

Specific Characteristics of Physical Education Activities in Strengthening the Health of Preschool Children

Turaev Makhmud Mukhamedovich
Turkestan New Innovation University Docent

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ABSTRACT

This article contains information about physical education classes, morning physical education, physical culture minutes, training events, and sports holidays with preschool children.

The healing forces of nature, hygienic factors and physical exercises are of great importance in the physical education of preschool children. In addition to the effects of the above, the child's daily activity (daily movement, rest, various games, music, physical work) should be planned in such a way that all this creates an opportunity for his development. It should be chosen so that they improve muscle strength. It is desirable to develop the quality of endurance by using all organs and systems and processes in children of preschool age. This quality will develop if the standard of walking, running, swimming and cycling is increased. This, in turn, means that one should not forget to take into account the age of the participant. At this age, the musculoskeletal system becomes flexible. In order not to decrease the ability, it is necessary to use physical exercises that are appropriate for everyone's age.

Systematic physical exercises mainly strengthen children's strength and elasticity, improve breathing, blood circulation and cardiovascular system, and metabolic processes in organs. In addition, if morning gymnastics is organized and starts with a good mood, the impact of daily physical exercises leads to the formation of the first elementary knowledge about the health benefits of physical exercises. At a young age, physical exercises should include imitation of someone or something and scenes from real life. Exercises are planned from 3 to 6, and up to 8 as the age increases, one complex is planned for a week and after 3-4 days it becomes more difficult, it is held for 7-12 minutes.

For 6-7 year olds, physical exercises close to the material of the school program are recommended. The dose of physical exercise is determined depending on the severity of its performance. Exercises of shoulder and neck muscles are repeated 6-12 times, exercises of abdominal and back muscles are repeated 4-8 times. Minutes of physical education are spent during drawing classes, working with plasticine, counting, and speech development activities. 2-3 physical exercises are selected for this

training, and they are performed standing and sitting. Games will be held in the morning at 1000-1200 and after lunch. Its purpose is to develop physical qualities known to us in children. When choosing action games, after choosing a game, the teacher carefully thinks about the method of its application, and then conducts it. Playing unfamiliar games for a child causes a lot of difficulties. Adults are given independent tasks. Games last 7-15 minutes and are repeated 5-7 times. Trips are organized 1-2 times a week, and 1-2 times for children under 2 years old. In it, the place to be visited in advance, the training scenario is drawn up, the conditions are taken into account, and the necessary equipment is prepared. Depending on age, the journey can be extended from 20 minutes to 1.5 hours.

Individual exercise classes are conducted with the help of a doctor, taking into account the physical fitness of children. In these classes, there are convenient opportunities for those who have defects in the body structure or those who have chronic and diseases of the cardiovascular system. The duration of its continuation depends on the level of physical fitness of the patients. Doctor's advice plays a key role during training. Independent exercise classes give children the opportunity to engage in physical activity that they love. For this, the educator has prepared for them a gymnasium or a special playground, a swimming pool, sports equipment and supplies. During the training, the teacher gives the children the effect that they should separate the roles. In the kindergarten, a general work plan is drawn up and physical education activities are determined. In this section, the main purpose of physical education is highlighted and specific tasks for its implementation are defined. Tasks can be different: teaching swimming, teaching a bicycle, scooter, roller skating, etc.

To do this, the educators will consult in advance, fill the pool or make a place to shoot lakhmalaka. The educator plans the program for quarters, months and weeks and manages the progress of the physical education process based on that plan. Children's physical fitness must be taken into account when planning.

3-4 times a year, systematic calculations of physical fitness are carried out in kindergartens and kindergartens, and control of the development of physical qualities is established. Based on that, the educator writes a report about the child who has been sent to school.

Morning exercise. Morning physical education held in pre-school educational organizations is a continuation of the routine exercises started at home and teaches children to follow a certain order, to be disciplined, and to be orderly in performing actions. In morning physical education, it is used from simple training and retraining exercises to general development exercises and basic movement exercises. In the coordination of physical education, it is widely used to include elements of dance, rhythmic gymnastics, some aerobic exercises in the series of physical education exercises. Morning physical exercises are determined according to the child's ability. General development exercises are performed in a certain anatomical order: first, the muscles and shoulder girdle are moved (making circular movements with the hands up and to different sides, writing with the arms bent at the elbows).

Then exercises that develop the muscles of the body, chest, abdomen, arms and legs are performed (bending, rotating the body, sitting - standing movements; standing, sitting, lying on the back, lying on the stomach, kneeling to the sides 'entrance etc.' After general development exercises, they run slowly or jump while standing. Morning exercise ends with a slow jog. The number of general development exercises is 4-5 in the small group, 5-6 in the middle group, 6-7 in the large group, 7-9 in the preparatory group. Duration of morning physical training in a small group is 5-8 minutes, in a large group 8-10 minutes, in preparatory groups 10-12 minutes. General development exercises can be done with or without objects. In small and medium groups, rattles, flags, cubes, ribbons, small balls; in senior and training groups, using sticks, belts, large balls, ropes, drawings, sandbags, it is recommended to conduct all training indoors or outdoors, depending on the season. On rainy days, classes are held in ventilated rooms.

