

PHYSICAL EDUCATION OF CHILDREN OF PRIMARY AND PRESCHOOL AGE

Toshmatova Zamira Jumanovna

Teacher of Kokan State Pedagogical Institute

Alisherova Zarnigorbegim

Gulsevar Abdusattor

Student of Preschool Education at Kokan State Pedagogical Institute

Abstract:

The article describes one of today's most important issues, attention to education and upbringing in preschool educational organizations, state requirements for the development of children of primary and preschool age and coverage of physical education issues in the state program, issues in the field of physical development. .

Keywords: physical education, development, state requirements, state program for primary and pre-school children, the field of education and training development, healthy lifestyle.

Introduction

In the next five years, large-scale reforms in the field of preschool education were implemented in our country. Reforms under the leadership of the President Sh.M. Mirziyoyev Decision VM-802 of the Cabinet of Ministers of the Republic of Uzbekistan on approval of the state standard of pre-school education and upbringing were developed based on the principle of "From the strategy of actions to the strategy of development" as a result of a wide public discussion. Development strategy of the New Uzbekistan for 2022-2026 consisting of seven priority areas, "On approval of the concept of development of preschool education system of the Republic of Uzbekistan until 2030" of the President of the Republic of Uzbekistan -Decision No. 4312 "On the Ministry of Preschool Education of the Republic of Uzbekistan". It was legally reflected in Regulation No. 929 of the Cabinet of Ministers of the Republic of Uzbekistan.

State requirements for the development of children of preschool age envisage the integration of development areas and support child development.

State requirements are divided into five key areas of development for children from birth to 7 years of age. Each developmental area is further divided into sub-areas, which consist of several requirements (expected developmental indicators) for each age group.

According to state requirements, the first area of child development is physical development and the formation of a healthy lifestyle.

Based on the state program, the field of physical education issues "Physical development and formation of a healthy lifestyle" is divided into the following sub-fields:

- gross motor skills;
- fine motor skills;



- sensorimotorics;

-healthy lifestyle and safety.

There are several requirements for preparing children of early age for a healthy lifestyle.

Serious changes occur in the child's body from an early age. Bone tissue begins to form in the thick tissue of the skeleton, muscles and tendons become weak, but their contractile properties improve. The child's weight increases, his nervous system develops, rapid growth of the brain and the development of analyzers are observed.

Early childhood education is the basis of a child's proper development and education. Age modes of sleep have been developed for children of the first age. In the first group of children of primary age, a differentiated procedure is organized for three small age groups:

Children who have reached the age of 3 go to a 1-time sleep mode. Feeding children of the first age. Children of the first age are fed every 3-3.5 hours in hygienic conditions, at the appointed time. When feeding children who have reached the age of 2, they are divided into small groups. 3-year-old children are taught to eat food independently and in an orderly manner.

It serves as a preparation for the formation of positive attitudes to dressing, bathing, eating, self-service skills in children of the first age, and the formation of independent actions.

A 1.5-2-year-old child can take off almost all of his clothes, put them on, and put on some of his clothes. Children of this age wash and wipe themselves.

2-3-year-old children learn to put on and take off their clothes to eat independently.

In the first year of a child's life, massage and gymnastics are held individually every day.

Special attention is paid to the development of walking, climbing a rope, jumping, throwing an object, and balance during training with children who have reached the age of 2.

In the program, the child is able to control his actions with the help of sensory organs, demonstrates health skills, has an understanding of safe healthy food and life safety rules, perceives himself as a positive person with his own characteristics, is independent. and is determined to respond to his behavior.

Preschool age plays a decisive role in the physical education of children. The formation of an independent, active and healthy personality is carried out in the first stages of life, that is, in early and preschool age.

Properly conducted physical education, i.e. hygiene (made of natural fabric, comfortable clothes, neatness), proper nutrition, properly structured daily routine, physical exercises have a positive effect on human health when they are carried out in harmony and consistency. The functioning of the cardiovascular, respiratory and nervous systems is improved, the musculoskeletal system is strengthened, and the metabolism is improved. As a result of children participating in swimming, gymnastics, and sports under the guidance of a specialist coach at preschool age, the protective forces of the body are mobilized and immunity is strengthened. Playing sports such as chess and checkers helps to develop their intellectual abilities. Physical culture is very important for children of preschool age, during this period intensive growth of the body, the development of the most important systems and their functions.



References

1. Decision VM-802 of the Cabinet of Ministers of the Republic of Uzbekistan on approval of the state standard of preschool education and training. <https://lex.uz/docs/-5179335>
2. On the Strategy of Actions for further development of the Republic of Uzbekistan. Decree of the President of the Republic of Uzbekistan No. PF-4947. February 7, 2017.
3. Decision PQ-2707 of the President of the Republic of Uzbekistan "On measures to further improve the preschool education system in 2017-2021". December 29, 2016.
4. Decision PQ-4312 of the President of the Republic of Uzbekistan "On approval of the concept of development of preschool education system of the Republic of Uzbekistan until 2030". May 8, 2019.
5. "On the Ministry of Preschool Education of the Republic of Uzbekistan". Regulation No. 929 of the Cabinet of Ministers of the Republic of Uzbekistan. November 21, 2017.
6. Djamilova N.N. Children's physical education. Study guide. - T.: - 2021.
7. Pedagogy of preschool children. Electronic resource: https://uz.wikipedia.org/wiki/Maktabgacha_yoshdagi_bolalar_pedagogikasi.
8. Sodikova Sh. Preschool pedagogy. Textbook. - Tashkent: Tafakkur Boston, 2013. - 288 p.
9. Jumanovna, Toshmatova Zamirakhan, and Kholmirezayeva Dilabzal. "THE TASKS OF USING PHYSICAL MOVEMENTS IN MUSIC EDUCATION." *Devotees of Education* 5.2 (2023): 42-50.
10. Toshmatova, Zamirakhon, and Mahliyo Nizomiddinova. "INNOVATIVE METHODS OF TEACHING THE SUBJECT OF THE FORMATION OF MATHEMATICAL REPRESENTATIONS." *Mejdunarodnaya conference akademicheskikh nauk*. Vol. 2. No. 2. 2023.