

Methods of Developing Physical Activity of Children in Preschool Education

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Abstract: The physical education program provides a daily routine for each group. There are a variety of exercises available for children to perform the basic content of physical education on a regular basis. These are basic movements (walking, running, jumping, throwing, catching, crawling, sliding); general developmental exercises for the legs and body (with and without various objects) include dance exercises, purification and re-purification, movement games, mastering the essential features of various sports, sports exercises, roller skating, cycling, swimming, etc. finds.

Keywords: actions, exercises, roller skates, walks

It is very important to bring up children in the spirit of the greatest traditions of our people. The Uzbek people, like other nations, have their own ancient traditional games. They have been shaped and polished over the centuries and have survived to the present day. The program includes such modern Uzbek national games as modern action games. At the same time, the program recommends special exercises that develop the qualities of movement, the correct formation of the body and the prevention of flat feet. Proper planning and conduct of physical education is critical to its effectiveness. Combining a variety of activities throughout the day with exercise and movement games can help ensure a child is moving properly. The recommended fitness program will be the basis for independent exercise and play. The basis of the educational task, in physical education, educational and health-improving tasks are carried out by developing physical qualities, improving the working capacity of the child's body, increasing his ability to work. Exercise can only be effective if it is organized properly, if it is fun and instructive, and if children are given time to rest. The most important thing in training is the correct distribution of exercises and games. In this case, it is necessary to distinguish the main task of the training, taking into account the purpose of its content, to have a comprehensive impact on certain parts of the child's body. In particular, it is important to combine different exercises in order to increase the efficiency of training. The planning of the lesson should take into account the order and repetition of actions, the correct distribution of tasks and the most accurate and rational ways of organizing children. This should be achieved, first of all, by ensuring adequate physical activity and intensity of training. The planning of the training will take into account the conditions of the group, the availability of equipment for the training. The content of the outdoor activities is selected according to the seasons and the weather. There are a variety of ways to plan and conduct a session, ranging from basic movement and play exercises to a variety of activities, such as movement games, folk games, relay races, and outdoor activities. 'includes training sessions. It is important to coordinate morning physical activity, field trips, and games with the training material. Taking into account the physical activity of children at different times of the day, different methods of exercises that develop motor skills are recommended to improve motor skills and abilities. Children's independent activities are supervised by a tutor. She makes sure that each child is free to choose the games and exercises.

The educator helps the children to develop organizational skills by choosing the appropriate equipment for the activity. The educator (in the preschool and in the family) pays special attention to the sequence and continuity of the physical education process. When planning this work, the child's characteristics, development, health, physical growth, interests and abilities are taken into account. The physical education program outlines daily activities in each group. Helps to develop movement, helps the child to get used to the environment, to teach the body to stand upright. Help children manage and create conditions for physical activity in independent play. Create a need to play action games.

Teach children to understand movement, to act together, to compare their actions with the actions of others, following the instructions of the educator. Change the direction of movement, link the nature of the movement to the signal while walking and running. Teach children to jump, jump away, and land on soft ground with both feet. Practice crawling, climbing, and moving the ball. When doing this exercise, make sure that the children are upright and that the heel is firm. Stimulate a positive emotional response in children to physical education, as well as morning gymnastics. Educator-organized play exercises, active participation in movement games.

Training to increase physical activity in games organized independently of the prepared objects and toys. Exercises on basic movements Walking exercises. Follow the tutor in groups of directions, change direction, go through the subject, walk in pairs in a circle, holding hands. Go from walking to running, from running to walking. Walking forward and sideways. Exercises for running. Running after the tutor, avoiding him, running in all directions without pushing each other. Chase a rolling object, run between two lines without pressing them, run non-stop for 30-40 seconds. Slow running up to 80 meters.

Exercises for jumping. Jumping on two legs, slowly pushing forward, trying to touch an object hanging above the child's arm. Drawing from a line or rope (20-25 cm wide) laid in two rows parallel to the floor. On both feet in a standing position, jump as far as possible, 20-30 cm. jumping from a high object.

Rolling, throwing and hanging exercises. Collect items, put them in a certain place. The ball is pushed behind the rolling object with one hand and with both hands towards the tutor, tilting and facing each other.

focusing Throw the ball forward with both hands from below, in front of the chest, over the head. Throw the ball to the educator with both hands, 50-100 cm from the educator. trying to catch the ball in between. Shooting a ball from a tape that is pulled parallel to the child's chest. Throwing objects (balls, sandbags, etc.) to the horizontal target (at a distance of 100-120 cm) with both hands, right and left hands; longitudinally with the left hand to the right throw

Exercises for crawling and climbing. 3-4 m. crawling, 25-30 cm. crossing a barrier, lying on the floor. Climb the ladder, climb up and down the gymnastic wall in a child-friendly way. Exercises to maintain balance. Straight walk, snake trail from the aisle, straight, snake trail, rope thrown around the circle, one side of the board raised from the floor, on the gym chair walk

Walking on a polished board, crawling on a gym chair. Barriers 10-15 cm high: jump from ring to ring, from box to box, on a stool (25 cm high), climb on a chair, stand with arms outstretched. Climb on tiptoe and return to starting position. Slow rotation while standing.

General developmental exercises. Exercises for the arm and shoulder girdle muscles, lifting the arms up, bending and stretching the arms up and to the side, squatting and squatting in front of the chest, hiding the arms back, clapping, clapping on the head play, arms forward

and swing back (arms down), up and down (arms sideways), arms up and down. Also, do the exercises in different situations with different objects (rattles, cubes, ribbons, handkerchiefs).

Exercises for the legs. Walk where you stand, step forward, sideways, backward. Climb on tiptoe, put your foot forward, stand on your heels, move your toes.

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