CHECK THE PHYSICAL DEVELOPMENT AND PHYSICAL FITNESS OF CHILDREN IN PRESCHOOL EDUCATIONAL INSTITUTIONS

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Annotation: *According to the conducted pedagogical observations, physical education lessons are held in the music room in many kindergartens. Such rooms are decorated with age-appropriate sports equipment in some kindergartens. But most kindergartens use small sports equipment (flags, bowling balls, cubes , hoops, sticks, etc.), but some kindergartens do not have them. Even if the kindergartens have basic sports fields, they are sufficient undecorated (health center, running tracks, jumping, throwing areas, etc.).*

Keyword: *Survey, immobility, children of preschool age , movement activity , vital-necessary movement skills , average indicators of body mass and height of healthy children .*

It is extremely important who will be the successors of the reforms carried out today in connection with the independence of the Republic of Uzbekistan and the formation of a democratic society. The leaders of our government are creating all the possibilities to raise a well-rounded person embodying high spiritual and moral values, to preserve national values, to strengthen the health of the growing young generation and to make a positive decision.

The role of sports and physical education in raising a healthy generation is incomparable.

It is known that today in our Republic, a lot of work has been done to increase the well-being of the population, to strengthen their health, to popularize physical education and sports among the population, and to raise the young generation, who is our future, to be mature and physically fit in all aspects. is increasing

In the current period, environmental damage in our Republic has a negative effect on human health, that is, on the physical and mental state of the body, as well as on human emotions. As a result, a person's physical activity decreases and he suffers from various diseases, that is, various chronic diseases, cardiovascular diseases, stunting, reduced vision, diseases of the digestive organs appear. In particular, such negative results will not fail to affect the health of children and adolescents, who make up about 40 percent of the population of the Republic.

In today's technologically advanced age, children's demand for movement is not that great. Preschool children spend a lot of time watching TV, drawing, playing computer games, doing manual labor tasks, listening to various fairy tales and stories, etc. That is why in modern times, the decrease in movement activity in children leads to

hypodynamia. This is especially dangerous for children of kindergarten age. That is why it is of particular importance to conduct physical education classes of children of kindergarten age using high-quality, new forms.

The pre-school period is from the day of the child's birth to 6-7 years of life includes the period of It is during this period that the intensity and development of important functional systems of the organism and their service improvement is established, the necessary base is created for the development of the specified elements of all-round physical, mental, and spiritual abilities.

This period of a child's life is considered a relatively favorable period for training his body, forming the simplest (elementary) life-necessary movement skills, hygienic skills(15).

The analysis of special literature showed that the main problems specific to the system of preschool children's physical culture and innovative additions to its structure are as follows:

a) wider use of opportunities for using physical culture tools in optimizing the conditions of the mental development of children;

b) to systematize the scientific-theoretical researches of the age characteristics of the development of the movement qualities of the body of preschoolers and the formation of the basic movements;

c) methodological problems of physical education in preschool institutions;

g) training of preschool physical education specialists the organizational and substantive foundations of

From the first years of his life, his physical development is based on the continuous development of the movement qualities of the child's body. Organized physical culture activities are organized in kindergartens, kindergartens and families, as well as during free movement activities under the guidance of adults and educators - during walks, children play, jump, run and perform various other activities, as a result of which their cardiovascular, respiratory and the nervous system, the movement-supporting apparatus is strengthened, metabolism is improved. The body's ability to resist diseases, its immunity increases, and its defense stabilizes.

Through movement activity, they perceive existence, feel independence, the processes of spiritual formation are strengthened. As much as the child acquires various activities, his emotions, perception of existence, his development and other mental processes positively affect his development. Therefore, it is necessary to remember that the mistakes made in this period regarding the issue of physical education and the time spent on correcting them may be ineffective, and correcting it may be expensive.

At this age, it is difficult to re-form the movement skills that have been acquired for the movements.

Formation of physical culture of preschoolers

common tasks are solved in three different forms: health care, education and training tasks. Fitness physical culture does not aim to develop and educate preschoolers or the

movement qualities of a member of society. In this respect, fitness classes differ from other forms of physical exercise. We focused on their tasks, they are:

a) tasks of recovery:

- to increase the body's resistance to the effects of the external environment by exercising. It is intended to increase the protective power of the children's body, which is still weak, by means of a moderate dose of natural healing factors (sunlight, water, air bath). By solving this task positively, the body's resistance to colds (respiratory tract, flu, cough, etc.) and infectious diseases (angina, blindness, flu, etc.) increases.

