

AGE FEATURES OF THE DEVELOPMENT OF PRESCHOOL CHILDREN AND PHYSICAL EDUCATION CLASSES

Khomidov Mirkhon Uktamovich

Zarmed University Teacher of the Preschool Education and Sports Department

Abstract

The article explores ways to optimize the process of physical education of preschool children based on the targeted use of stratified movement games, as well as the effectiveness of methods of child rearing and ways of mental development of preschool education.

Keywords: preschool education, children, development, physical education, play.

Introduction

Due to the independence of the Republic of Uzbekistan, there is a comprehensive rise in all areas giving, fundamental socio-political and spiritual changes in the system of universal values renewal, all personal needs, requirements and interests of a person to the fore the rising, spiritual and moral and physical of the growing younger generation it is no secret today that the possibilities increase even more.

A healthy generation means a healthy land. And the task of raising a healthy generation is primarily it is the responsibility of preschool institutions.

In this regard, a complex and multifaceted important problem of raising a new person an important direction is to instill in everyone a culture of their own concern about their health. Family, preschool institutions, neighborhood, health care need to make it up, employees of physical education and sports systems work with the entire strength, enthusiasm in order to instill in the child's mind a love of physical education from an early age. Today it is no secret that from an early age regularly engaged in sports only children grow up physically healthy, energetic, on the basis of which parents growing a healthy child, a cherished dream, a healthy lifestyle among our population is wide there will be great opportunities to make decisions. In the system of preschool physical education, it is necessary children are taught on the basis of pedagogy and psychology every lateral formation, movement, the evolution of physical abilities, the qualification of movement, education and training of skills and knowledge under the influence of the pedagogical process of adults. The preschool period is considered an important period in the development of a child, and it lays on the foundation for health, physical development and movement culture. Therefore working on both physical education and preschool educational institutions is a broad sense significant. Organization of physical education in preschool educational institutions in this work forms of training, i.e. sports entertainment, action games, physical exercises, walks, activities specific to the type of



gymnastics are recommended. The efficient use of gymnastic exercises makes the movements that all children perform clear and get used to do obviously in action games.

Complex Sports Games, official competitions and preschool education upbringing at the age of the institution it is not recommended to be carried out with children, since these activities include a continuous exercise as well as require a great physical load and nervous tension. But the lightness of the sports games include elements as well as entertaining exercises, certain exercises of sports from preschool to school education and upbringing is very important to recommend to the children of the institution. Exercise in the selection of preschool education and upbringing in general, not the children of the institution preschool education and upbringing takes into account the specific age groups of children of the institution necessity. It should be remembered that to complicate these activities carried out not only at the expense of increasing the size and norm of the exercises, but also it is necessary from them the quality execution of actions to be required. It should take into account the level of preparation of the child : for example, during the transfer from a large group to a preparatory group to school the child may not have yet mastered or learned how to jump. So that it is necessary to divide, that is, it is at least 20 cm in front of it when jumping, then It should be able to jump freely by 25-30 cm. The reason why the child could not master it on time it follows the training in these types and it was not carried out together.

5-6 basic types of Harkats (walking, running, balance, hanging, jumping, throwing) the fact that older children are not able to master enough in their playing activities themselves and it testifies to the fact that he uses very little of these actions in his independent dealings.

Well-known psychologists A.S.Vigotsky, A.V.Zaporozhets, A.N.Leont'eva describes preschool age as the game is a leading activity, thanks to which there is a huge change in the psyche of the child. Action games are the most convenient form of activity for a preschool child, and the characters provides for a conscious repetition of his skills.

Physical actions on the agenda in preschool educational and educational institutions of children it has a positive effect on their physical development, work activity, the body of children lead to the fact that all these will save children from various diseases cause.

Accordingly, physical and psychological healthy preschool children, life needs, such as developing the child's field of action, being agile, strong, brave search for effective means of enhancing their interest in action on the basis of pressing issue. The solution to this problem, in our opinion, it is the process of holistic education, providing a comprehensive balanced, including physical and psychic development of the child when creating a unity of socio-pedagogical conditions. In these children's action activities, the game forms of organization are the most valuable.

Physical Culture training in age-mixed groups make physical exercise very required and careful selection. This exercise is the age of all children united in a group it must comply with the characteristics and capabilities. Each individual age in Child Development the stage has its own psychic and physical characteristics. Therefore, exercise and the content of the educational methodology should also be different. Weight for minors a light, unimaginable psychic for children who are given, untimely and at the same time older and the material does not require physical exertion and it is not desirable in both cases. Young children find the necessary intermediate zveno challenge, which is complicated for themselves they eliminate in an



unsuccessful way. A.V.Zaporozhets " total at each age stage in the next floor of the psychophysiological building is laid, the task is to make it in vain without rush, from building the previous floor very conciliatory without having to finish and put the next one is a phrase", he warns.

At the moment, when adult children are doing exercises below their capabilities to the material that does not require mental and physical exertion that is given to them relatively and lost interest. Therefore, training for mixed groups the content of the program should correspond to the capabilities of children of each age group.

