

## Preparing Preschoolers for Physical Education

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**Abstract:** The article covered the preparation of preschool children for life, their adaptation to a healthy marriage, physical education lesson, in sequence with action games.

**Keywords:** Preparation for life, action games, Physical Education, Wellness, special training.

### INTRODUCTION

The fulfillment of the goals and tasks set for the process of development and school preparation of children of preschool age is controlled by "State requirements for the education of children of preschool age". The state requirements define the main directions of the educational content of preschool children and the minimum requirements for their level of preparation for school, and it is recognized as a state document. Achieving the goals and tasks set for the process of child development and school preparation is carried out on the basis of the "Child Development and School Preparation" base program. The Law "On Education" and the "National Program of Personnel Training" define the system of the most necessary measures for the training of personnel, which is the main factor of the socio-economic development of the country. Raising a healthy generation is the priority of the state and society. Based on the basic program "Child of the Third Millennium" based on the state requirements, parents and educators of preschool children, as well as programs, manuals, recommendations, interesting books in various fields for themselves, which help to develop mentally and physically various games and educational methods are covered. Achieving the indicators set in the state requirements for the education and upbringing of children of preschool age is necessary to fully prepare children aged 6-7 for school, to master the education provided at school, and to serve for the development of independent Uzbekistan. prepares the ground for them to grow into perfect human beings. The process of developing and preparing children for school in preschool educational institutions is carried out in three stages:

1. Physical development of children.
2. Development of children's speech and thinking.
3. Emotional development of children.

Based on the goals and tasks of preschool education, the purpose of the subject "Methodology of preparing children for school" is to introduce students to the methods and methods of preparing preschool children for school.

The subject "Methodology of preparing children for school" includes the following tasks:

- Students know well the goals and tasks of preschool education;

- Knowing the concepts of general and special preparation of children for school education;
- They should acquire knowledge about ways and methods of determining the readiness of children for school education.

In accordance with the Regulation on preschool education in the Republic of Uzbekistan, a child receives preschool education at home, through independent education by parents, or in permanent preschool educational institutions, as well as children who are not involved in preschool educational institutions. For preschool education in institutions, schools, special groups or centers established in neighborhoods. Here they train 2-3 times a week. Parents are given the right to choose the form of preschool education. When determining the readiness of a 6-7-year-old child for school education, preschool children's education and upbringing consider the main condition - that the child's readiness for school serves as a bridge for the lifestyle and activities of the preschool and school period, and that the family or preschool educational institution should take into account the need to ensure a smooth transition to school education in educational conditions. The transition of a preschool child to school education always brings about serious changes in his life, morals, interests and relationships. Therefore, it is necessary to prepare the child for school education at home, to familiarize him with knowledge, concepts, skills and abilities that are not difficult. According to leading experts, the concept of "Preparation for School" includes the main directions of preparing a child for school:

- physical,
- personal (spiritual),
- mental
- special training.

Physical fitness is explained by the child's health, movement skills and quality, the development of hand muscles and visual-motor coordination. Personal readiness refers to the environment, adults, peers, flora, natural phenomena, personal culture. Mental preparation includes a child's figurative and logical thinking, imagination, humanity, interest in knowledge, independence, self-control, and knowledge of the main types of learning activities, such as observation, listening, remembering, comparing takes. Physical readiness of the child to study at school. The physical readiness of a child to study at school is of great importance for the success of studies. In connection with going to school, the reconstruction of the child's lifestyle, changes in the daily routine, serious study work, and the duration of classes require him to exert considerable physical effort. Physical readiness for school consists of many components. First of all, it is the good health of the child, the fitness of the body, a certain level of endurance and work ability, and the ability to resist diseases. In preparing children for school, the development of small finger muscles takes a special role, which is a necessary condition for successful writing. Physical readiness for school also implies the acquisition of cultural hygiene skills by the child, the cultivation of the habit of observing the rules of personal hygiene. Physical fitness is a necessary component of a child's readiness for school. In determining readiness for school, the assessment of the child's health status and the biological maturity of the organism (anthropometric indicators of bone, muscle, respiratory and cardiovascular system) is based on a multi-factor analysis, functional

readiness for school is considered as the main indicator of "Maturity for School" and first of all, it is used to evaluate the level of development of a number of physiological functions. These include: the development of the ability to brake, which is necessary for long periods of shooting at the desk; fine motor control, including fine finger movements necessary for graphic tasks related to writing and drawing; it is necessary to form and strengthen the conditional connections characteristic of positive and inhibition, as well as the sufficiently developed second signal system. Hygienists use Kern Irasek's (ChSSR) tests, methods developed by Soviet researchers (M.M.Antropova, M.M.Kolsova, T.S.Sorokina and others) to determine children's readiness for school. Examination of children allows to determine whether they can study at school from the age of six. The result of checking the children's physical readiness for school showed that most children's main indicators are around the norm and even better than it. Daily routines, exercise routines, regular physical education classes, various dynamic games and physical exercises are necessary conditions for ensuring children's physical readiness to study at school.