- the supporting apparatus of movement is strengthened and the figure is formed correctly (that is, training to hold the body in a rational pose during any activity is carried out).

By paying attention to strengthening the muscles of the soles and heels of the feet, flat heels can be prevented, in fact, the noted anatomic defect in the social development may later cause the child's movement activity to be significantly limited. Knowing how to train all parts of the child's body, especially the muscles that are less active in everyday life, weak muscles, and how to choose exercises for their training, for the harmonious formation of all the main muscles, is one of the professional training tasks of a specialist in the field.

From a young age, it is very important to form a child's imagination about the correct height. As a practical means of persuading them, the cause of such situations as bulging shoulders, hunched shoulders, broken shoulders, insufficient development of the muscles, especially the large muscles of the back, and the fact that the spine is bent by holding the body in an uncomfortable position for a long time from a physiological point of view, is not exercised. to do, they are instilled in children's minds.

- influence on increasing the functional capabilities of vegetative organs. The child's active activity causes the optimization of the cardiovascular and respiratory system, metabolism, digestion and heat exchange, and prevents the accumulation of waste in the body. Physical culture creates favorable conditions for the natural growth and formation of the body, thereby helping all systems of the child's body to function normally.

- education of mental abilities (coordination, quickness and endurance) . Education of physical abilities in preschool age should not be directed to the education of any of them separately, in fact, it is the opposite, following the principle of comprehensive harmonious development, the means should be chosen in such a way that, according to the content and nature of the activity, it would cause the development of all movement abilities and qualities.

b) educational tasks - formation of basic life-necessary movement skills and abilities.

Due to the extreme plasticity of the nervous system in preschool age, new life-necessary actions are mastered by children quite easily and without difficulties.

Life-necessary movement skills are formed in parallel with their physical development: when the child is three months old, he can lift his head and make movements that help him hold it for a certain period of time; when he is six months old ,

teach him to do elementary movements with his slaves, to push with his stomach, to teach him to move from lying on his back to his stomach, to lift his chest from lying on his stomach with his hand; when he is eleven months old, he is able to learn to sit, lie down, stand and walk leaning on something; by the age of three, the child should be able to walk, run, crawl; at the age of four , the ability to throw various objects, jump from a height, learned to hang the thrown object, know how to ride a tricycle; At the age of five or six, a child has mastered most of the movement skills he will encounter in life: he can run, swim, control his body while running up and down, jump, know how to go up and down a ladder, crawl and jump over obstacles, and other skills. is a sign that he has appropriate physical development and physical training for his age.

c) educational tasks:

1. Cultivation of moral and spiritual qualities (honesty, correctness, unhesitatingness, bravery, keeping one's word, determination) .

2. Paying attention to mental, moral, aesthetic and work education.

Despite the fact that each of the tasks of rehabilitation, education and upbringing are independent tasks, they are interdependent with each other, and therefore they are solved in a complex way in a mandatory generality.

3. By forming a permanent interest in physical culture training.

Childhood is not an ideal time to develop a sustained interest in physical activity . But in its implementation, it is necessary to comply with a number of conditions . They are:

- to be more active in the performance of larger tasks after achieving the appropriate results in the performance of the actions by ensuring that the task is worthy of the child's strength;

- continuous evaluation of the performance of assigned tasks, encouragement, formation of positive motivations for doing physical exercises;

- to help children develop their intellectual abilities by giving children the simplest and most basic physical knowledge in the course of training. In turn, this increases their awareness and expands their talent and potential.

According to the great scientists of the field of physical culture and sports, the purpose of physical education of the growing young generation is to form the foundations of physical and spiritual culture of the individual, to enrich the reserves of health and make them the owners of healthy lifestyle physical culture, to live a long life with active movement. The idea of raising religion as a value system is a necessity.

Based on the considerations related to the implementation of this idea, it was determined that the main tasks of preschool children's physical culture should consist of the following. They are:

formation of children's conscious need to learn the values related to health, the physical culture of our ancestors and the content of our national sports;

to achieve the development of the child's body in accordance with the natural formation of movement qualities, life-necessary movement skills and abilities, and

physical capabilities that ensure the necessary and sufficient level of development and the individual ;¬

preschool children with general physical information

, mastering intellectual, technological, moral, ethical and aesthetic values related to their physical culture;

actualization of increasing the level of basic movement skills to ¬¬older children by conducting independent training in imparting physical knowledge .¬

Information on the division of the child's age into periods varies in special literature. We do not intend to argue about which of them is right and which is wrong. But considering the biological evolutionary changes that take place during the formation, growth and development of his organism, we stopped at their current period.

