

Organization of Physical Education Classes in Preschool Education Organizations

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Abstract

This article discusses the proper organization of physical education in preschool educational organizations. It is written about where physical education is taught to children, how long, what tools are used, and what parts the exercises are divided into.

Keywords: preschool, physical education, education, activity, gymnastics, exercise, wellness.

Introduction

The first step, used in preschool educational organizations, sets out the content of physical education, physical activity, and physical education specified for each age group. When conducting a variety of exercises in physical education, a trainer or a physical education guide should take into account the tasks: to know clearly, to follow the integrity of the exercise, and to take into account the age and individual characteristics of children. Controlling and being attentive to the dynamics of a child's body and its psychology during training is one of the main tasks of a trainer. The more active a trainer or physical education guide is during training and attentive to children, the higher the effectiveness of the educational and educational process in physical education.

Up to the end of the school year, the organization of physical education in educational organizations is an educational and educational foundation for a variety of children's activities, the foundation of which is activity. This body of physical activity is a particular system of actions necessary for a child to develop physically properly and to strengthen his or her health. Types of organizing children's movement activities in preschool educational organizations include (a) frontal exercises in physical education;

b) daily physical education - well-being;

c) morning bodybuilding, movement games and walking exercise,

minutes of physical education among classes, latest physical education exercises from daytime sleep, recreation activities; g) entertainment, active rest;

d) children's tourism, physical education holidays, garden greetings, holidays;

e) the activities of children's free, independent movement;

g) the task of physical education at home. All this

It is aimed at physical education and the development of children in preschool educational organizations and meets its overall responsibilities. The types of physical activity are interconnected, and each has its own special function. All of this is carried out together on the agenda of preschool organizations.

In a group of children at an early age, or three years of age, the main form is to engage in physical activity individually, in a single order. To these -



we can enter gymnastics, massage, moving games. Morning gymnastics and physical education classes are held uniformly in all of the junior group of educators. However, each of the younger groups of children is young and

psychophysics performs exercises that are consistent with characteristics. In the rest of the group, morning gymnastics exercises are carried out, taking into account the same characteristics. The moments of physical education, held during the exercises, will be more important in large groups of kindergartens. Such moments are always included in frantic classes that stimulate mental activity - elementary mathematics, speech cultivation, literacy, second language learning, and children's rest and work capacity and attention as a time to focus.

Outdoor mobility games and different independent movement activities of different ages is a necessary prerequisite for the daily life of children in their groups. Because the majority of children's activities are game activities. In open-air moving games, children themselves are free to exercise independently. Example: The "Joyful Umbrella" game can be played to children for outdoor harness games. To do this, children stand in the form of a spinning child, carrying a pre-prepared soyobon for children. Long ribbons are attached to the bottom of the soyobon, and the children hold it from one end of that tape. The game begins with music about a rain or soyobon.

When the trainer turns the soyobon in his hand, the children also grab hold of the soyobon's ribbons and swallow it. When the pan has a dent in it, the pan has a dent in it, and the pan has a dent in it, and the pan has a dent in it. When children understand the rules of the game, their movements are accelerated. This harsh game develops agility, epoch in children. And in rule-of-the-art games, children,

occupies the specified physical condition. The importance of physical education is the comprehensive development of a culture of movement in children and the health of children and the regular implementation of educational and educational tasks for children. Performance of these tasks, functional improvement of the body of children, strengthening children's health, acquiring the skills of proper movement by children, physical qualities, and physical

to stimulate interest in discipline and sports and to promote physical development. Physical education exercises are conducted together to heal children and to stimulate a child's body, in which case, of course, the trainer or physical education guide must also pay attention to the child's compliance with the rules of physical education.

Educational task; to develop a child's moral qualities in the course of training, to teach him knowledge and terms related to physical education and sports, to question the skills of the right movement,

is aimed at nurturing physical qualities, and exercises among children are very pleasantly disciplined, well-motivated in the environment, able to work quickly and accurately in accordance with the assigned task,

by educating children who can demonstrate moral standards and creativity. Physical education classes are held in buildings and, in open areas, and in special places during the autumn, winter, and spring months. During the summer, all physical education classes (except for rainy days) are held outdoors, in a special physical training area. Physical indoor and outdoors

training sessions are interconnected. The conditions for conducting classes determine the peculiarity of the exercise. Physical education in the building is always conducted in accordance with hygienic conditions (window fortokhas open light clothing and shoes) exercises are the right, beautiful, and accurate physical activity, and all children in the group integrate a common culture



of action. Children can be twanged in various manuals and music during training. Outdoor activities have a high level of health effect for children. Children allow physical activity to be performed in a wide space, increase physical well-being for children, sports games, aesthetics, all kinds of moving games

creates a wide range of possibilities. But in the open air, the thick clothes worn by children and shoes prevent movements from becoming clear, beautiful. Preschool

Educational organizations have set time to conduct physical education:

Small group - 15-20.

Middle group - 20-25 minutes.

Large group - 25-30 minutes.

Preparatory group - it takes 30-35 minutes.

Physical education classes are conducted in three parts: entrance (walking and running through the room, standing in line); the main part (public exercises, main types of movement, moving games, etc.); the final part (walking through the room and breathing exercises, low-motion games).

Educational, educational and well-being tasks are equally important for each part of physical education. This is

performance of tasks affects the development of children in all aspects.

