

# The Importance of Physical Exercises in the Development of Kindergarten Children

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**Abstract.** In this article, the author provides information about a special role and importance of physical exercises in the development of children of kindergarten age.

**Key words:** Pre-school children, teaching children to move, physical education, physical education tools, movement skills.

**Introduction:** On December 29, 2016, the President of the Republic of Uzbekistan approved Decision PQ-2707 "On measures to further improve the preschool education system in 2017-2021". Scientific observations and researches show that a person acquires seventy percent of all the information he receives during his life before the age of five.

In fact, during this period, a human child understands the world, learns his native language, develops love for his parents, family, neighborhood, Motherland, and prepares the ground for lifelong knowledge.

August 14, 2018, No. PQ-3907 of the President of the Republic of Uzbekistan, on the measures to raise the moral, moral and physical maturity of young people, to raise the quality of their education system to a new level in the decision:

In the comprehensive program of measures to educate young people to become spiritually, morally and physically perfect, to raise the quality of their education system to a new level, they have a high morale, a firm life position, and a broad worldview. to educate selfless and patriotic young people, to protect young people from the influence of foreign ideas, to educate them in the spirit of loyalty to national and universal values, religious tolerance and inter-ethnic harmony, to increase the value and prestige of pedagogic staff, to provide them with material resources to strengthen moral and social protection, to improve the legal culture of young people, to prevent the commission of offenses and crimes among them, to create conditions for young people to regularly engage in physical education and sports, to form a healthy lifestyle among them, social protection of students and youth, material and moral support for children of socially needy families Particular emphasis is placed on topical issues Psychological preparation for school education, child's desire to study cognitive activity and thinking operations in the desire to be a student a sufficiently high level of acquisition of the elements of the child's educational activity manifesting at a certain level of will and social development includes based readiness. Psychologically send the child to school all components of preparation to bring the child into the class team Active learning of

educational material at school refers to a wide range of schools covers the fulfillment of obligations. The priority of working with preschool children should be physical education of preschool children, which is aimed at increasing the resistance of the child's body to the negative factors of the external and internal environment, mastering theoretical knowledge in the field of physical culture, and forming physical culture.

**Main Part:** When organizing the physical education of preschool children, the following should be taken into account:

1. development of movement skills;
2. development of physical and mental qualities and abilities;
3. interest and need for physical improvement;
4. comprehensive formation of the child's personality;

The whole set of physical education tools, including the implementation of daily routines, health and fitness activities, provision of necessary physical loads, rational nutrition should be aimed at the main task - raising a healthy child.

It is possible to achieve the main tasks of education and recreation only by implementing a comprehensive approach. Strengthening the physical and mental health of children will greatly help to increase their optimal physical development and mobility.

Choosing the right exercises for physical education, knowing how to effectively use national and modern games and exercises can have a positive effect on children's health. The principle of orientation towards healing provides for constant medical pedagogical control, self-control of practitioners. The main tasks of physical education of children of kindergarten age in pre-school educational institutions and in the family are to raise them healthy and strong, to train their body, to organize education and upbringing correctly. Health care tasks of preschool children are the main task of physical education, which consists of protecting the child's life, strengthening his health, protecting himself by exercising his body, and increasing resistance to various diseases. Physical exercise classes play a key role in teaching children to move. These classes are held in all groups of kindergartens and kindergartens. In children up to 1-3 years old, some physical exercises are performed with each child combined with massage.

Physical education classes are held once a week in groups of children under 1-3 years old, and 3 times a week in groups of children aged 3-7 years. As the age increases, the duration of training increases to 10-45 minutes. The training consists of 4 parts - introduction, preparation, main, final parts, and specific tasks are solved in each of them. Physical exercises are facilitated and conducted in the form of action and plot (a trip to the forest and others). The teacher first chooses physical exercises, and then chooses a plot. Walking, running, hurdles, swimming and outdoor activities are subject to weather and equipment. Morning gymnastics is held in kindergartens and kindergartens before breakfast and in children's homes after waking up. In kindergartens, morning gymnastics with children under 2 years old is held individually or in groups of 5-10 people, and for older children together with all children. Morning gymnastics is carried out with various walking, running and performing various exercises and jumping.

In some cases, the exercise is performed with songs adapted to the plot and rhythm. Physical

exercises mainly strengthen children's strength and flexibility, improve breathing, blood circulation and work of the cardiovascular system, and the process of metabolism in organs. In addition, if the morning gymnastics is organized and starts with a good mood, the impact of physical exercises leads to the formation of the first elementary knowledge about the health benefits of physical exercises. Since the development of the child's organism has its own characteristics, its tasks are expressed in a more precise form; It helps to harden the child's bones in a timely manner, to shape the curved areas of the back spine, to develop the heel surface, and to prepare the joint apparatus.

**Conclusion:** It is necessary to cultivate children's love for sports activities, interest in their results, achievements of athletes. In the process of physical education, there are great opportunities to implement moral, intellectual, aesthetic and labor education. To develop children's ability to feel and perceive pleasure while doing exercises, to understand and correctly evaluate beauty, expressiveness of movements, elegance of stature, clothing, sports equipment, and the beauty of the surrounding environment; it is necessary to educate to strive for aesthetically pleasing behavior, to be intolerant of rudeness in activity, speech and behavior. Beautiful movements that children gradually master, clear alignment, creative expressiveness of game images specific to their age, poetic texts in games, beginnings of games, counting books - all this serves the task of educating children's aesthetic taste. External decoration of children's and educators' costumes, manuals of physical education, etc. is of great importance. The organization of the educational process allows children to practice labor activities that they are capable of.

The teacher regularly asks the children to keep their physical education equipment in order and clean (compactly wrapped flags, ironed tape, handkerchiefs, etc.). First of all, those on duty take care of this and carefully place the necessary items. At the same time, they also take into account the arrangement of objects and inventories so that all children can use them comfortably. Children periodically wash balloons, balls, etc., and wipe down large equipment. All pupils participate in such an event under the guidance of a teacher. Thus, in the process of teaching actions, children develop intellectual abilities, moral and aesthetic feelings; a conscious attitude to their activities and, in connection with this, striving for a goal, organization is formed. All this is the implementation of a general approach to the educational process in the interrelationship.

In conclusion, we must emphasize that the growth and development of children is a continuous process. The formation of a child as a person is observed for the first time when he perceives the world through the objects around him and tries to find meaning from it, and develops his interests and feelings. Each period of life has its own stages according to developmental characteristics and needs. Helping children of small and medium groups to form movements, teach them to keep the body upright.

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