

PHYSICAL EDUCATION IN PRESCHOOL EDUCATIONAL ORGANIZATIONS ORGANIZATION OF TRAINING

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Annotation: this article covers information about the methodology for organizing physical education activities in preschool educational organizations, about the peculiarities of the forms of training.

Keywords: preschool, physical education, competence, movement, style, training, didactics, education, upbringing.

Аннотация: В данной статье освещена информация о методах организации занятий по физическому воспитанию в дошкольных образовательных организациях, специфике форм обучения.

Ключевые слова: Ключевые слова: Дошкольное образование, физическое воспитание, компетентность, движение, стиль, обучение, дидактика, воспитание, тренировка

Introduction

Today, great attention is paid to the development of the field of physical education and sports in our country. In particular, large-scale work is carried out among all segments of the population, including children and young people, such as the widespread promotion of mass sports, the selection and education of potential athletes, the training of qualified personnel in this direction. Important projects are also being brought to life in the field of improving sports infrastructure on a state-of-the-art basis, building modern sports complexes and equipping existing sports facilities.

The development of sports and physical education should first of all begin with preschool educational organizations. Focusing on the physical education of preschool children has a direct impact on their healthy growth, mental and mental development. Therefore, in preschool organizations, it is one of the most important tasks not only to involve children in the educational and educational process, but also to ensure that they grow up physically fit. Through physical education, important social skills are formed in children. During classes, children acquire such qualities as interaction, teamwork, mutual respect, discipline and self-control. In addition, exercise and sports games form important

qualities in children, such as competitiveness and volitional qualities – to act to win and accept defeat correctly, initiative and dedication – to move, participate and be active, a sense of responsibility – awareness of their actions and obligations to the team, discipline and hard work – to be orderly through regular training and set goals for themselves.

RESEARCH OBJECTIVE

The main purpose of this study is to study and improve the scientific and methodological foundations of the effective organization of physical education training in preschool educational organizations. Within the framework of the study, the aim is to develop advanced pedagogical technologies to stimulate the physical development of children, Increase movement activity and prepare them for a healthy lifestyle.

Scientific and methodological foundations, in turn, include the following aspects:

Theoretical foundations. In this, it mainly covers the concept of Physical Education, Physical Education and its importance, goals and objectives. In addition, the training plan includes training, games and activities, training, formation of pedagogical communication, assessment of results, analysis and proposal, stimulation of healthy eating in children, physical activity, and the effective organization of this education helps to dissolve.

RESEARCH METHODS

* **Theoretical analysis** – study of advanced pedagogical and psychological literature on Physical Education, analysis of international and national experiences.

* **Pedagogical observation** – direct observation and assessment of physical education activities carried out in preschool educational institutions.

• **Survey and interview** – identify their opinions by conducting interviews with educators, parents and children.

RESEARCH RESULTS AND DISCUSSIONS

The process of education and upbringing is a complex process, the successful and effective organization of which largely depends on the physical and mental health of the child. Physical education training, which is also organized in preschool educational organizations, aims to strengthen the spiritual, mental and physical health of the child, competently educate, give the child physical education, develop it physiologically. In addition, the main goal is to form a healthy lifestyle in a child through physical education. In children raised in a preschool educational organization, mainly, development is formed quickly and intensively. In addition, the functions and systems in the body will not be fully developed, so there are cases of rapid injury in children.

It is important to take into account the age characteristics of the child when giving physical education exercises and performing them. The reason is, children of preschool age will not yet be fully developed physically, mentally and mentally. Therefore, it is important to choose exercises that are suitable for them, gradually increasing the loads

and ensuring their safety. Physical education exercises help the child to develop more generally, improve movement coordination, increase physical activity, and form the skills of independent movement.

