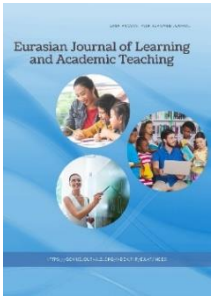

Indicators Of Physical Development Of Preschool Children

Usmanov Zoxidjon Is a senior teacher
Boyjonova Odinahon 1st year master
Fergana State University

ABSTRACT

The article presents the results of a survey conducted by questionnaire to study the role of physical education in the family agenda, children's physical fitness and physical activity.

Keywords: Physical development, functional, exercise; training; form of training; posture, acceleration, hypokenia, functional, wellness, physical activity; the effect of exercise; movement activity; muscle; physical qualities;

The leaders of our government are creating all the conditions for the development of a harmoniously developed personality, which embodies high spiritual and moral values, the preservation of national values, strengthening the health of the younger generation and a positive solution. It is known that a great deal of work is being done in the country to improve the living standards of the population, strengthen their health, popularize physical culture and sports, and bring up our future generation as fully mature and physically fit.

Preschool age is the most important stage in a child's development, because during this period the brain, organs and systems of the body develop both qualitatively and functionally. Therefore, the physical health of the individual, the harmonious development of his limbs, is one of the most important aspects of the educational process. The fact that the physical education of the child should play a leading role in the content of education of this period has been proved in recent years by research conducted in our country and abroad.

A child's physical development can be assessed not only by body weight, height, head and chest circumference, but also by body structure, stature, and the size of the soles of the feet.

Posture is a normal position characterized by keeping the body and head free without much strain. It is best to stand the child on his side and determine his height. In this case, the natural (physiological) curvature of the spine is well felt.

Excessive curvature or insufficiency of the natural curvature (curvature) ratio of the spine is indicative of a misalignment of the spine, which leads to dysfunction of the spine and other adverse consequences.

The following types of deformities are most common: curved, rounded back, flat back, saddled back.

The lateral curvature of the spine is called scoliosis. Scoliosis occurs as a result of the body being in the wrong position or the habit of holding the body incorrectly. Scoliosis is often caused by muscle spasms.

Physical weakness Exercising and playing active games strengthens the muscles, the longitudinal apparatus, and therefore helps to eliminate scoliosis. Therefore, parents who try not to engage their child in physical activity as

much as possible do the wrong thing. By doing so, they are only harming the health of their children. At home, it is important to watch how the child behaves while eating, playing games, and exercising.

Chest shape. The thorax is conical, cylindrical, barrel-shaped, and the most common violation of the shape of the thorax is the protrusion, flattening, penetration of the thorax.

The shovels should normally be in a single line and not protrude too much from the back. The fact that the lower corners of the paddles are not in the same position or that the paddles are winged indicates that the shape of the chest is incorrect.

Rickets is one of the most common causes of muscle weakness and general retardation in development and growth, leading to a misaligned chest shape.

The shape of the legs. In addition to the normal (correct) shape of the legs, the legs can be 0 shaped, which is one of the complications of rickets, the legs are also X-shaped, which often occurs in girls as a result of the weakness of the longitudinal-articular apparatus.

The shape of the soles of the feet. Normally the soles of the feet are semi-domed. This “dome” is held in place by the stretching of the ligament apparatus and the tension of the muscles. Impotence of the musculoskeletal system or a heavy load on it that cannot support it, as well as wearing the wrong shoes that do not fit the foot, disrupts the normal function of the sole of the foot and leads to flattening of the dome.

The very flattening of the dome of the sole of the foot is called flatfoot. In flat feet, the normal function of the sole of the foot deteriorates. When walking and standing, a person immediately becomes tired and has pain in the muscles.

You can tell by the shape of the sole of the foot. If the sole of the foot is placed on a hard object or a piece of paper, it is immediately obvious whether there is a flat foot from the footprint.

It is required to follow the rules set out in the STT physical education classes, which have a positive effect on the development of the child's body mentioned above.