The difficulty of planning training in such groups is that, on the one hand, each selection of physical exercises for children of the group according to their age groups, second finding an opportunity to combine all children from the side into activities that are interesting to them necessary.

Before the start of training, older children wear sportswear, and then their some help to dress slightly younger people, others need that they independently prepare the inventory of Physical Culture for training. The work is thus organized when done, the little ones do not push back the training, while the older ones do they are engaged in a type of labor activity for their age and help the little ones show.

Training can begin in different ways: for example, small children initially enter the room and sit, after which adult children enter. Their capture of bodies and the movements serve as a visual example for the little ones to imitate.

After that, young children perform a series of exercises on their program. In this sometimes older children can participate, indicating the method of performing the exercises (for example, older children stand between younger ones when lined up in a circle, the little ones keep an eye on their movements). On the contrary, it is small the young can be divided into groups and each of them can be handed over to the older, the older young people teach them under the guidance of a tutor.

"Look," says the educator - how older children raise flags up and softly down". After the performance, he said, " Now you are together with the adults do this exercise," he says. Such organization of work has a great educational content, he has a sense of responsibility, harmony, satisfaction in older children, and everything in younger ones it evokes a sense of respect for the older than himself, who is good at doing it. It can also be, when the tutor is busy with small children, the older ones are in the second corner of the room another they are independently engaged in a type of movement, in which they are in the care of the educator.

Choosing one form or another of organizing children in training, training tasks and depends on the content, the number of children and their general discipline.

When playing an action game with younger children (sometimes a common game for all children transferable) educator to explain the game to some children in the adult group (if there is such an experience in children), create a game situation (leaving chairs, toy placement as needed, etc.) or mother bird, turkey purebred, cat, Car ' role: other children along with younger ones in the game can participate.

After the nest, the young are prepared for a walk with the observation and help of a nanny, while the older ones the ESA will continue to engage with the educator on their programs.



The listed training plan is approximate and cannot be permanent. Agestriving to organize Physical Culture training in different ways in mixed groups necessary. For example, children can take turns: initially adult children they are engaged, while the younger ones at this time play on the nanny's watch, or vice versa - young people engage in physical activity with the cooperation of an educator, an adult children, on the other hand, independently engage in something on the instructions of the educator.

In practice, there are different ways of complementing mixed groups.

Chunonchi, N.V.Potexina is successful in uniting children of two mixed ages counts. Here are some of the training programs for basic movements (walking, running, etc.) features are given e'tnbor. It follows that the requirements of the program how complicated it is. not at the expense of entering new actions, but performing them at the expense of various methods of study and improving quality and quantitative indicators carried. Therefore, in Physical Culture training, it is the main one for the group one type of action can be planned, but there are different program requirements in this point. This leads to increased child activity, concentration, motor density of training ensures preservation. For example, a small medium consisting of more young children in the batch, the small group program is taken into account, but for children of middle group age exercises are complicated, and the demand for the quality of its execution is increased. Large - intended for preparatory groups

References

1. Зокирова Н. Н. Махсус мактабгача таълим муассасаларида жисмоний тарбия жараёнини такомиллаштириш усуллари //Современное образование (Узбекистан). – 2014. – №. 12. – С. 34-41.
2. Абдуллаева Б. П. Мактабгача таълим ташкилотлари ва бошланғич синфларда жисмоний тарбия машғулотларини ташкил қилиш //Academic research in educational sciences. – 2021. – Т. 2. – №. 3.
3. Усмонов Ш. Х., Самадов С. С., Фармонов А. Ч. Физкультурно- спортивные интересы и мотивационные установки студентов //Вопросы науки и образования. – 2021. – №. 4. – С. 129.
4. Kh, Kadirov R., R. S. Shukurov, and S. S. Samadov. "The Inquiry On The Changes Of Relations Towards The Basics Of The Culture Of Healthy Life In The Students Of Elective Courses." International Journal of Progressive Sciences and Technologies 25.2 (2021): 112-118.
5. Sadikovich S. S. Physical Culture and Sports as the Basis for a Healthy Lifestyle for Young People. – 2022.
6. Абдуллаев К. Ф., Жураев Б. Т. Формирование правильной осанки ребенка в семье //Вестник науки и образования. – 2020. – №. 21-3 (99). – С. 30-33.
7. Жураев Б. Т. Деятельность педагога по гуманизации учебно- воспитательного процесса //Научные школы. Молодежь в науке и культуре XXI в.: материалы междунар. науч.-творч. форума. – 2017. – Т. 31.
8. Ortiqov O. R. O'QITUVCHI FAOLIYATIDA PEDAGOGIK DEONTOLOGIYA VA KOMPENTLIKNING ROLI VA AHAMIYATI //Scientific progress. – 2021. – Т. 2. – №. 5. – С. 42-47.
9. Ortiqov O. R. GLOBALLASHUV JARAYONIDA BO'LAJAK O'QITUVCHILARDA MAFKURAVIY IMMUNITETNI RIVOJLANTIRISH OMILLARI //Scientific progress. – 2021. – Т. 1. – №. 5.