

Methods of Formation of Personal Development Opportunities for Older Preschool Children through Sports

Turakulova Durдона Boxodirovna

Student of the faculty of Preschool Education Tashkent State Pedagogical University named after Nizami

Raxmonova Gulruh Ubaydullayevna

Teacher, Student of the faculty of Preschool Education Tashkent State Pedagogical University named after
Nizami

Annotation:

Senior preschool age (5-6 years) is the time of intensive physical, mental and personal growth of the child. Accordingly, it is at this stage of development that the child is aware of himself and the world. Children at this age need to form a basis for the development of self-awareness, including individual correct self-esteem. Currently, the issues of the formation of a normalized level of self-esteem of preschool children are relevant, which should be paid attention to special tools that have a great influence on this personal category. One of the most common directions or means of developing self-esteem of the personality of older preschoolers is sports.

Keywords: self-esteem, senior preschool age, occupation, influence, methods, tasks, tool, necessity, child, personal psychological and physical growth, coach.

Self-esteem-as in sports and pedagogy, is used as an ability to assess one's own strength and capabilities, it allows an individual to calculate his strength and take on feasible responsibilities, while meeting the goals and requirements of society, and accordingly competently set adequate tasks for himself.

Children of the senior preschool age are very interested in what is happening around them. This is a manifestation, a very important moment for the action of the teacher-coach, aimed at the formation of the personal development of the child. With the help of activities in which there is an attitude to a clear result, a dynamic self-esteem of children is formed. It is extremely important for athletes of any sport to be able to critically assess their capabilities and abilities. This allows you to set the necessary goals to achieve better results.

It is known that sport is a particularly important tool for influencing the formation of personal qualities of children, and therefore there is a need to use this tool. Two groups of methods are used in sports: specific (a special method used only for the process of physical education) and general pedagogical methods (a method used in all areas of education and upbringing). Both of these methods are quite necessary for conducting physical activities in general.

In order to increase children's self-esteem in sports, it is necessary to conduct a variety of competitive methods, which is included in specific methods, in the course of classes. This gives a significant realization of healthy competition between athletes not only preschool children, but also athletes in a general sense. For each new success of the child, encouragement is needed. It is necessary to praise the child in moderation and with a moment in time. Any child wants to hear when they start praising him in front of their peers. This is extremely important for his personal development and mental growth, which will thereby help to develop motivation in the physical growth of a young athlete.

It is very important to identify the level of self-esteem of the child in order to subsequently help him form an adequate self-esteem, which makes it possible to use various research methods.

The coach always faces the problem of choosing one or another technique or set of techniques that will be most effective in the implementation of self-assessment of children. However, being in a sports school, the coach will not be able to physically conduct special test methods to identify the self-esteem of preschool children.

Naturally, he will be loaded with conducting sports activities, observing the correct execution of strikes and techniques of children, etc. Therefore, the coach should conduct a survey in the ranks or in the warm-up process before entering the main part of the training. There is a method of "What am I?" by R. S. Nemov. This method can be applied in all areas of pedagogical activity. The goal is to determine the self-esteem of an athlete (preschooler). Using his pedagogical principles, the coach interviews children how they perceive themselves and assess themselves according to ten different positive personality traits.

In this method, the following personality qualities are evaluated: kind, obedient, good, polite, neat, skillful (capable), honest, intelligent, attentive, brave. After the study, you can ask a few questions to clarify the child's attitude to himself, as well as to the people around him: parents, coach, sports, etc. In turn, you can ask questions such as: which of the cartoon characters do they like the most? Therefore, children will choose those cartoon characters to whom they themselves are more similar in character.

Especially, the competitive method is well appreciated in physical training by coaches. This method creates a powerful field for the personal development of the child, helps the child to gain self-esteem. In this case, the coach puts the weaker with the better athlete on special team competitive games.

However, you should encourage the athlete with words that he will succeed, so that he does not lose motivation. Still, it must be remembered that this method must be started after the interest of the young athlete. Because if you start this method at the beginning, when the child is still quite new, he simply will not like to train and he will want to switch to another sport.