In science, it is accepted to call the period of a child's life after birth from the mother's womb until the end of his life - "ontogon". We separated from it the period from ontogeny to school age and divided it into the following periods:

1) newborn - period of the first 4 weeks of life;

2) breastfeeding (infancy) - period under 1 year;

3) early childhood - the period from 1 to 3 years old;

4) preschool age - includes the period from 3 to 7 years.

The specified periods of biological development are accepted to be called the periods of natural development of the child's body, and it facilitates the establishment of a system of education determined for each age period of the child's physical education, and thus includes physical exercises or play activities, physical loads on them. setting standards, makes it possible to choose teaching methods.

In the first years of the child's life, the growth and development of the child's organism is characterized by a very high rate.

Morphological indicators increase sharply: height, weight, chest circumference change (see Table 1).

Table 1

Average indicators of body mass and height of healthy children of preschool age (according to Yu.F. Zmanovskoy, 1989)

Age	Body mass , kg		Height , cm	
	Boys	Girls	Boys	Girls
1	10.0-11.5	9.1-10.8	73-79	72-77
2	12.4-13.7	11.7-14.1	85-92	82-90
3	13.7-15.3	13.1-16.7	92-99	91-99
4	15.3-18.9	14.4-17.9	99-107	96-106
5	17.4-22.1	16.5-20.4	105-116	104-114
6	19.7-24.1	19.0-23.6	111-121	111-120

By reflecting the stages of biological development, the division of children's age into periods facilitates the appropriate characterization of the structure of the physical education system of these ages, the correct organization of physical culture training, the creation of a program of the educational process, the selection and regulation of exercises, the methodology of physical and movement preparation. helps to choose).

Currently, the attention of pedagogues, psychologists, and physiologists is focused on preschoolers, because practical experiences and many scientific studies testify that during the recorded period of human ontogone, the child's development is hidden by mature, yet unexploited mental-physiological reserves. research is ongoing. They should serve to coordinate the development and formation of the future society member's level of physical development and physical fitness according to the necessary standards.

In this regard, we are witnessing that the use of work experience of foreign countries can be effective. They are establishing "child health care" and "child health care" centers for some regions, districts, regions, and even some cities (Germany, Finland, Baltic countries, etc.). The mentioned centers monitor the health problems of each of the preschool children according to the plan. Based on the results of monitoring, it is possible to approach the health of each child individually, to create conditions for various preventive measures based on the characteristics of the organism. For their mass implementation, various state programs are adopted with a clearly defined period (time), and their implementation is constantly under state control.

Flexibility movement quality is much higher at 3-7 years old. Because some bones have not yet turned into bones, joints ¬are more than normal. Therefore, it is recommended to choose games taking into account that they are more prone to injury (Fig. 19).

The temperature of the place of exercise and body heat are important when performing dynamic games or physical exercises that require flexibility. Exercises should be performed after warming up the cooled muscles. Below, through the analysis of specialized literature, we have grouped a separate system of dynamic games and physical exercises that require flexibility according to the development of movement qualities. Because we witnessed that the content of the games selected in the program does not have its own motive and they do not have a scientific-practical basis.

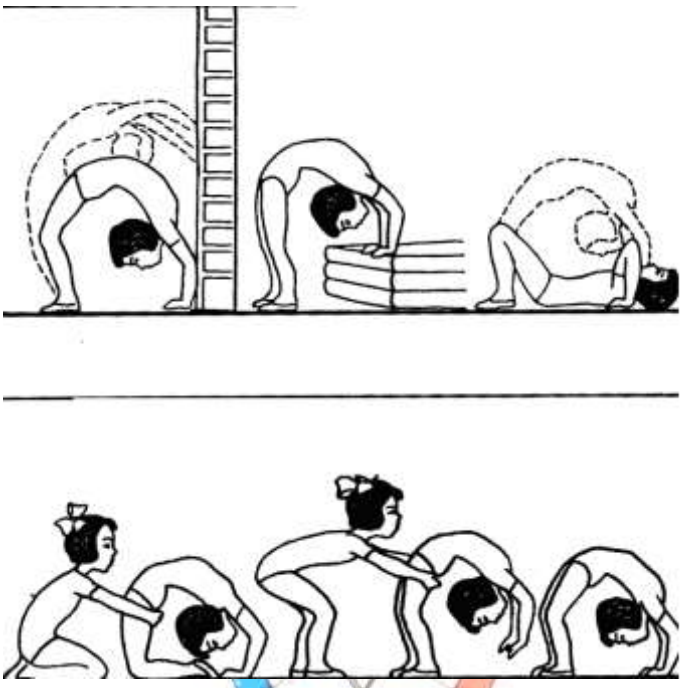

Figure 19

Rolling the ball

Sitting on a chair or a stool, the palms of the feet are placed on the tennis ball. Then the ball is crushed in the palm of the foot and rolled from the tip of the foot to the heel, then vice versa - from the heel to the tip of the foot using the palm of the foot.

