

Organizing Physical Education of Pre-School Children

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ABSTRACT

This article talks about the goals and tasks of preschool children's physical education and means of organizing this process.

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Physical education in preschool educational institutions is a process consisting of a unity of goals, tasks, tools, work forms and methods aimed at improving the health and comprehensive physical development of children.[6]

The purpose of physical education is focused on forming the foundations of a healthy lifestyle in children.

In the process of physical education in pre-school educational institutions, health-improving, educational and educational tasks are carried out.[1]

Among the tasks of health promotion, protection of children's life and strengthening of health, all-round physical development, improvement of body functions, increasing activity and general work performance take a special place.

Taking into account the specific characteristics of the children's age, health-improving tasks are defined in a more precise form, that is, to help the correct formation of the spine, to develop leg arches; support the development of all muscle groups, especially large muscles; correct proportions of body parts; aimed at improving the functioning of the cardiovascular and respiratory systems. In addition, taking into account the characteristics of the development of the child's body, it is important to improve the general performance of children.[5].

Educational tasks ensure the role of physical exercise in children's life, the formation of movement skills and abilities, and the development of physical qualities. Due to the flexibility of the nervous system in children, movement skills are formed relatively easily. Many of them (crawling, running, walking, skiing, cycling, etc.) are used by children in everyday life. Motor skills facilitate communication with the environment and increase the skills of correct movement. Correctly organized exercises have an effective effect on the development of muscles, joints and bone system. Movement skills formed in preschool children are the basis for their further improvement at school, and will allow them to achieve high results in sports in the future.

In the process of forming movement skills in children, the ability to easily master more complex movements and various types of activities involving these movements develops.

It is considered necessary to form the skills of practicing, general development exercises, basic movements, sports exercises in preschool children. In addition, children should be taught to play sports and perform elements of sports games.

At this age, it is important to inculcate the basic skills of personal and public hygiene (washing hands, taking care of clothes, shoes, etc.). The acquired knowledge allows children to engage in physical exercises more consciously and fully, to use physical education tools independently in kindergarten and in the family. Educational tasks are aimed at all-round development of children (mental, moral, aesthetic, labor), forming their interest and need for regular physical exercises. The system of physical education in preschool educational institutions is built taking into account the age and psychological characteristics of children.

The first seven years of a child's life are characterized by intensive development of all organs and systems. A child is born with certain hereditary biological characteristics, including typological characteristics of the main nervous processes (strength, balance and mobility). But these characteristics are only the basis for further physical and mental development, and the determining factor from the first months of life is the child's environment and education. Therefore, it is very important to create such conditions and organize education in such a way as to ensure the child's cheerful, positive emotional state, full physical and mental development. [2].

Physical education helps to implement aesthetic education. In the process of performing physical exercises, it is necessary to develop the ability to perceive, feel aesthetic pleasure, understand and correctly evaluate the beauty, elegance, expressiveness of movements.

Since the purpose of physical education is to form healthy lifestyle skills in children, the following are used to solve the problems of physical education of preschool children: hygienic factors, natural forces of nature, physical exercises, etc. affect the human body in different ways. Hygienic factors (study routine, rest, nutrition, sleep, etc.) are the main condition for solving physical education problems.

They increase the effectiveness of the effect of physical exercises on the involved body. For example, physical exercise contributes to the development of the skeletal and muscular system. The cleanliness of the gym, sports equipment, toys, clothes, and shoes prevents diseases. Hygienic factors are also of independent importance, they contribute to the normal functioning of all organs and systems. For example, regular and high-quality nutrition has a positive effect on the functioning of the digestive organs and ensures the timely delivery of necessary nutrients to other organs, that is, contributes to the normal growth and development of the child. Good sleep provides rest and improves the efficiency of the nervous system. Proper lighting prevents eye diseases. Following a strict schedule teaches the child to be orderly, disciplined and responsible. The natural forces of nature (sun, air, water) enhance the positive effect of physical exercises on the body and increase the working capacity of a person. During exercise in the air or water (swimming) with sunlight, positive emotions appear, the functionality of individual organs and body systems increases (more oxygen is consumed, metabolism increases, etc.). [4].

Natural forces of nature can also be used as an independent tool. Water is used to clean the skin, it has a mechanical effect on the human body. The air of the groves contains special substances called fytocides, which help to destroy microbes, enrich the blood with oxygen and have a beneficial effect on the human body. Sunlight contributes to the formation of vitamin D under the skin, kills various microbes and protects a person from rickets. In order to have a multifaceted effect on the body, it is necessary to accept all the natural forces of nature and combine them appropriately.

Physical exercise is the main unique means of physical education, which has a multifaceted effect on a person. They are used to solve the problems of physical education: they contribute to the effective implementation of mental work, and are also considered a means of treatment for many diseases. [3].

According to many scientists in the field of physical education and sports, the goal of physical education of the growing young generation is to form the foundations of physical and spiritual culture of the individual, to increase health reserves in a healthy lifestyle as a value system that is implemented over a long period of time. Based on their opinions, when applied to children of preschool age, the main tasks of physical education include:

- formation of a conscious need in children to learn the values of health, physical education and sports;
- development of physical capabilities that ensure the necessary and sufficient level of development of the child's physical qualities, movement skills and skills in accordance with naturalness and in an individual - suitable manner;
- providing information on general physical education to children of preschool age, thereby achieving their mastery of intellectual, technological, moral, ethical and aesthetic values related to physical education;
- emergence of actualization of knowledge at the level of basic skills of conducting independent training.

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