

Organizational Basis of Physical Education of Children in Preschool Educational Institutions

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Abstract: This article provides information about the physical characteristics of children in preschool education and the peculiarities of teaching their movements and exercises, as well as modern methods of organizing the basics of physical education.

Keywords: Movement, balance, running, jumping, throwing, climbing, speed, endurance, agility, flexibility, technique, large group (5-6 ears old), preparatory group (6-7 ears old), cyclic, acyclic, basic and special movements.

After gaining independence, the Republic of Uzbekistan has carried out extensive reforms in all areas, with great emphasis on the restoration and development of physical culture and values.

By the decrees of President Sh. Mirziyoyev, great attention is paid to physical culture and sports to improve the health of the population and strengthen the health of the people. The basis of the education system in our country is pre-school education, as stated in Article 11 of the Law on Education. The main purpose of educating preschool children is to bring up the younger generation as physically healthy, mentally mature, spiritually rich, well-rounded individuals and to prepare them for school education. "Healthy generation" means, first of all, a healthy generation, physically strong, as well as spiritually, mentally healthy, well-educated, spiritually strong, brave and courageous, patriotic generation.

The tasks of preschool education are to provide physical, mental, moral, aesthetic, labor education and to prepare for regular school education on the basis of national and universal values, taking into account their innate abilities, interests, needs and capabilities. One of the most important indicators of a child's readiness for school is their level of physical development. These standards are based on the Bolajon base program and the state requirements. According to the program, children will need to know and play the basic movements of young people: walking, running, jumping, jumping, and overcoming obstacles, national and active and peaceful games.

This will ensure that the children grow up to be physically fit. Physical education in preschools is limited to 72 lessons per school year. All groups are divided into 2 classes per week, depending on the child's physiological condition. Physical education classes in preschools are conducted by instructors.

The instructor's working documents include: annual plan, weekly work plan, sports holiday scenarios, work plan with the educator, individual work plan with children, sports competition plan, etc. based on the "Bolajon" program.

The agenda of the system of physical education in preschool education, integrated classes, nutrition, exercise (natural and artificial), exercise, cultural and hygienic skills, morning and evening hours, fun minutes, therapeutic massage, gymnastics, rhythmic, sports games. In the physical education of preschool children, taking into account their age and psychological

characteristics, the content of the lessons should be covered in the form of games and consist of action processes that interest children. It is known that children of the first age observe and imitate all the processes around them, they perform actions that are not difficult for children, and learn quickly. Game-based activities develop children's memory and team building skills.

Through exercise, they become more active, acquire vital skills and physical qualities (strength, agility, flexibility, resilience), and develop physical development. In conclusion, it should be noted that in addition to preparing children of different ages for school, the preschool creates the necessary organizational, methodological, psychological and pedagogical conditions for their upbringing as healthy, well-rounded adults. helps parents in preparing for education, instills in children a sense of aspiration to teach.

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