

METHODOLOGY FOR CONDUCTING PHYSICAL EDUCATION FOR 6-7-YEAR-OLD SCHOOL CHILDREN

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Abstract

This article discusses the methodology for conducting physical education classes for 6-7-year-old schoolchildren.

Keywords: Physical ability, competition method, demonstration method, oral method, figurative story, oral instruction, health-improving tasks, educational task, movement skills, educational task.

Introduction

In the development of children's physical capabilities in preschool educational organizations, pedagogues need to study well the physiology and psychology of children in order to properly organize physical development from a methodological and pedagogical point of view and always they should refer to certain scientific directions and, based on this knowledge and skills, set specific tasks before each training session.

In the selection of methods, the tasks before the educator, the content of educational work, and the age and individual characteristics of children are of great importance, and in the process, the educator, first of all, uses visual methods to form a clear idea of movement in children, to activate their perception and movement intuition. Through these methods, children can clearly see the process of movement, which plays an important role in the development of their sensory abilities, and verbal methods allow children to understand the tasks set and fully perceive the content and structure of the exercises.

As one of the various types of practical methods, the game method is of particular importance. This method is very close to the leading activity of preschool children, and by increasing the efficiency of working with them, the game method is based on the elements of vision, intuition and practical thinking of children, thereby helping to expand their motor skills. This method allows not only to develop children's ability to act independently, but also to quickly respond to various situations and develop creative activity. Also, during the game, children develop moral and will qualities, increase their interest in knowledge, and gain experience in behaving correctly in a team and building relationships. The game method contributes to the social and psychological development of children in the educational process, teaching them to act correctly in various situations.

When teaching children to move, play methods are used that help them develop emotional and figurative ideas about the nature of the movements. These methods play an important role in

the process of developing movement skills in children, as they help children more easily master movements through the images they create in their minds.

The competitive method is also important. It should be used only under pedagogical guidance in the education of preschool children. This method is mainly used in large groups of kindergartens to improve previously acquired motor skills. In the competitive method, it is important for children to adapt to their strengths, cultivate moral and volitional qualities, and have a conscious attitude towards their own achievements and the successes of other children. Correct assessment is also an indispensable condition of the competition, which serves to develop mutual respect and communication between children.

The comprehensive use of educational methods in the educational process helps to make the educational process more effective and meaningful. The teacher, taking into account the abilities and individual characteristics of the children, primarily used the demonstration method of education. This method serves to develop the ability to perceive movements in children by explaining and showing them movement patterns.

After that, the educator uses the method of verbally explaining the content and structure of the exercise. However, in this process, the educator relies on the children's existing natural experiences and concrete ideas about actions. This increases the children's activeness in the educational process and encourages them to understand and perform their movements.

Demonstration methods are important in that children immediately move on to practical actions. It is important to allow children to perform actions independently at this stage, as this develops their independence and creativity skills. Independent actions help children to increase their self-assessment skills, as well as improve teamwork and interpersonal relationships. These methods increase the effectiveness of the pedagogical process and are of great importance in the process of reading, learning and development of children.

The complex and creative use of various methods by the educator in accordance with the tasks set expands the educational process, individualizes it and eliminates the same situations. This approach allows taking into account the unique characteristics, abilities and interests of children, which contributes to the improvement of the quality of education. The creative approach of the educator serves to meet the specific needs of each child, and also increases the motivation and interest of children by using various methods and techniques in the educational process. In this case, the educational process is more effective and meaningful and has a positive effect on the development of children.

The verbal method - in teaching children to movements, is manifested in the following forms: Explanation based on life experience - in a clear and short assessment and explanation of the movements to children based on their existing life experience and imagination;

Demonstration of movements - in the process of clearly demonstrating the movements, or in the process of identifying their individual elements, the explanations given by the educator are of great importance;

Repetition and independent execution - in the repeated execution of the movements shown by the educator, or in the provision of instructions necessary for children to independently perform the exercises;



Explanation in physical exercises and active play - in the introduction of physical exercises and active play, in teaching movements, explanation, clarification of the plot of the active play are required. For this, preliminary conversations are important;

Checking concepts - before performing physical exercises, the educator should ask children questions to determine the level of understanding of the sequence of actions, to check the presence of a picture of the images of a plot-based action game, to clarify the rules, actions in the game and other important elements.