The game prevents "flat feet", exercises the muscles of the musculoskeletal system, increases the flexibility of the palm. Legs are alternated. Children in preparatory groups can perform rolling on both legs at the same time.

Dance on the wing

A straight line is drawn on the floor and it is recommended to keep balance on it: arms are spread out to the sides and movements are performed as if playing on a rope (a gallows like a gate). The close placement of the legs ensures that they do not come out of the rope, otherwise the child may fall.

Maintaining balance improves the function of the spinal cord, increases the necessary movement reserves of the soles of the feet, legs and hands.

Legs

You sit with your child looking at each other. Throw the arms back and practice catching the tennis ball by bouncing it with your legs. The legs should not help to hang.

The simple exercise of bouncing the ball raises the child's emotional state - this is adrenolin, improves movement coordination, exercises coordination in the active part of the muscles of the arm and shoulder girdle, creates difficulties in mastering new movements necessary in daily life. it's going to happen.

To roll like balls

Stretching the legs on the floor, lying on the stomach, the palms of the hands are chained behind the head (above the neck) and slowly the head and chest are raised from

the floor, the spines are bent back as much as possible. In this case, if you practice rolling the pole first to the right, then to the left, all the muscles surrounding the neck, chest, back, side, and chest will be physically loaded, and the organs in the abdominal cavity will be massaged. . The exercise room should be bigger.

Pass the ball back

Several children stand in a row at a distance of one step from each other. They raise their hands up and pass the ball over each other's heads. The body cannot be turned. The ball can only be passed over the head. When the ball reaches the last child, it is passed back and the game continues in this manner.

Throwing with elements of basketball, volleyball game. It is a means of development of movement coordination and agility.

Crawling out of the tunnel

Imagine that the chair is a tunnel. It is necessary to crawl under it without touching the " tunnel wall " . If you want, make a longer tunnel by placing several chairs in a row. So your child should be able to crawl out from under the chair without touching anything on it. Body control is a game that uses all the muscles of the body.

"jumping over the ditch"

The purpose of the game is to teach children to follow the rules, to be agile, to strengthen movements such as jumping and running, and to develop skeletal muscles.

Imagination games

A board is placed on the floor (width 25-30 cm, length 2-2.5 m). It is imagined as a bridge over a stream. On the other side of the stream, tulips, sedums, daisies, and all kinds of flowers are blooming. They show their flexibility by bending, bending, sitting on a flower bed).

Figure 20 shows examples of exercises that develop flexibility on the lawn.

Children cross the bridge to the other side of the stream, pick flowers - practice squatting, bending, bending and other flexibility exercises, then get on the "train" and return home. (by marching in a column). The game is repeated 3-4 times.