Bol its natural mobility is one of the important indicators of the health of the organism.

Motor activity is a biological need of the child, the degree of satisfaction of this need in many respects indicates how developed the organism is.

The problem of movement activity remains extremely relevant today. This is primarily due to the phenomenon of acceleration, the rapid growth and development of modern children, as well as the increasing incidence of hypokinesia and early sports hyperkinesia (excessive stress).

Acceleration in general is a positive phenomenon, but often one has to see its inconsistent, i.e. disproportionate, asynchronous symptoms. This is due to the fact that some organs and systems do not grow and develop smoothly. Everyone is well aware of the prophylactic and therapeutic role of exercise when there is a change in health during acceleration. Nevertheless, it has been found that any dysfunction in our children’s body is due to hypokinesia, which is becoming more prevalent.

Lack of movement in children can actually lead to functional disorders. It has been noted that there is a direct link between hypokinesia and a decrease in the activity of many enzymes after exposure to oxidative processes in the body and the nature of biochemical changes. The general resistance of the child's body to colds and disease-causing microbes is significantly reduced. Motor skills lag behind - strength, speed, endurance decreases, vegetative functions do not develop well, the range of functional capabilities of the cardiovascular system and respiratory organs narrows.

The best way to increase motor activity in children is to engage in proper, age-appropriate exercise, movement games. The child should start using important elements of exercise and gymnastics and massage from an early age.

It is known through modern science that the effects of exercise are based on the ability to improve physiological processes in the body. The stimulating and training effects of exercise are mainly through the central nervous system. It would not be a mistake to say that we do not

have any organs or structures whose functional capabilities do not change under the influence of regular exercise.

Physical education has a positive effect not only on the body of healthy children. They are especially important for weak and sick children.

Exercise applied in such doses and in a special methodology for such children improves the functioning of organs and tissues. Alters metabolism. Enhances oxidation processes. Increases the body's resistance to inflammatory diseases and improves the compensatory mechanisms that are so necessary for the sick organism.

Indeed, as long as the child comes straight from the family to the preschool, the upbringing in the family will inevitably have an impact on the child. A questionnaire was distributed to study the role of physical education in the family agenda, children's physical fitness and physical activity.

Questionnaires from parents were completed. "What prevents your child from engaging in physical education and sports?" - 38% of parents said that they are struggling financially, 11.5% - reluctantly, 33.9% - lack of time.

"What sport would you like your child to do?" - 40.6% of parents indicated the type of swimming, 17.5% - 28.8% - football, gymnastics, tennis, wrestling.

To the next question “What kind of pedagogical conditions would you like to create in kindergartens for your child to grow up healthy?”, 40.6% of parents said that they would have a separate gym and swimming pool, 20.6% to 21.8% said that parents will have sports grounds and enough sports equipment. they want. At the same time, 44.2% of parents believe that physical education and sports in kindergartens should be conducted by specialists.

From the results of the questionnaire we conducted, it can be concluded that the physical education program should be designed in such a way that it increases the level of interest in physical education among parents, educators and children. Let this scientifically compared program facilitate a pedagogical process aimed at improving the physical development of each child, taking into account their individual characteristics, to use a variety of health tools aimed at improving information about their physical development, functional readiness, and children's health in general.

We have brought to your attention the following general methodological rules for exercising children and organizing and conducting their classes:

- Exercises with children under two years of age should not exceed 10 minutes. Classes are held individually with each child.
- With older children it is advisable to conduct the lessons in a group method, using dynamic exercises structured as a plot game.
- Exercises should be alternated for all group muscles.
- Depending on how well the child has mastered the movements, the exercises start with the light and gradually move to the heavier.
- Each exercise should include exercises that develop and improve walking, running, jumping, climbing, coordination of movements.
- Trainings should be held regularly with a gradual increase in workload.
- Exercise is increased by several repetitions and increasing the duration of training.
- The trainings should be fun.

