



## Problems of Improving the Physical Status of Preschool Children

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### ABSTRACT

The introduction of modern educational programs and technologies into the educational process, aimed at the comprehensive intellectual, spiritual, aesthetic and physical development of children, a radical increase in the level of preparation of children for school:

### Keywords:

modern educational programs, educational process, comprehensive intellectual, spiritual, aesthetic

Resolution of the President Sh.Mirziyoyev "OF THE REPUBLIC OF UZBEKISTAN ON MEASURES TO FURTHER IMPROVE THE SYSTEM OF PRESCHOOL EDUCATION FOR 2017-2021" is indicated in order to further improve the system of preschool education as an important link in a unified system of lifelong education, expand the network and strengthen the material and technical base of preschool educational institutions, ensure their qualified teaching staff, the introduction of modern educational programs and technologies into the educational process, aimed at the comprehensive intellectual, spiritual, aesthetic and physical development of children, a radical increase in the level of preparation of children for school:

1. Approve the Program for the further improvement of the system of preschool education for 2017 - 2021 (hereinafter - the Program), including:

action plan for further improvement of the system of preschool education for 2017 - 2021 in accordance with Appendix;

the main parameters, volumes and sources of financing for new construction, reconstruction and overhaul of preschool

educational institutions for 2017-2021 in accordance with Annexes;

the main parameters for organizing short-term groups to prepare children for school education in preschool educational institutions for 2017-2021 in accordance with Appendix.

2. Define the main target tasks and directions of the Program:

- creation of conditions for the comprehensive intellectual, moral, aesthetic and physical development of children, taking into account advanced foreign experience;
- improving the quality of preschool education, a radical improvement in the preparation of children for school in preschool educational institutions, the introduction of modern educational programs and technologies widely used in world practice into the educational process;
- organization of 6,100 short-term groups in preschool educational institutions to prepare children

aged 5-6 years for school education;

- improvement of curricula and programs for the training and advanced training of teaching staff for preschool educational institutions, taking into account modern pedagogical technologies and methods;
- strengthening the material and technical base of 2,200 preschool educational institutions, including the construction of new preschool educational institutions in rural areas, their provision with inventory, equipment, teaching aids and multimedia tools that meet modern requirements.

Approve the composition of the Republican Commission for Coordinating the Implementation of the Program for Further Improvement of the Preschool Education System for 2017-2021 (hereinafter referred to as the Republican Commission) in accordance with the Appendix.

Republican Commission (A.N.Aripov) to systematically coordinate the activities of ministries, departments, local authorities responsible for the implementation of the activities provided for in the Program, as well as monitoring and control over the full and high-quality implementation of the measures taken and the achievement of the established main parameters.

Grant the right to the Republican Commission to make, within the framework of the approved basic parameters, changes to the annually approved address lists of new construction, reconstruction and overhaul of preschool educational institutions on the proposal of the Ministry of Public Education, the Ministry of Economy, the Ministry of Finance of the Republic of Uzbekistan, the Council of Ministers of the Republic of Karakalpakstan, khokimiyats of regions and the city of Tashkent.

Determine the following sources of financing for the implementation of the Program:

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- ✓ funds allocated under the Investment Program of the Republic of Uzbekistan - for new construction, reconstruction, overhaul of preschool educational institutions, including children's gazebos, playgrounds and fencing of the territory;
- ✓ (paragraph two of paragraph 4 as amended by the Decree of the President of the Republic of Uzbekistan dated December 30, 2019 No. PP-4555 - National Legislation Database, 01.01.2020, No. 07/20/4555/4257)
- ✓ funds from the budget of the Republic of Karakalpakstan, local budgets of regions and the city of Tashkent - for the improvement of the territory of preschool educational institutions and the provision of drinking water;
- ✓ funds from the State budget of the Republic of Uzbekistan - to equip preschool educational institutions;
- ✓ funds of financial institutions, organizations and donor countries, charitable investments of legal entities and individuals, as well as other sources not prohibited by law.

See previous edition.

The Ministry of Finance of the Republic of Uzbekistan, starting from 2017, should provide in a separate line in the parameters of the State Budget of the Republic of Uzbekistan and the cost estimates of the Ministry of Public Education of the Republic of Uzbekistan the necessary funds for the implementation of the Program within the limits of the annually allocated budget allocations for education.