These methods play an important role in making the process of understanding and mastering actions more effective for children. In our study, the use of a set of games in preschool educational organizations in a clear, emotional and effective way, giving various tasks and signals through these methods, and developing children's physical abilities, was of great importance. These games stimulate children's physical activity, improve motor skills and help strengthen relationships.

A story with a figurative plot is used to develop expressiveness in actions and better enter the image of the game. It allows children to imagine all the actions while watching them, and at the same time restores the emotional state.

The teacher usually explains the plot and rules of the game through a short figurative story, instead of explaining the game in a standard way, distributing roles and showing the place of action. This story is based on the interesting creative adventures of children at the time of use, and encourages them to creatively adapt their actions. When describing the story, the teacher gives the children a completely clear scenario. He gives instructions so that the children feel like the main character of the game, as the author describes: "The actions and sensations in this scene are so vivid that your every action is part of the story".

During the story with a plot, children play through different images, new characters and unexpected events. They feel a sense of joy, brightness and change, which is why they feel the actions at a higher level. Thus, the story with a plot helps to strengthen children's story, actions, feelings and creative activity.

Storytelling with a figurative plot - "Miracle Birds of the Morning". Once upon a time, there was a beautiful land, full of fresh air, colorful flowers and attractive trees. The sky of this land was always clear, and the sun shone brightly. In this land, miraculous birds lived. Each had its own color and danced with each other with its own song. Their voices, when dawn broke, refreshed the spirit of the entire land.

One day, the miraculous birds gathered and decided to hold a holiday called "The Dawn of the Birds". At the holiday, each bird had to express its goals and dreams. The birds began to gather in a large area by the river. With their colorful costumes, they created a beautiful picture of life, inseparable from each other.

From the high places covered with mountains, a light wind gave them the opportunity to fly together. Each bird was ready to demonstrate its abilities. The bravest of them all was Turon, known among birds for his beautiful and loud voice. "You know, each of us has our own miracles. We need to discover them and use them!" he said.



Everyone supported him. A bird named Bakhar, with its colorful wings, began to express its ideas: “Each of us makes this world more beautiful with our own color and melody. We must help each other!” he said.

At that moment, a bird named Yulduz, amazed with his abilities, said, “I shine like a star anywhere, anytime. This can only be done by believing in ourselves!”

Together, on the bank of the river where the coin was located, several birds began their dance with excitement, making a lot of noise. The miraculous birds, with their beautiful sounds, gathered all the creatures on the bank of the river. Their music was heard, stirring every heart and surprising people.

Under the sunlight coming from the mountains, each bird was decorated with its own color, their wings were of amazing beauty. They helped each other and tried to achieve their goals. When dawn broke, the land was filled with miracles all day long. The birds, every day, spread their wings for their dreams, trying to create new miracles. Their dances and songs inspired not only the birds, but all living things.

Thus, the miraculous birds helped each other on their holiday and discovered new opportunities. It inspires all the inhabitants of the country and makes their lives beautiful and spiritual. The birds tried to make their community stronger with their ideas and goals, and every day was full of miracles.

Verbal instruction – “Research by psychologists and educators shows that, especially in the preparatory group, students are sufficiently prepared to understand the tasks and conditions of various motor activities that are suitable for them, and this allows for the widespread use of verbal methods of influence, since they increase not only the speed of mastering skills, but also their quality”[80]. “The formation of motor skills in preschool age largely depends on the content and structure of the exercise, that is, the level of understanding of the child in what sequence and how to perform all its elements, and in large groups it is impossible to allow a blind imitation of the example given by the educator”[80]. In this case, the process of mastering motor skills by children often proceeds in a dynamic manner.

In such cases, children can perform the exercise correctly on the surface. However, when the child is asked how to perform the exercise after the exercise is over, in most cases he cannot give a clear answer to this question. In fact, instead of answering, the child begins to perform the movement again. This situation requires the creation of a comfortable environment that makes verbal instructions effective, helps children understand and creatively perform the movements.