#### 1. Level of physical development

- Ability to perform physical exercises independently;
- Being able to run based on the command (start, stop);
- Being able to go up and down a hill using a ladder;
- Being able to move forward while sitting on a ladder;
- hanging on the rope for 5 seconds;
- Being able to fly smoothly;
- Being able to walk along a limited row and line;
- Being able to walk over a sloping board;
- Being able to stand on one leg as a swallow;
- Being able to pick up, push down and move objects from one place to another;
- Being able to jump 15-20 times standing up, jumping 70-8 cm long, jumping over a 30 cm high hurdle;
- Being able to run for 2-3 minutes without stopping; run 100 meters without stopping;
- crawling 10 meters away;
- Standing in line and walking along the line;
- Knowledge of alignment and re-alignment;
- Be able to move in accordance with the music;
- Throwing and catching the ball;
- Walking in the form of a snake trail;
- Being able to walk in a circle in groups;
- Folk games "Kim chakkon", "White poplar-kuk terak?", "What happened to my rabbit?", "Chitti flower", "Boglam-boglam", "Who takes this grudge".

Physical education is an important part of the pedagogy of preschool education and is the first link of the system of physical education established in our country. Its mission is to maintain children's health, develop their physical qualities, and prepare young people for work and defense of the Motherland. Physical development in the narrow sense is height growth, muscle gain, and similar anthropometric and biometric indicators. Physical development is carried out on the basis of biological laws of dependence on the environment surrounding the human organism. For

example: by slightly changing the living conditions and the method of physical education, it is possible to raise the level of the organism's functional capabilities and improve the indicators of physical development. formation of movement skills and abilities is understood as acquisition of special knowledge related to the field of physical culture and sports. Physical education of children of preschool age is aimed at preserving their life, strengthening their health, forming movement skills and providing physical education in the full sense, forming cultural and genetic skills, inculcating the habit of living in excess. In most of the routine cases, the scope of the child's knowledge is expanded by carrying out genetic and training procedures. Mental activity increases. It is formed by acquiring courage, honesty, integrity, determination, independence and similar positive norms and rules of behavior. In most cases, physical training is done with the whole group. In physical education classes, in active games, children develop such qualities as social organization and discipline. A special feature of the body of school-aged children is that it grows and develops very quickly. At the same time, the formation of body functions and systems is still incomplete. Accordingly, he is easily injured. Therefore, the following are the primary tasks in providing physical education to children.

1. Health-giving tasks.
2. Educational tasks
3. Educational tasks.

Physical fitness is explained by the development of the child's health, movement skills, hand muscles and visual-motor coordination. The main signs of "underdevelopment" are seen in specific aspects of physical development. For example, in children with short bone structure, height and weight disproportion for their age, imbalances in the body, physiological deficiencies in the structure of the heart and blood vessels, rapid fatigue, and low ability to perform physical loads are among these. As for the examinations conducted on diseases and predisposition to them, they are carried out by a narrow group of specialist doctors in children's polyclinics at the place of residence. Indicators of physical development.

1. Development of the main types of movement.

- correctly perform all types of walking and running, use them in accordance with the conditions.
- Correctly perform all types of jumping, throwing, scrambling.
- Jump up to a height of 40 cm in a soft place, jump up to a length of not less than 70 cm, run a distance of 100 meters.
- Walk 2-3 circles and line up in 3-4 rows, after counting "First, second", line up in two rows, keep the distance during the movement.
- Perform physical exercises from various initial positions in a clear, rhythmically indicated rhythm according to verbal instructions to music.
- Active participation in games with elements of sports games (volleyball, football, hockey, basketball, table tennis). 15 meter freestyle swimming.

2. Development of muscles in the body.

- Ensuring mobility of the paw and fingers, playing with fingers.
- Drowsiness and restful sleep.
- Forming an image of one's physical appearance and health, achieving a healthy lifestyle.
- Compliance of anthropometric indicators (height, weight, head circumference, chest width) with age indicator standards.

3. Level of physical development. Minimum requirements for the level of physical development of children of school age:

- Ability to perform physical exercises independently;
- Being able to run based on the command (start, stop);
- Being able to go up and down a hill using a ladder;
- Being able to move forward while sitting on a ladder;
- hanging on the rope for 5 seconds;
- Ability to fly a rope;
- Ability to walk along a limited row and line;
- Being able to walk over the board;
- Being able to stand on one leg as a swallow;
- Being able to pick up, push down and move objects from one place to another;
- Being able to jump 15-20 times standing up, jumping 70-8 cm long, jumping over a 30 cm high hurdle;
- Being able to run for 2-3 minutes without stopping; run 100 meters without stopping;
- crawling 10 meters away;
- Standing in line and walking along the line;
- Knowledge of alignment and re-alignment;
- Be able to move in accordance with the music;
- Throwing and catching the ball;
- Walking in the form of a snake trail;
- Being able to walk in a circle;

Folk games "Who's quick", "Is it white poplar or blue poplar?", "What happened to my rabbit?", "Chitti flower", "Boglam-boglam", "Who will take this grudge". It consists of being able to participate in action games such as "Fly, chop, jump", "Bird's head", "Koch balam, kush keldi", "Tortishmachok". The age period from 5 to 7 years is called "initial growth". Because during this period, the child can grow 7-10 cm during the year. The height of a 5-year-old child before school is 106.0-10.7 cm, and his weight is 17-18 kilograms. During the 6 years of his life, his average weight is 200.0 g and his height is 0.5 cm. As a result of experiments and goal-oriented physical training, 6-year-old children perform exercises related to movement techniques correctly and with understanding.

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