



# Physical education of preschool children forms of training

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**ABSTRACT**

Theoretical and analytical material on the problems of professional theoretical and practical training of bachelors in the field of physical education for preschoolers and ways to solve them. Preschool education is designed for bachelors, masters and many specialists of educational institutions.

**Keywords:**

Physical Exercise; Education; Government Program; Form Of Education; Questionnaire; Professional Theoretical, Professional Practical Training, Agenda; Independent Practice; Nursery; Kindergarten; Physical Activity; The Effect Of exercise; physical activity; muscle; speed capabilities; body quality; methodological feature.

In our country, physical education classes for preschool children are conducted in state, public and private and partnership-based children's educational institutions. We studied the level of professional theoretical and practical training of educators of 13 preschool educational institutions of Fergana city and Kuva, Baghdad, Uchkuprik, Yangikurgan districts of our region.

The purpose of our research was to study the level of theoretical knowledge of vocational training in preschool physical education during the years of study in higher education, and to monitor only the level of knowledge of physical education classes used in practice by educators today.

This is due to the fact that the respondents of the Fergana branch of the Tashkent State Institute of Professional Development under the Ministry of Sports Affairs of the Republic of Uzbekistan our responses to the questionnaire did not satisfy us.

More than 31% of the respondents (3 men and 21 people work in educational institutions from 6 to 9 years, a total of 24 people) said that they do not know whether there are state, public and private and partnership educational institutions in the country. in the form of training sessions: morning gymnastics (18%), physical education minutes (50%), exercise (41%), movement games (7%), excursions, trips (34%), sports holidays, admitted that educators did not know how to organize traditional classes (37%) on the basis of the state program of physical education for this age group in the form of individual and independent classes.

Based on the above, in our article, we found that the staff did not have the necessary knowledge during their bachelor's years of study, and in order to provide them with methodological assistance, we found it necessary to provide the necessary knowledge system for in-service training programs. They are:

At the disposal of public institutions - nurseries, kindergartens - at the disposal of public public education, public institutions nurseries, kindergartens - private nurseries and kindergartens, organized by various courts, enterprises, farms and others.

The process of physical education of nurseries and kindergartens organized by government agencies is headed by the head of the nursery or kindergarten. Physical education is conducted by educators. The educators plan to hold classes with the musician and the doctor. The doctor helps the educator as a consultant in the selection of physical exercises, in determining his norms (physical load).

In the form of training sessions for the implementation of the process of physical education in kindergartens and nurseries: morning gymnastics, physical education minutes, exercise therapy, movement games, excursions, trips, holidays, one-on-one and independent training for this age group traditional classes are organized on the basis of the intended physical training program.

Music lessons also address some of the defined tasks of physical education. Musical tact plays a mediating role in the educational process through the performance of exercises, games and dances, following the rhythm.

Curriculum-type physical education classes are organized primarily to teach children to move or to prepare them for the educational process in a general education school. Such classes are organized in the form of compulsory classes in all educational groups of kindergartens and preschools in middle and senior preschool age groups. Individual dual classes for children under 1 year of age are organized and combined with massage.

Classes for 1-3 year olds and older are held 3 times a week, and for 3-7 year olds once a week for 30 minutes. As you grow older, the duration of your sessions can be increased from a 10-minute session to a 45-minute session.

Classes are organized and conducted in 4 parts - organizational, preparatory, basic, final, parts. Each of them solves its own specific tasks.

Exercises are facilitated and organized in the form of action and plot games ("Journey to the forest", "On the circus stage", etc.).

The educator first plans the exercise and then chooses a plot for it. Walking, jogging, overcoming obstacles, swimming, and being outdoors are all the time you need to be.

Morning gymnastics-style workouts - Get up at the orphanage before breakfast and then in the form of hygienic gymnastics. For children under 2 years of age, this training is conducted individually or in groups of 5-10 people, and in adults, all children are lined up.

Morning gymnastics ends with a variety of walks, runs and other exercises - jumps. In some cases, the exercise is conducted with songs adapted to the plot and rhythm.

Exercise in systematic training mainly strengthens the strength and flexibility of children, improves the work of the respiratory, circulatory and cardiovascular systems, the process of metabolism in the body. In addition, if morning gymnastics begins with an organized good mood, it is aimed at forming an elementary basic theoretical knowledge about the impact of daily exercise, posture and the health benefits of exercise.