From the results of the questionnaire we conducted, it can be concluded that the physical education program should be designed in such a way that it increases the level of interest in physical education among parents, educators and children. Let this scientifically compared program facilitate a pedagogical process aimed at improving the physical development of each child, taking into account their individual characteristics, to use a variety of health tools aimed at improving information about their physical development, functional readiness, and children's health in general.

Literature

1. Sh, D. (2020). Monitoring of physical activity of junior schoolchildren at physical education lessons. European

Journal of Research and Reflection in Educational Sciences, 8 (10), 187-189.
2. Valievich, D. S. (2020, December). SYSTEM OF ORGANIZATION OF MOVEMENT ACTIVITIES IN PRIMARY SCHOOL STUDENTS. In Konferentsii.
3. DJALALOV, Sh. (2020). CHARACTERISTICS OF THE METHODOLOGY OF TRAINING ATHLETICS FOR EARLY SCHOOL STUDENTS IN PHYSICAL CULTURE (EDUCATION) COURSES. Fan-Cportga, (5), 48-50.
4. Usmanov, Z. N., & Ubaidullaev, R. (2020, December). PROBLEMS OF PHYSICAL AND HEALTHY WORK IN SCHOOL EDUCATION SYSTEM. In Konferentsii.
5. Usmanov, Z. N., & Ubaydullaev, R. M. PROBLEMS OF PHYSICAL CULTURAL AND OZDOROVITELNOY RABOTY IN THE SYSTEM OF SCHOOL EDUCATION.
6. Qosimov, A. N. (2021). FORMIROVANIE I FIZICHESKOE RAZVITIE SOMATOTIPOV MYShTs U STUDENTOV 13-15 LET, ZANIMAYUSHCHIXSYA SHKOLNOY PROGRAMMOY. Scientific progress, 2 (8), 849-853.
7. Kholmirzaevich, A. J. (2021). Innovations In Fitness Works and Physical Education. Texas Journal of Medical Science, 2, 4-5.
8. Nishonova, D. (2021). The main criteria for the choice of antipyretics in the treatment of hyperthermic syndrome in children. Society and Innovations, 2 (3 / S), 430-436.
9. Kamolidin, P. (2021). Physical Preparation and Development of School Students. Journal of Pedagogical Inventions and Practices, 3, 161-163.
10. Ma'mirjon, Y., & Saminjon, X. (2022). SCHOOL-AGED MEMORY OF MOVEMENT ACTIVITY. Conference, 75-78.
11. Valievich, D. S. (2020, December). FEATURES OF MOTOR ACTIVITY AT PRIMARY SCHOOL AGE. In Konferentsii.
12. Jalolov, S. V. (2021). IMPROVEMENT OF MOTOR PREPARATION OF YOUNGER SCHOOLERS IN THE ANNUAL CYCLE OF LEARNING. In Prioritetnye napravleniya razvitiya sporta, turizma, obrazovaniya i nauki (pp. 246-250).
13. Hamrakulov, R. PEDAGOGICAL BASES OF FORMATION OF PHYSICAL EDUCATION AND SPORTS TRAINING IN HIGHER EDUCATION SYSTEM.
14. Ismoilov, S. (2021). PEDAGOGICAL PSYCHOLOGICAL OPPORTUNITIES FOR THE DEVELOPMENT OF STUDENT THINKING ACTIVITY IN SCHOOL AND FAMILY COOPERATION. Galaxy International Interdisciplinary Research Journal, 9 (12), 1209-1212.
15. Mamadzhanov, N. M. (2020). RELATIONSHIP OF AGE AND DYNAMICS OF PHYSICAL DEVELOPMENT AND PREPAREDNESS OF 6-7 YEARS OLD CHILDREN IN FERGANA. European Journal of Research and Reflection in Educational Sciences Vol, 8 (12).
16. Yakubova, G. K. (2021). MONITORING OF PHYSICAL EDUCATION CLASSES IN CONDITIONS OF HYPERTHERMIA. Herald pedagogy. Science and Practice, 1 (2).
17. Mamadzhanov, N. M. (2020). RELATIONSHIP OF AGE AND DYNAMICS OF PHYSICAL DEVELOPMENT AND PREPAREDNESS OF 6-7 YEARS OLD CHILDREN IN FERGANA. European Journal of Research and Reflection in Educational Sciences Vol, 8 (12).
18. Hamrakulov, R. PEDAGOGICAL BASES OF FORMATION OF PHYSICAL EDUCATION AND SPORTS TRAINING IN HIGHER EDUCATION SYSTEM.

