

THE IMPORTANCE OF PHYSICAL EDUCATION TRAINING IN PRESCHOOL EDUCATIONAL ORGANIZATIONS

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Annotation: This article analyzes the importance of physical education training in preschool educational organizations, its impact on the development of children and its role in the educational process. The article covers the role of physical education training in the formation of a healthy lifestyle of the child, the development of social skills and the strengthening of his psychological state on a scientific basis. Information is also provided about the forms, methods of physical education training and innovative approaches used in the educational process.

Keywords: preschool education, physical education, healthy lifestyle, child development, educational process, social skills, innovative approach.

Annotatsiya: Ushbu maqolada maktabgacha ta'lim tashkilotlarida jismoniy tarbiya mashg'ulotlarining ahamiyati, uning bolalar rivojlanishiga ta'siri va ta'lim jarayonidagi roli tahlil qilinadi. Maqolada jismoniy tarbiya mashg'ulotlarining bolaning sog'lom turmush tarzini shakllantirish, ijtimoiy ko'nikmalarni rivojlantirish va psixologik holatini mustahkamlashdagi o'rni ilmiy asoslangan holda yoritilgan. Shuningdek, jismoniy tarbiya mashg'ulotlarining shakllari, usullari va ta'lim jarayonida qo'llaniladigan innovatsion yondashuvlar haqida ma'lumotlar keltirilgan.

Kalit so'zlar: maktabgacha ta'lim, jismoniy tarbiya, sog'lom turmush tarzi, bolalar rivojlanishi, ta'lim jarayoni, ijtimoiy ko'nikmalar, innovatsion yondashuv.

Аннотация: В данной статье анализируется значение физической активности в дошкольных образовательных организациях, ее влияние на развитие детей и роль в образовательном процессе. В статье научно обоснована роль физической активности в формировании здорового образа жизни ребенка, развитии социальных навыков и укреплении психологического состояния. Также представлена информация о формах, методах физической подготовки и инновационных подходах, применяемых в образовательном процессе.

Ключевые слова: дошкольное образование, физическое воспитание, здоровый образ жизни, развитие детей, образовательный процесс, социальные навыки, инновационный подход.

Introduction

For the comprehensive development of preschool children, physical education training is important. Children of this age have a high level of activity of movement, and the role of physical activity in their mental, psychological and physical development is incomparable.

Physical education training serves to ensure that children are not only healthy, but also acquire social skills and develop spiritually.

Today, it is important to organize physical education classes in preschool educational institutions on the basis of modern methods. Through the use of innovative pedagogical technologies, it is possible to increase the interest of children and achieve the formation of a healthy lifestyle in them.

1. Goals and objectives of physical education training

Physical education in preschool children pursues the following main goals:

Strengthening health-improving the physical health of children, strengthening immunity.

Development of movement skills-the formation of skills such as running, jumping, maintaining balance.

Development of communication skills-the development of social skills of children through team games.

Increasing independence and discipline – the development of independent acting skills in children.

To achieve these goals, various physical games, competitions, group exercises are organized in training.

2. Forms and methods of physical education training

Physical education classes are held in several forms:

Lesson-shaped training is a planned training, focused on specific goals and objectives.

Morning badantarbia is a complex of general physical exercises that are performed every morning.

Action games-children develop physical and social skills through group games.

Musical physical exercises are music-assisted activities that improve the emotional state of children.

In training, suitable for the age of children, fun and safe games and exercises are selected. Action games increase children's interest and develop creative thinking and teamwork skills in them.

3. The impact of physical education training on the development of the child

Physical education training affects the comprehensive development of children through the following aspects:

1. Physical development:

The muscles and bones of children are strengthened.

The functioning of the cardiovascular and respiratory systems improves.

Flexibility, endurance, agility and balance develop.

2. Psychological development:

Volitional qualities are formed in children.

Through training, children acquire stress relief and self-control skills.

3. Social development:

Team games develop children's skills to work together.

Friendly relations are formed between children.

4. Use of innovative technologies

In the process of modern education, the following innovative technologies are used in physical education activities: interactive game technologies – the use of digital games and multimedia tools to increase the interest of children.

Sensor technologies are special sensor platforms that develop children's balance and movement compatibility.

Sports-training equipment-physical training using safe sports equipment and simulators for children.

Conclusion

Physical education training in preschool organizations is important for the healthy development of children. These activities make it possible to improve the physical health of children, develop movement skills, improve social communication skills and strengthen psychological stability. The use of innovative technologies and modern pedagogical methods increases the activity of children and serves to form a healthy lifestyle in them.

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