Exercise in young children is a good way to imitate someone or something and to include the plots in life, in cartoons.

The number of exercises in the complexes is increased from 3 to 6, and as they get older, to 8, the complexes are formed in a week and can be difficult after 3-4 days, it takes 7-12 minutes to perform them.

For children 6-7 years old, exercise close to the school curriculum material is recommended. The dose of exercise is determined by the difficulty of performing it. It is recommended to repeat the exercises 6-12 times for the shoulder and neck muscles, and 4-8 times for the abdominal and lumbar muscles.

In addition to daily and living conditions in kindergartens and kindergartens, outdoor activities in the form of hardening treatments are conducted with children as special air, sun baths, water exercises. In addition, there are some procedures that are effective only when combined with exercise.

Classes in the form of physical training minutes are held during the lessons - drawing, working with plasticine, arithmetic, speech development. For this exercise, 2-3 exercises are selected, which are performed while standing and sitting.

Games are held in the morning at 1000-1200 and in the afternoon. Its purpose is to develop the physical qualities known to us in children. When choosing action games, attention is paid to children's physical fitness, the field and the conditions in it.

Once the educator has selected a game, he or she will carefully consider the methodology for applying it and then conduct it. Playing unfamiliar games for a child can be quite challenging. Adults are given independent tasks. Games last 7-15 minutes and are repeated 5-7 times.

Travel - 1-2 times a week, organized for those under 2 years old. A travel site, a training scenario will be prepared in advance, and the necessary equipment will be prepared taking into account the conditions on the ground. Depending on the age, the travel time can be extended from 20 minutes to 1.5 hours.

Preparatory classes for the holidays of physical culture - are held in the form of celebrations dedicated to the glorious days (New Year, Military Day, Navruz, Independence Day, Constitution Day, etc.) or from kindergarten to school, graduation night. Exercises performed with various games, dances, music will be included in the scenario of the holiday program.

Individual exercise sessions are conducted with the help of a medical professional, taking into account the physical fitness of children. These classes provide opportunities for those with physical disabilities or those with chronic or cardiovascular disease (based on knowledge of therapeutic physical culture). The duration of its duration depends on the level of physical fitness of those discharged from treatment. Exercise plays a key role in the treatment brain doctor's advice.

Exercise Independent Exercise - Provides children with the opportunity to practice their favorite exercise. To do this, the educator has

prepared in advance a "gymnastics town" or a special children's playground, swimming pool, sports equipment and utensils.

During the lesson, the educator has a separate goal for each child, but it is better to separate the roles he plays (elements of games, relays, etc.).

A general work plan for the organization of physical education classes in kindergartens and kindergartens is developed, which defines the measures for the lively process of physical education. The work plan highlights the main goal of physical education and sets specific tasks for its implementation. Tasks can be roughly as follows: teaching swimming, hiking, cycling, scooting, rollerblading, moving games, and more. To do this, educators see the necessary training in advance. The educator's work plan includes the general methodological rules for the organization and conduct of physical activity, quarterly, monthly and weekly on the basis of the curriculum. determines the timing of the activities to be carried out in the field, the people responsible for their implementation, and manages the necessary framework. The level of physical development and fitness of children should be taken into account when planning the process of physical education.

3-4 times a year in kindergartens and kindergartens a report on the state of physical development and changes in the physical fitness of children is prepared, and a description of the physical development and physical fitness of future students is prepared and sent to school

In the following summary, we bring to your attention the general methodological rules for organizing and conducting exercises for children:

1. Exercises with children under two years of age should not exceed 10 minutes, and classes should be held individually with each child.

2. Classes with older children are conducted in the method of "grouping", it is recommended to include more dynamic exercises in the composition of "story games".

3. All muscle groups are trained in turn.

4. Depending on the level of mastery of the movements by the child, the exercises begin with easy, light, and gradually move to the difficult, heavy.

5. The need to include in each exercise exercises that develop and improve walking, running, jumping, climbing, coordination of movements.

6. The regularity of the sessions becomes the rule by gradually increasing the load.

7. Exercise is increased by repetition and increasing the duration of training.

8. It is important that the exercises are fun, emotional and uplifting.

Recognizing that preschool institutions are the primary link in the country's physical education system, the basis for preparing members of society for creative work and defense of the motherland is the educational material used in the state program of preschool education.

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