In the process of educating motor actions, taking into account the psychophysiological features of the child's development, relying on his capabilities, an adult consistently puts new motor programs in front of him. Specifically, this is expressed in the gradually increasing requirements of the physical education program aimed at the formation of motor skills and physical qualities.

The assimilation of new material requires certain physical and mental efforts from the child, overcoming difficulties. In each individual case, the new software requirement is contradictory in relation to the real level of development of movements, to the motor skills and skills already achieved. Overcoming this contradiction is the driving force of development.

In complex actions, the will of the child is manifested – overcoming obstacles in achieving the goal. Effective factors in educating the will of a preschooler can serve as conditions that encourage overcoming difficulties. Especially valuable in this regard are mobile and sports games, physical exercises based on a long and repeated repetition of monotonous motor exercises actions. When performing them, it is required to make strong-willed efforts to overcome gradually increasing physical and emotional stress. Of great importance are the use of methods to stimulate volitional efforts, control and account for the degree of development of volitional qualities.

Learning requires the child's concentration, attention, concreteness of representation, activity of thought, development of memory: emotional, if the learning process arouses interest and an

associated emotional response. Figurative – when perceiving a visual sample the movements of the educator and the performance of exercises by children. Verbal - when comprehending the task and memorizing the sequence of execution of all elements of the exercise, content and actions in the mobile game and their independent execution. Motor (motor) - in connection with the practical implementation of exercises by children themselves; arbitrary, without which it is impossible to consciously, independently perform exercises.

The education of children is closely connected with moral education, the formation of moral feelings and consciousness of the child, the development of his moral and volitional qualities: benevolence and mutual assistance, determination, honesty.

Joint work with parents is also of great importance in the physical education of children, since the foundations of health are laid in the family. Without the help of the family, the physical culture and recreation work organized in preschool institutions cannot be successful. Teachers, methodologists, psychologists give them the necessary knowledge about the age and psychological characteristics of the child's body, introduce them to the course of the problems and achievements that the child has, introduce parents with the results of the diagnosis of the child's health status, with the main methods of preventing childhood morbidity. Through visual agitation, consultations, conversations, workshops, they introduce the latest achievements in the field of physical development of children. To captivate parents, to show them how interesting it is possible to spend leisure time in the family with the benefit of the child, to convey to them information about the peculiarities of preschool age is one of the main tasks of preschool institutions.

The research done by teachers in practice has shown that nothing contributes to the development of children unless support is provided by the child's parents. Any specific issue, which is based on the child's problem, is solved together with the teacher-coach and the child's parents, which contributes to the breakthrough development of personal and psychological development of children. Thus, it also depends on the psychologically stable relationship between parents and family circumstances in the formation of personal growth and self-esteem of the child. A theoretical review of the psychological and pedagogical study of self-esteem in preschool children allows us to conclude that the formation of normalized self-esteem is a long process that involves specially organized pedagogical work, both in the conditions of a sports section and in the family.

At the age of senior preschool age (6-7 years), children understand themselves reasonably and try to act adequately in their actions. A sign of a correct assessment of oneself is the accumulated base on one's own experience gained in various types of activities and awareness of one's capabilities and qualities. The development of self-awareness is closely connected with the formation of the cognitive and motivational sphere of the child. Based on their development at the end of preschool age, an important discovery appears - the child is able to be aware of himself and the position he currently occupies in a special form, that is, the child has "awareness of his social self and the emergence of an internal position on this basis." Independence, criticality of children's assessment and self-assessment also increases by the end of the preschool period. The above confirms the hypothesis of the study.

All these above-mentioned methods of work will play an important role in the formation and development of personality in older preschool children through sports. In the future, it should be noted that the possibility of creating new methods for the formation of children's self-esteem will grow and exceed the previous methods, because over time, children of the new time require special attention for their further development. Thus, in the process of learning movements, children develop mental abilities, moral and aesthetic feelings, a conscious attitude to their activities is formed and, in this regard, purposefulness, organization. All this in the relationship of preschool

institutions and parents is the implementation of an integrated approach to the learning process, which contributes to the formation of a fully developed personality.

Books were read:

1. “The formation of self-esteem in older preschoolers in playing games” Ognivova Yelena Petrovna Ekaterinburg 2019y.
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