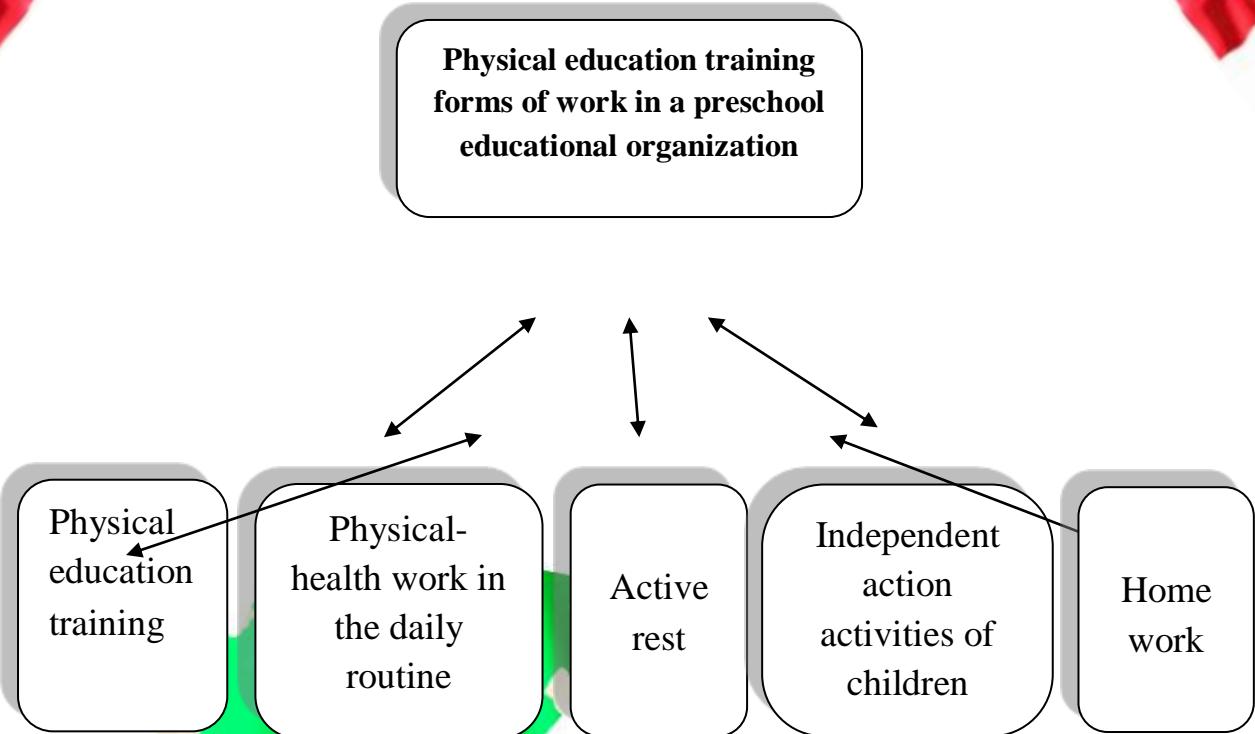
The movement activity of the child directly affects his general health, social and emotional development. Therefore, physical education training should be carried out taking into account the personal characteristics of the child, experience of movement and physiological development. Providing security for a child's life, teaching him to build the right relationship with the external environment, developing teamwork skills, increasing his sense of self-confidence are among the main tasks of physical education. In preschool educational organizations, physical education training is developed in accordance with the age and physical capabilities of children. Training should be enriched with various movement Games, sports elements, gymnastic exercises and breathing exercises. Also, the organization of physical activity in nature also has a positive effect on the healthy development of the child.

When organizing physical education training, the following didactic principles are followed:

- **Systematic and consistency** – the types of exercise and physical activity are taught in order, on the basis of sequence and are complicated step by step.
- **Awareness, independence and creative activity** – in order for children to be interested in training, it is necessary to explain tasks to them in an understandable form, teach them to act independently and form a creative approach.
- **Harmonious application of visual, verbal and practical techniques** – instructions, sample actions and practical execution methods are used together in training, since children learn better through visual and kinesthetic memory.
- **Comprehensiveness and an individual approach** – exercises are selected that correspond to the level of development of each child, a personal approach is used.
- **The combination of Frontal, group and individual training methods** – training exercises with a whole group, in small groups or in an individual form, is based on the principle of gradually increasing requirements.

These principles correspond to the basic principles of pedagogy and play an important role in the effective organization of physical education of children. At the same time, in the process of physical education, children will be able to realize their actions, maintain balance, develop spatial perception, form volitional qualities and get used to a healthy lifestyle.

Forms of Organization of physical education are an educational and educational totality of various activities of children. The basis for this is movement activity. The following are the forms of Organization of children's movement activity in preschool educational organizations.



The above forms are responsible for physical education and the comprehensive development of the child, and these are considered interrelated. In addition, each of these forms has its own special function. This determines their position in the day schedule of preschools.

In organized training, the implementation of wellness tasks is achieved through the all-round activity of children. They help to strengthen the entire functional process in the body, vital activity in its optimal hygienic and conditioning conditions. In addition, the early childhood period is an important period in the development and acquisition of basic movement skills known as. Children have the effects of growth and development in acquiring basic movement skills. At the same time, an important role in the development of basic movement skills in a balanced form is played by the opportunities given to children and training in movement.

In place of the conclusion, it is worth noting that the organization of the process of physical education in preschool educational organizations acts as a huge foundation in the development of future maturing, healthy and energetic, spiritual and physically mature individuals. The physical formation of children serves as an important foundation for the development of skills and social abilities. Through daily physical education exercises, the interest in moving in children increases. They are supported in this process. Help is given so that they feel free. Through physical training exercises, the characteristics of Friendship, Cooperation and communication are formed for them.

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