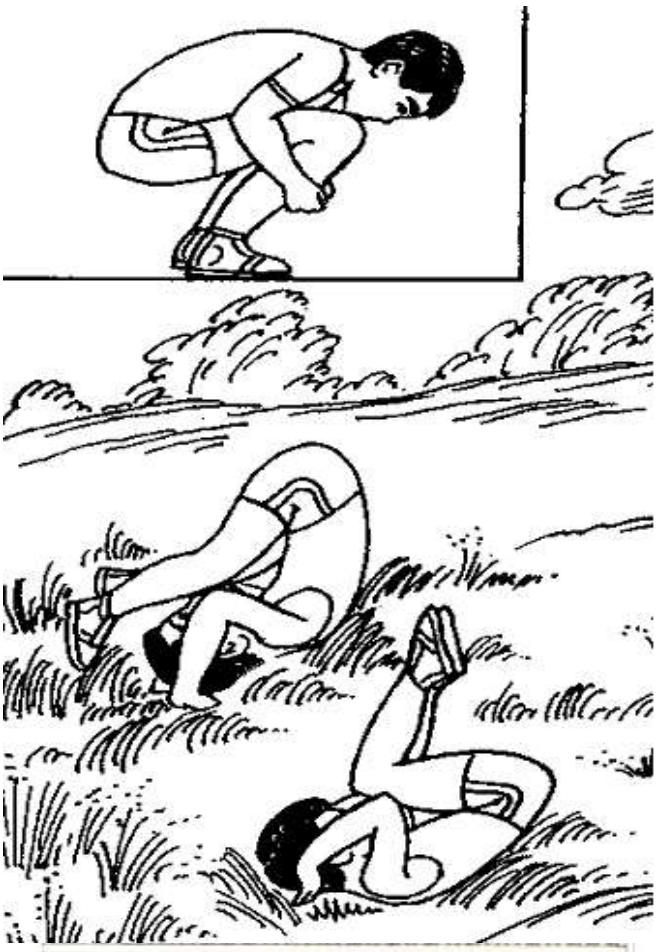

Figure 20

The teacher watches the children cross the bridge and warns them: "The water flows fast in the ditch, it's deep, be careful, don't get your feet wet," and teaches them to avoid danger.

"Crawl all the way up!"

In this game, children's attention will be developed, and crawling movements will be taught in accordance with the spoken words.

Children sit on chairs on one side of the room. Four meters away, a flag or sticks are placed on the floor . The teacher calls a child's name and invites him to crawl to the rattle, pick it up, stand up and raise the rattle (or flag) above his head (unfurl the flag). The nut (or flag) is returned to its place on the floor . Children perform the task in turn.

Several children (3-5) or all at once can participate in the game. It increases the interest in the game by distributing toys to each of the children . The organization of such a task makes children want to get to the destination faster. By crawling, joints and muscles are stretched. The game is very lively. However, the quality of crawling is greatly reduced. The child is in a hurry and violates the rule of coordination of movement. Therefore, the teacher should not deliberately focus children's attention on moving faster.

"One, two, three - crawl!" They show their emotions and rejoice by shouting. It's adrenaline. And when the game is over, they clap for joy. Thus, all children actively participate in the game.

"Koptok School"

Throw the ball up and catch it with one hand. Hit the ball on the ground and catch it with one hand. Throw the ball up and clap it (1-3 times) and catch it twice . Playing in pairs: hitting the ball at an angle so that the partner next to the wall can catch it. Hitting the ball from below and catching it from above. Throw the ball against the wall from behind, behind the head, under the feet, under the arm , and hang it.

"To the mother of the ball!"

Two lines are drawn, the distance between them is 2-3 m. Players line up behind the first line. The mother-in-law stands in the line opposite to them and throws the ball to the first child in the line, the child throws the ball back to the manager and goes to the end of the line, the whole line moves forward, the next child stands in front of the line. After all the children have thrown the ball, a new leader is appointed.

It is also possible to hold a competition in the game. In this case, children stand in several rows, and a mother is assigned to each row. The player shoots the ball, but the players in the same line win at the same time .

"Badminton"

Two players try not to drop each other's shuttlecock (badminton shuttlecock) to the ground - hit with a racket. Kata teaches the children of the group to hold the racket correctly , to direct the flywheel in the right direction. You can also think with the teacher.

"Toggle"

The purpose of the game: this game is aimed at developing children's arm and leg muscles.

The course of the game: a long line is drawn from the middle of the field. Two more parallel lines are drawn at a distance of 5-6 km from it. Players are divided into two teams and line up on two sides. These lines are their limits. With the teacher's permission, the members of both teams come to the middle line and hold each other's elbows and wrists .

As soon as the command is heard, they try to capture their opponent by pulling towards the line (city) where each other is standing. As a result of the draw, the player of the team that crosses the line is considered to be "captured". At the end of the game, the teacher counts the "captives" of both sides. The team with the most number of captives wins.

Rules of the game: the game is played on the field, on the lawn. Players can also grab each other's waists during the pull-up. While pulling, players are not allowed to sit or lie down, instead they are allowed to stand with their feet on the ground.

"Who is the fastest"

The purpose of the game: to teach children to increase the agility of the hand claws, palm shoulder girdle muscles and develop hand muscles.

Content and course of the game : 10-15 children are divided into 2 groups . For the game, 3-4 meters long spools of the thickest thread or cord (can also be hemp) are made, and one end of the cord (cord) is tied to a wall or device. A player from the opposing team can also hold the other side of the rope. After the command "Let's start", the players of the team, who need to start the game, begin to wind the stretched thread or cord around the reel. If the players of the other team finish the reel faster, this team is considered the winner. Depending on the number of reels, the number of simultaneous players can be increased or decreased. A game can be won by a team or an individual player.

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