needs, to ensure that they grow up faithful to national and universal values, the idea of independence, preparation of school-age children for school education in accordance with the state requirements for educational upbringing.

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