Happy moments. Joyful moments restore the activity of the cerebral cortex, improve blood circulation in certain organs, concentrate attention, and eliminate body defects. In children,

quickness, now develops the characteristics of response. Fun moments are spent depending on the content and character of the training. Physical exercises are determined depending on the nature of the training. Drawing and making clay objects include bending and writing exercises, spreading and clenching the fingers (making a fist), free movement of the hand muscles, and various exercises for the shoulder muscles (putting the fingers on the shoulders and moving the hands forward and moving backwards and bending to the sides with hands on hips). Happy moments are embedded in the content of training or adapted to it. Happy minutes start from the middle group and last for 1-2 minutes and consist of 3-4 exercises. In the exercises for developing speech and developing elementary mathematical ideas, exercises for arm muscles, shoulder muscles, legs, back muscles are performed, the shoulders are raised, the fingers of the hands are moved in a circular motion, rotation, bending, cho squatting, bending the spine, taking deep breaths through the nose, sitting, bending the legs at the knees, moving the legs forward, to the sides, back, and jumping. During the lesson, it is possible to plan for children to play imitation and different games in a short time (1-2 minutes). He performs the main and final actions of memory strengthening exercises in children. When moving from one situation to another, he is taught to think quickly and adapt his behavior to this situation.

Refreshment. From the day a child is born, his body is trained. The child's body temperature is adjusted and coordinated with the air temperature. The child is taken out into the open air upside down 1 time in five days, 2 times in five days, 3 times in five days. The child is laid naked in the room, and the child's body is gradually wiped with a rag soaked in room temperature water. Then the tops are put on. This procedure lasts 15-20 days. The temperature of the water is decreasing. The child is placed in his room once a day for 1-2 minutes on his side, on his stomach, on his back. It is also slowly cured in sunlight. When the child reaches kindergarten age, training exercises are carried out in consultation with the kindergarten doctor, parents are also informed about the training exercises in the kindergarten, and certain recommendations are given. Fitness is also related to children's nutrition. Taking into account our national traditions, the client of the child is studied (the hot or cold client of the child is taken into account). In terms of eating, digestive tracts are gradually developed to neutralize the negative effects of this client on children's health. These cases are discussed with medical staff and parents. These measures are aimed at adapting the children's body to sudden changes in the natural factors of the external environment, and in order to fully ensure the exercise, water and air baths are carried out in the room, and the room is regularly ventilated. Depending on the possibility, taking into account the location conditions of the kindergarten, 1-year-old children are trained by dressing and undressing them for 1-2 minutes starting from a room temperature of 22 degrees. Water treatments can be used for 2-year-old children: during winter, when pouring water on the feet, the water temperature, which starts at 35 degrees, is gradually lowered to 21 degrees; during the cold season, wiping the body with a cloth soaked in water with a temperature of 32 degrees; In summer, pour water (30-32g) on the body. Starting from the warm period of the year, the child's body is gradually trained according to adaptation. Complex training activities for 3-year-old children are carried out through the sun, air, and water. Common water procedures in the sanatoriums: soaking with a towel, pouring water from the feet and body, bathing. Summer training activities are conducted by lowering the water temperature from 32 to 18 degrees. After the child's body has adapted, the water temperature is lowered from 36 to 20 degrees. 3-year-old children can be bathed for 3 to 5-8 minutes in open pools in the summer when the water temperature is 25 degrees. Starting from May, it is recommended to take a sun bath from 10-11 a.m. from 4 to 20 minutes (for each part of the body, 1 minute for the left and right leg). Kindergarten age groups continue to be bathed in local conditions with the help of water bottles, pouring water on the feet, dipping, sunbathing and water baths. The use of non-traditional and complex training methods in groups of preschool age is more appropriate. When scalding the feet, the water temperature is reduced from 36 to 18 degrees. Cyclic running exercises are performed depending on te

Walking along the salt road. 1 glass of salt is added to 1 bucket of water with a temperature of 18 degrees and dissolved and sprinkled on the pavement. Running barefoot on a rubber treadmill and lying on your back doing crunches will strengthen your back muscles. Bathing in open water pools

with a temperature of 25 degrees. These procedures are carried out taking into account the special features of the children's health and the adaptation of their bodies to the external environment. For some children with disabilities in health and physical development, physical education classes are conducted separately in special groups. The number of children in such groups is 8-10. Classes are held separately and one-on-one for boys and girls. As indicators improve, children's health also improves.

CONCLUSION

Gymnastics classes held in pre-school educational organizations are a continuation of daily exercises started at home and teach children to follow a certain order, discipline, order in performing actions. In morning physical education, it is used from simple training and retraining exercises to general development exercises and basic movement exercises. In adapting physical education, it is widely used to add elements of dance, rhythmic gymnastics, and some aerobic exercises to the list of physical education exercises. Morning physical training is determined according to the child's ability. General development exercises are performed in a certain anatomical order: first, the muscles and shoulder girdle are mobilized (making circular movements with the hands up and to different sides, writing with the arms bent at the elbows). Then, exercises that develop the muscles of the body, chest, abdomen, arms and legs are performed (bending, rotating the body, sitting and standing; 'entrance etc.' After general development exercises, they run slowly or jump while standing. Morning exercise ends with a slow jog. The number of general development exercises is 4-5 in the small group, 5-6 in the middle group, 6-7 in the large group, 7-9 in the preparatory group. Duration of morning physical training in a small group is 5-8 minutes, in a large group 8-10 minutes, in preparatory groups 10-12 minutes. General development exercises can be done with or without objects. In small and medium groups, rattles, flags, cubes, ribbons, small balls; in senior and preparatory groups, using sticks, belts, large balls, ropes, drawings, sandbags, it is recommended to conduct all training indoors or outdoors, depending on the season.

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