19. Usmanov, Z. N., & Ubaydullaev, R. M. PROBLEMS OF PHYSICAL CULTURAL AND OZDOROVITELNOY RABOTY IN THE SYSTEM OF SCHOOL EDUCATION.
20. Qosimov, A. N. (2021). FORMIROVANIE I FIZICHESKOE RAZVITIE SOMATOTIPOV MYShTs U STUDENTOV 13-15 LET, ZANIMAYUSHCHIXSYA SHKOLNOY PROGRAMMOY. Scientific progress, 2 (8), 849-853.
21. Kosimov, A. (2021). Issledovanie fizkulturno-ozdorovitelnoy raboty in sisteme shkolnogo obrazovaniya. Nauka segodnya: reality and perspective [Text]: materia, 77.
22. Kholmirzaevich, A. J. (2021). Innovations In Fitness Works and Physical Education. Texas Journal of Medical Science, 2, 4-5.
23. Ismoilov, S. D. (2022). FAMILY AND VALUE. Academic research in educational sciences, 3 (1), 998-1003.
24. Tojimatovna, N. D. (2021). Means Of Shaping the Health and Healthy Lifestyle of University Student Girls. Texas Journal of Medical Science, 2, 1-3. 25. Ubaidullaev, R. M. (2020). Comparative monitoring of indicators of physical fitness of girls in rural schools with the standards of health tests "Barchina". In Science Today: Basic and Applied Research (pp. 37-40).
25. Usmanov, Z. N., & Ubaidullaev, R. M. PROBLEMS OF PHYSICAL AND HEALTH WORK IN THE SCHOOL EDUCATION SYSTEM.
26. Hamrakulov, R. (2021). THE IMPORTANCE OF THE ORGANIZATION OF PHYSICAL CULTURAL ACTIVITIES BASED ON ADVANCED PEDAGOGICAL TECHNOLOGIES. CURRENT RESEARCH JOURNAL OF PEDAGOGICS, 2(05), 114-119.
27. Yuldashev, M. (2021). INNOVATIVE ASPECTS FOR HEALTHY LIFESTYLE FORMATION AND DEVELOPMENT OF SPORTS. CURRENT RESEARCH JOURNAL OF PEDAGOGICS, 2(05), 102-107.
28. Khaidaraliev, H. H. (2019). MOTIVATION OF THE CHOICE OF A PROFESSION AS A MANIFESTATION OF PATRIOTISM OF MODERN STUDENTS. In EUROPEAN RESEARCH: INNOVATION IN SCIENCE, EDUCATION AND TECHNOLOGY (pp. 50-52).
29. Sidikova, G. S. (2022). FORMATION OF A HEALTHY LIFESTYLE IN CHILDREN OF THE OLDER PRESCHOOL AGE. Talim va Rivozhlanish Tahlili online ilmiy journals, 2(1), 6-11.
30. Patidinov Kamolidin. (2021). Physical Fitness and Development of School Students. Journal of Pedagogical Inventions and Practices, 2(2), 89–91. Retrieved from https://zienjournals.com/index.php/jpip/article/view/330
31. Yakubova, G. K. (2021). MONITORING OF PHYSICAL EDUCATION CLASSES IN CONDITIONS OF HYPERTHERMIA. Herald pedagogics. Nauka i Praktyka, 1(2).
32. Tojimatovna, N. D. (2021). Means Of Shaping the Health and Healthy Lifestyle of University Student Girls. Texas Journal of Medical Science, 2, 1-3.