



Methods of developing the coordination skills of preschool children through non-traditional exercises

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ABSTRACT

This article discusses ways to develop the coordination skills of preschool children through non-traditional exercises. It explains what to pay attention to in the development of coordination skills and the stages of development of coordination skills in accordance with age characteristics.

Keywords:

Coordination skills, agility, physical qualities, gymnastics, acrobatics, motor activity, balance.

The physical development of preschool children is most pronounced at an early age. In preschools, children develop from small groups through exercise. From elementary movements to complex exercises, physical education skills are taught under the guidance of a physical education instructor. The development of coordination skills in children is a rather complex process. In this regard, it is advisable to develop these skills with the help of non-traditional exercises. There are a number of aspects that we need to consider in developing our students' coordination skills. First, trainees will need to develop the ability to adapt each movement to each other in performing new movement activities and in the

structure of those movements. On the other hand, it implies the formation of the ability to quickly review and control the movement in accordance with the requirements of the conditions that suddenly change the movement. These two aspects of coordination are closely intertwined and have their own characteristics. These occur when solving different movement tasks and overcoming various coordination difficulties. Of course, these coordination challenges and how to overcome them will be different. Developing these skills in children also poses challenges. Therefore, the development of coordination skills in children is carried out in large and preparatory groups. The foundation of

coordination skills is laid in small and medium groups. In particular, it is advisable to engage in gender sports. For example, the participation of girls in small and medium group rhythmic gymnastics is the basis for the development of their coordination skills. For example, gymnasts can easily and successfully perform the most complex gymnastic coordination combinations. However, in most cases, they are not able to quickly adapt to actions that are not related to changes in the environment. This situation necessitates the use of non-traditional exercises in the development of coordination skills in children. The ability to coordinate cannot be measured in one measure. Various external indicators are taken into account in the assessment.

There are important aspects to consider when developing coordination skills. Time spent exploring new forms of movement. The less time spent on mastering complex times, the higher the development of his coordination skills under the same conditions. The coordination complexity of the activity is also taken into account. The accuracy of actions differs from each other, that is, the forms of complexity, with the content, because each action has its own coordination skills, requirements.

In short, the dimensions of abilities are:

- a) coordination complexity of movement activities;
- b) accuracy of movement;
- c) the time spent learning the action.

So, coordination skills are a complex set of qualities that do not have a single criterion for evaluation.

Coordination ability is the ability of a person to quickly acquire and quickly reconsider new movements in accordance with the requirements of suddenly changing conditions in their activities.

The following tasks should be addressed in the development of coordination skills:

Improving the ability to perform new forms of action is aimed at increasing the effectiveness of actions. Improving the ability to reconstruct forms of coordination in response to changing conditions, increasing the resilience of forms of coordination against various fatigue challenges (improving coordination endurance). In this process, children develop the qualities of endurance, agility, speed. Sometimes the concept of coordination ability is also interpreted as the quality of agility. The above-mentioned tasks are aimed at strengthening and improving the sensory functions, accuracy and analysis of movements, regular performance of movement experiments, and others. Means of developing coordination skills.

A variety of exercises can be used as a tool to develop coordination skills. However, these exercises are associated with the complexity of various coordination movements and have requirements to overcome them. In general, you have to overcome various difficulties in the process of mastering exercise techniques. It should be noted that the study of these exercises strengthens them and reduces their complexity. Because, as a result of repeated practice, it is not difficult to perform these exercises. Therefore, it is

advisable to change the complexity of coordination activities to increase coordination skills.

The most widely used tools in the development of coordination skills include: movement and sports games, gymnastics, acrobatics. That's why these exercises play an important role in the physical education of children. These tools help to develop general agility. Special agility training uses training exercises that are close to competitive exercises in nature and direction.

Agility is large and is well-trained, especially in training groups. Children of this age experience severe development of movement, vision, hearing, and other analyzers. Exercises aimed at cultivating agility during training sessions and lessons are given in the preparatory part and at the beginning of the main part, as the development of agility is low in the conditions of fatigue. Exercises for strengthening the muscles of the jaw and arm as a means of training: long jumps in a standing position, multi-jump, task-based jumping.

Jump at the specified height.

Throw the ball to the specified distance and target (filled balls, tennis, volleyball, etc.).

Exercises for cultivating spatial awareness:

Raise arms and legs to the specified angle (30, 45, 60, degrees, etc.) without objects.

Walking distance on assigned tasks (10,20,30,50,60,100 m, etc.); turns.

Exercises to cultivate a sense of time are walking, running, jumping, throwing,

general developmental exercises for a fixed period of time.

Perform free movement within the allotted time.

Repeat the exercises many times (speed, accuracy, strength, etc.).

Balance exercises: various movement games, balance on one leg and two legs after sports. The main goal in developing coordination skills will be to acquire new movement skills and competencies. Various guidelines are used to cultivate this quality. The change in agility-oriented workload is achieved by increasing the coordination difficulties faced by the trainees. These difficulties are mainly due to the need for accuracy of movement, their compatibility, the sudden change of environment.

In the process of training agility, various methodological methods are used, which better reflect the coordination of movements. Exercises aimed at developing agility quickly lead to fatigue. However, doing so requires complete accuracy of muscle sensations and has little effect on fatigue.

Flexibility is better in children than in adults. But this is not always the case. Therefore, caution should be exercised from time to time. Active flexibility is directly related to muscle strength. However, regular strength training can limit the development of joint mobility. But the negative effects can be overcome. A high level of development of both qualities can be achieved by combining exercises that increase flexibility and strength in a purposeful way.

Conclusion

In conclusion, the development of coordination skills in preschool children requires attention to the following: taking into account the age and individual characteristics of the child, attention to interests, movements and personal abilities, control over the development of physical qualities such as agility, agility in exercise selection. In addition, in the development of coordination skills in children, it is important to get acquainted with the rules of balance and related exercises during the use of non-traditional methods, and the development of skills and competencies. Coordination ability requires speed. This ability can be formed not only through exercise, but also through the development of individual characteristics such as aiming in space, maintaining balance. Due to the fact that the ability to perform one movement activity and to recreate it at the same time is a complex process, it requires great vigilance and diligence

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