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THE IMPORTANCE OF ACTION GAMES IN THE PHYSICAL DEVELOPMENT OF PRESCHOOL CHILDREN

Annotation: preschool studies methods and approaches aimed at developing mobility in the interpretation, and also analyzes the impact of various types of exercise and physical activity on their physical and mental development. Particular attention is paid not only to the physical development of children, but also to the formation of their social skills, incentives to play sports and methods of play that contribute to the common interest in physical activity.

Keywords: elementary grades, physical development, game techniques, physical activity, wellness, mental development, social skills, motivation for Sports, Health Promotion, effective techniques, lesson organization

Preschool education is the daslabki stage of the system of continuing education. Its main purpose is to ensure the development of the personality of the child in all respects, to realize abilities, to form the skills necessary for studying, for continuing education, and to prepare for successful schooling.

The legal basis of the activities of preschool educational institutions, the law “on education”(1992), “national program of Personnel Training” (1997), the law “on Physical Education”(2000), the concept “on preschool education”(2008, 2011), the regulation “on preschool institutions”(2007), “Bolajan” (2010) and state requirements (2013), as well as other regulatory legal acts. The young generation growing up in Uzbekistan is able to maintain health, raise them as physically strong, energetic, businesslike, and bring them to life, to work. In order to implement directive documents related to the issues of preparation for the protection of the motherland, a new approach to physical education work, being in the search will entail the scientific-theoretical and re-elaboration of the practical foundations of the system. During training, the harmony of the functioning of the organs and systems that work in conditions of extreme work of the whole organism improves, finding the right rhythm of work appears in the ham in connection with this, the opportunity to increase emotional state. During this period, the highest level of working capacity is observed. It stands on the basis of the change in the description of certain characteristics of the activity. Physical education training consists of three interconnected parts: introductory – physical training consists of the main and concluding part. Educational, educational and health-improving tasks have the perfect level of training for each part of the training. The implementation of these tasks ensures a comprehensive impact on children.

The tasks and content of the introductory – physical training part of the training can vary according to the tasks for which the first part of the physical training is assigned and the content of the exercises in its main part. Therefore, one-point training, the second-one-point entry can be in the description of physical fitness. The task of this part of the training is to help the child develop an interest and emotional mood towards him, check the level of training of the figure, clarify some movement skills, gradually increase the body of the child in the main part of the training it consists in preparing for a somewhat intensive activity. To this end, children are offered to perform familiar exercises and their options, which will help to raise the right old age, prevent flatulence, and do not require a lot of time to perform in connection with aiming in space and in the team. Such exercises include: deployment exercises-various deployments and re-deployments; walking and running, which are performed with different assignments (indicated turns in direction, replacement of starters, etc.; scattered light running Hamda later large and small round, colonnade and hokazo formation; walks of different appearance and purpose of preventing flatulence – walking on the heel, at the tip of the foot, on a thick rope on the floor,

on a ladder and other exercises. The introduction ends with the children being lined up in rows of three to four pieces, scattered, and hokazos. It serves to transform children into teaching all-inclusive exercises at the beginning of the main part of training. This part lasts 2 to 4 minutes in small groups, 3 to 5 minutes in medium groups, 4 to 6 minutes in large groups. If when the first part of the training is planned in the introductory-preparatory part quality, at the beginning of it, exercises are given that are intended for the introductory part, which is indicated above. However, after that, in this part of the training, all-inclusive exercises were given, which did not require training, consisting only of repeated and Variational exercises.

Their task is to prepare the child's body for a slightly higher physical load on the main part of the training. In this case, basic movements with complex coordination or sports exercises of an intensive description with sufficient physical load are planned.

The main main tasks of education for preschool children consist in developing children physically, mentally and spiritually, preparing them for regular education (school) on the basis of national and universal values, taking into account their innate competence, interest, need and capabilities. The goals and objectives set before the process of development and preparation of preschool children are controlled through this “state requirements for the education of preschool children”. State requirements define the main directions of educational content given to preschool children, as well as the minimum requirements for their level of school readiness, which is recognized as a state document.

The physical education and education of the younger generation is defined in the law of the Republic of Uzbekistan “on education” and the “national program of Personnel Training”. At the age of preschool education, the child's organism develops rapidly. Its nervous system, bone muscle cystitis are intensively formed. The respiratory organs are improved. It is during this period that the ground is laid for health and full-fledged physical and spiritual maturation. This is the main goal set out in the Education Act and the National Training Program. Targeted physical education it has a positive effect on the mental development of babies. Their knowledge of what is and is in the natural environment increases, their knowledge of place and time improves, positive sensations of character trait are composed.

Great attention is paid to the fact that preschool children are polite and fall in love with work. From an early age, children are taught habits such as rules of conduct at home, on the street, in kindergarten, in Mexico City, culture of treatment, eating, dressing, undressing, walking in order, being polite, hardworking, appreciating the work of others. These habits form the basis of the content of the upbringing of a child as polite, competent.

One of the important indicators that determine the readiness of children for school is the degree of their physical development. Teaching children to be able to know and actively participate in the names, rules of national games, including those that are suitable for their age, to run and jump, to carry out norms established in accordance with their age, to deploy agile movements, to perform conditioning exercises forms the basis of educational content that ensures the physical development of preschool lbolas.

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