

PEDAGOGICAL OPPORTUNITIES FOR THE DEVELOPMENT OF PHYSICAL QUALITIES IN PRESCHOOL CHILDREN

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ABSTRACT

It provides information on the main forms of physical education and rehabilitation of children in preschool institutions and their pedagogical potential, the healing effect of exercise and natural factors.

KEYWORDS: Physical education, physical development, physical qualities, age characteristics, movement skills, physical education, etc.

INTRODUCTION

Raising a healthy and harmoniously developed generation has been one of the most important priorities in the history of mankind. Therefore, after the independence of our republic, at the initiative of the first President Islam Karimov, in creating the great future of the new independent state, as the head of state said, "Nothing can make the country more famous in the world as sports." Depending on historical methods and while remaining faithful to the traditions, special attention is paid to the healthy and harmonious upbringing of the next generation. Therefore, great opportunities are being created for the development of physical culture and sports in our country. The adoption of laws and decrees "On Physical Culture and Sports" in the country indicates that physical culture and sports have risen to the level of state policy. As a result of the development of such laws and decrees, their large-scale implementation in our country, modern sports complexes are being built, many prestigious competitions are being held. In this regard, an important aspect of the complex and multifaceted problem of educating a new person is to instill in everyone a culture of self-care for their own health. Family, school, community, health, physical education and sports system staff as a whole are using their strength and drive to instill a love of upbringing in the child's mind from a young age. The special attention paid by our first President to this area from the first years of independence proves his vision of the bright future of our country, the greatness of our state and as a result, in 1997, Law on Education and the National Training Program was adopted. It was called pre-school education, which is the first type that defines a whole continuous educational process. This approach alone requires careful, attentive, and kind treatment of this type of education. After all, today's young boys or girls have a huge task to become strong, healthy, educated, intelligent and active members of our society.

In doing so, they trust you and us, the adults. If we can combine the courage, strength, knowledge, dedication and patriotism of our youth, we will not find more power. Before the independence of Uzbekistan, the national factor, national values and traditions were discriminated in one way or another in all spheres of life of our people. This is reflected in the spiritual and physical upbringing of the younger generation. A healthy, energetic, physically developing preschool child is a moral and volitional person, who is mainly interested in various actions that are appropriate for his age, ability to develop actions, skills and abilities. Should have positive qualities. In the system of pre-school education, children should be educated and taught on the basis of pedagogy and psychology the comprehensive formation, development of movement, physical abilities, motor skills, abilities and knowledge under the influence of the pedagogical process of adults. Preschool is an important period in a child's development, laying the foundation for his or her health, physical development, and movement culture. That's why it's important to do physical education in preschool.

Therefore, the formation of physical fitness in children on the basis of our spiritual heritage is a requirement of this day. The organization and conduct of physical education for a large group should ensure the harmonious development of the child's body, strengthen their health, and develop motor skills and abilities. The physical education of preschool children is aimed at improving their health, learning and upbringing. In the process of physical education, it is necessary to develop disciplinary skills, to work as a team, to engage in regular training and to cultivate the stability of interests.

The harmonious development of the younger generation involves comprehensive physical education. It is carried out through the joint efforts of educational institutions, families and public organizations. Physical education is aimed at improving health, developing physical qualities, preparing young people for work and defense of the Motherland. The doctrine of physical education is an integral part of pedagogy. The basic concepts of "Physical Education", "Physical Perfection", "Physical Wellness", "Physical Development" are used in the description of various phenomena in this field of pedagogy. The concept of "physical education" is the most general. It is seen as part of the common culture of the people. Physical education is the sum of the material and cultural values that society has accumulated, created, and used for the physical development of its people.

The physical education of preschool children is aimed at preserving their lives, strengthening their health, developing motor skills and providing them with full-fledged physical education, developing cultural and hygienic skills, and inculcating a habit of living a sedentary life. The success of any endeavor in educating a child depends on the health of the child. Therefore, most pedagogical work is carried out taking into account the physical capabilities and health of the child. The physical development of a child is important for his or her development into a well-rounded person. A healthy, physically strong child also has a high ability to work, easily adapts to the conditions, easily and quickly performs various tasks.

Good health and full physical development determine the overall high activity, rapid adaptation to various tasks. Exercise has a profound effect on the growth and development of the body, the expansion of its functional capabilities. Motor activity has a positive effect on the development of knowledge in the frontal lobe of the brain, which plays a leading role in the performance of the original activity. The movement of the hands and fingers stimulates the development of the speech movement center. In this way, the child's speech, as well as thinking, develops earlier and more fully. Movement activates the operation of all analyzer systems. Thus the sensory organs develop faster and more successfully. The strong connection between physical and mental training is also reflected in the development of spatial orientation. They are a necessary aspect of the diversity of mental activity, and are especially actively assimilated not only through the visual organ, but also through exercise with the participation of the motor organs and other analyzers.

During the process of regime, exercise, training, children's worldview changes, they acquire some of the most basic specialized knowledge. Good health is the basis of active mental activity. Physical education is related to moral education. Children not only get an idea of moral behavior (courage, honesty, orderliness, etc.) in the performance of hygiene, exercise, movement games, but also practice about this behavior. They develop willpower qualities (determination, independence, etc.). The emotional richness of most physical exercises enhances their impact on a child's personality. In physical training, movement games, children develop a sense of community, cohesiveness and discipline. The connection between physical education and aesthetic education is first of all expressed in the fact that full physical development is a guarantee of a child's aesthetic appearance. Children develop ideas about a beautiful figure - stature, general aesthetic appearance (beautifully dressed, orderly, etc.). The kids are free as they do the exercises. learn to act beautifully and expressively, which helps to cultivate aesthetic feelings.

In fact, in pre-school education, first of all, it is necessary to involve specialists in physical education, to equip sports grounds in accordance with the hygienic requirements of children in accordance with the hygienic requirements for physical education, to use physical education in accordance with the plan. , the formation of motor activity in children through movement games and gymnastics, etc. are important issues in the physical development of the child.

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