Introduction to the training - the functions and content of the physical training part

the tasks assigned to the first part of physical education and its main

the content and type of exercises in the part may vary. Physical

this part of discipline is a function of children's interest in exercise

and from developing an emotional mood, to bring the dictionaries together,

from checking the level of preparation, improving some mobility skills,

it involves preparing the child's body for a very intensive activity that takes place at the heart of the exercise gradually. Therefore, physical education can be described as passing through training, and

in the second case, input and physical preparation. To that end, it is possible to carry out familiar exercises and special exercises for educators who do not take so long to do so in connection with

phase-in targeting, which can help children to form the right women and prevent flat compensation. Such physical education includes: lineup exercises - various lineups and re-lines; walk and run with

different tasks; Scattered light running, then line up as a large and small circle, group, etc. Exercises performed in a variety of ways and aimed at preventing flatness, walks on the ransom, walks on

the tip of the foot, on a thick rope, on a stairs, and so on. The entrance ends with children's preparation for training, lined up in three or four, as grains, spreading, and so on. This serves to

move children to teach them public exercises at the start of the main part of physical education.

Part of the entrance to physical education:

From 2 to 4 minutes in small groups

In middle batches, up to 3 - 5 minutes.

In large groups, up to 4 - 6 minutes.

Preparation lasts from 5 to 6 minutes in groups.

After the introduction to the training, the main part can be started. Complex coordinated, basic with adequate physical load in the main part

The main part of the exercise is the functions and content: in one case, the main part of the exercise is determined by the tasks of first focusing more on teaching children public exercises and then basic movements and nurturing physical qualities; In another case, training in basic action exercises



is prescribed. These exercises involve introducing new motion material, repeating familiar, taught exercises using a variety of options, and improving the skills of movement at the stage of strengthening the training. These are

after all has been completed, it will be possible to play rule-setting games that will attract all children in the group to intensive mobility. Given the continuity of children's optimal psychological work abilities, very difficult tasks are set at the very beginning of the core. An example of this is to introduce children to the subject and content of the new exercise, or to do very complex coordinated exercises. Children perform general exercises with small pilgrimage—flags, sticks, copies, chambaraks, lenses, and so on. During this night, they affect improving the functionality of the body, greening the ability of large muscle groups to work. In the main section, it is possible to initially form the right woman and arrange breathing, extending hands to the sides and combining them in front of the breast. Thereafter, children's exercises in developing and strengthening the muscles of the hand muscles and shoulder belts, strengthening the back muscle for the gastrointestinal tract, and developing spinal cord flexing - bending forward, back and sides, turning right and left, and spinning the waistband of the body. Abdomen and legs

Mushaklarini rivojlantirib va mustahkamlovchi mashqlarga chuqayish, tizzadan

Sitting in a folded state, lifting legs for 15 minutes, and exercfunding hakoza. When performing and repeating these exercises, it is intended to gradually prepare the child's body for more complex loads. From this

then switches to the topic of training to perform the main actions. The new theme will be new to children and at the learning improvement phase. He is the principal coder of physical education for school preparation teams

One of them is a leader, that is, requires the attention of the trainer,

The rest are selected from exercises for children for the purpose of first familiar repetition and improvement. For example - jumps involving throwing and sucking or running participation, resurrection and hakoza. Adding such physical activity takes into account their level of intensity more. It is highly desirable to combine high-intensity exercises with low-intensity exercises or various moderately intensive exercises. Thus, physical education will be achieved in color and variation of children's movement levels, which will improve a child's ability to work. Require participation of the entire muscular system

improves the level of gouiliyauinig. Plunder the ishiuokin of the entire muscle system

Performing the main types of movement always improves the functional state of the body and increases the functionality of the child in moving games characterized by rapid, purposeful movements. The duration of the main part of the exercise, which is conducted by teaching public exercises, is from 15 minutes to 18 minutes in small groups. In middle batches from 20 minutes to 22 minutes. From 25 minutes to 28 minutes in large groups. The preparation will be in groups from 25 minutes to 28 minutes.»

The finishing part of the training, considered the last finishing part of the training from the game, involves an intensive pace of gait that slows down steadily. Such a behavior contributes to a decrease in overall resilience and the normalization of the pulse in the child; and in the process of walking,

how many breathing exercises can be performed. In some cases, it is more interesting to walk

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Doing so can also be replaced by low-mobility games involving all children. At the end of the walk, or the game in place of it, the physical education session is completed, and the children are transferred to another activity. Duration of the final part of the exercise :

From 2 minutes to 3 minutes in small groups. From 2 minutes to 3 minutes in the middle group. From 4 minutes to 5 minutes in large groups.

The preparatory period is from 4 minutes to 5 minutes.

In a nutshell, organizing and conducting physical education activities in the "Preschool Education" organization, based on the "First Step " government program

will be held. Physicality carried out by a trainer or physical education guide discipline exercises are conducted at the level of children's physique.

Movement in children in the process of organizing physical education

with the development of their skills, speed, agility, endurance,

physical qualities, such as flexibility, are nurtured. Physical education classes

is planned in accordance with the curriculum to be set out,

The main focus in the same classes is to teach children together in accordance with what they previously learned; secondly, check the level of learning, performance, and quantitative outcome of the action materials in the classroom from time to time; Third, in the classroom, children can be encouraged to repeat frequently using options to improve familiar exercises. Physical education can always be consistent, achieving the expected results if organized in a row.

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