M.M. Nuriddinova noted that “Physical education activities held in preschool institutions, such as morning physical education, classes, games played during walks, active games, sports exercises, fun physical moments, sports competitions and relay races held in honor of various holidays, are all aimed at implementing health-improving, educational and educational tasks”. These activities help support children's physical development, promote a healthy lifestyle, and foster team spirit. Each event is designed to develop children's movement skills, strengthen their logical thinking, and expand their emotional and intellectual abilities. Also, this activity strengthens the mutual relations of children and increases the skills of working together in a team.



Below we list the educational and educational tasks:

Rehabilitation tasks. It is important to preserve the life and health of the child, improve physical development, improve the functions of the body, increase its protective properties and resistance to various diseases through nutrition. It is also important to strengthen the ability to fight against unfavorable conditions of the external environment (low and high temperatures of water and air, the influence of sunlight). It is also important to increase the general working capacity of children.

The tasks of health improvement are clearly defined, taking into account the developmental characteristics of the child's body.

For example:

- Bones: Promote correct and timely hardening, the formation of spinal curves, and the development of the heel;
- Joints: Strengthening the joint apparatus and the development of the correct ratio of body parts (proportions);
- Muscles: development of all muscle groups, paying special attention to weakly developed muscle groups;
- Cardiovascular and respiratory systems: increase blood flow in the heart, improve contraction rhythm and develop the ability to adapt to changes;
- Social and emotional development: Giving instructions for the development of children's physical skills.

Educational tasks. In the process of physical education of preschool children, it is also important to solve educational tasks. In this process:

- Formation of motor skills and abilities: Development of children's physical qualities (agility, speed, flexibility, balance, eye coordination, strength, endurance);
- Education of hygiene skills: Correct body posture and acquisition of knowledge about physical education.

Due to the plasticity of the nervous system, children can easily form movement skills. Many of their skills (crawling, crawling, running, crawling, riding a bicycle, etc.) are used as a means of movement in everyday life. Movement skills facilitate communication with the external environment.

Physical exercises and movement skills: Properly performing physical exercises has an effective effect on the development of muscles, bones, joints, and the skeletal system.

Taking advantage of well-formed movement skills allows the child to save physical strength during exercise and to focus in the game on understanding various tasks that arise in unexpected situations. Movement skills formed by children up to the age of 7 serve as a basis for improving their performance at school and allow them to achieve excellent results in sports in the future.

Development of movement skills. In the process of formation of children's movement skills, the ability to easily acquire somewhat more complex movements and various types of activities that include these movements is formed. The volume of motor skills for preschool groups should be established by the state requirements of the Republic of Uzbekistan and the "First Step" preschool education program. It is also necessary to teach children to play sports (swimming, cycling) and perform elements of sports games (basketball, hockey, football,

volleyball). The volume of motor skills can be expanded depending on the availability of conditions in preschool educational institutions, the physical fitness of children, the qualifications of educators, and the wishes of parents.

It is important to teach preschool children the skills of maintaining proper posture while sitting, standing, and sitting. It is important to learn basic personal and social hygiene skills (washing hands, putting on clothes and shoes correctly, keeping toys and physical education equipment clean). It is important to provide preschool children with physical education knowledge about the purpose of training, the importance of physical exercises, the methods of conducting them, active games, and others. The child should know the names of the parts of the body, the directions of movement (up, down, forward, back, right, left), the names of physical education inventory and the purpose of their use. The acquired knowledge allows children to engage in physical exercises in a conscious and fully satisfied manner.

Educational tasks. In the process of physical education, it is important to form the need for children to adhere to the regime and engage in physical exercises every day. This encourages children to develop skills of independent activities in preschool educational institutions and in the family.

It is necessary to cultivate children's love for sports activities, interest in their results and sportsmen's achievements.

When performing physical exercises, favorable conditions are created to promote the development of positive qualities (calmness, discipline, humility, cheerfulness, etc.) and moral qualities (honesty, truthfulness, sense of comradeship, mutual assistance, ability to work in a team).

Properly organized physical education activities contribute to the intellectual development of children, since favorable conditions are created for the normal functioning of the nervous system and other organs and systems, which contributes to better perception and memorization. All mental processes (perception, thinking, memory, imagination, etc.) and thinking operations (observation, comparison, analysis, synthesis, generalization, etc.) develop in children.

References

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