The theory of physical education of preschool children is the science of the general laws of physical education and the formation of a child's personality. It studies the patterns of physical education of the child from birth to school and, in accordance with this, the general patterns of managing the development of the child in the process of education and training. The most important task that determines the

special significance of physical education as the basis for comprehensive development is the formation of a healthy, strong, tempered, cheerful, responsive, initiative child, who is well-versed in his movements, who loves sports and physical exercises, and is capable of learning at school and active subsequent creative activity. Knowing and taking into account the regularities of the potential capabilities of a child of each age period, the theory of physical education provides for the requirement of a scientifically based program of a complex of physical education, the assimilation of which provides children with the necessary level of physical fitness.

Physical education in preschool institutions is the unity of goals, objectives, means, forms and methods of work aimed at improving the health and comprehensive physical development of children. At the same time, it is a subsystem, a part of the national system of physical education, which, in addition to the above components, also includes institutions and organizations that carry out and control physical education. Each institution, depending on its specifics, has its own specific areas of work that generally meet the state and public interests.

The purpose of physical education is to form the foundations of a healthy lifestyle in children.

Health-improving, educational and upbringing tasks are carried out in the process of physical education.

Among the health-improving tasks, a special place is occupied by protecting the life and strengthening the health of children, and comprehensive physical development, improving body functions, increasing activity and overall performance.

Taking into account the specifics of age, health-improving tasks are defined in a more specific form: to help form the bend of the spine, develop the arches of the foot, strengthen the ligamentous-articular apparatus; promote the development of all muscle groups, especially the extensor muscles; the correct ratio of body parts; improvement of the activity of the cardiovascular and respiratory systems.

In addition, it is important to improve the overall performance of children, taking into account the developmental characteristics of the child's body, the tasks are defined in a more specific form: to help correct and timely ossification, the formation of spinal curves, and to promote the proper development of thermoregulation. Improve the activity of the central nervous system: contribute to the balance of the processes of excitation and inhibition, their mobility, as well as the improvement of the motor analyzer, sensory organs.

Educational tasks provide for the formation of motor skills and abilities in children, the development of physical qualities; the role of physical exercises in his life, ways to strengthen his own health. Due to the plasticity of the nervous system in children, motor skills are formed relatively easily. Most of them (crawling, running, walking, skiing, cycling, etc.) are used by children in everyday life as a means of transportation. Motor skills facilitate communication with the environment and contribute to its knowledge: the child, crawling himself, approaches those objects that interest him and gets acquainted with them. Proper exercise effectively affects the development of muscles, ligaments, joints, and the skeletal system. The motor skills formed in preschool children form the foundation for their further improvement at school and allow them to achieve high results in sports in the future. In the process of forming motor skills in children, the ability to easily master more complex movements and various types of activities that include these movements (labor operations) is developed. The volume of motor skills according to age data is in the program. Preschoolers need to form the skills to perform drill, general developmental exercises, basic movements, sports exercises. In addition, children should be taught to play sports (towns, table tennis) and perform elements of sports games (basketball, hockey, football, etc.). At this age, it becomes important to inculcate the initial skills of personal and public hygiene (washing hands, taking care of a suit, shoes, etc.). The acquired knowledge allows children to engage in physical exercises more consciously and more fully, to

independently use the means of physical education in kindergarten and family.

Educational tasks are aimed at the versatile development of children (mental, moral, aesthetic, labor), the formation of their interest and need for systematic physical exercises. The system of physical education in preschool institutions is built taking into account the age and psychological characteristics of children.

The first seven years of a child's life are characterized by the intensive development of all organs and systems. A child is born with certain inherited biological properties, including the typological features of the main nervous processes (strength, balance and mobility). But these features are only the basis for further physical and mental development, and the determining factor from the first months of life is the environment and upbringing of the child. Therefore, it is very important to create such conditions and organize education in such a way that a cheerful, positive emotional state of the child, full physical and mental development is ensured.

The need to consider the problem of physical education and development of preschool children is caused by the low level of the general functional state of their body and the low efficiency of organizing their physical education. The development of the concept of transformation of the national system of physical education of children, which would contribute to the coordination of the efforts of universities, institutions and leading specialists in this field, is determined as a primary task. The accumulated certain experience in the implementation of this problem has highlighted three issues that require their priority solution. It:

- 1) studying the features of the physical development of children in the preschool period of their life;

- 2) development of means, methods and ways of organizing education to ensure optimal conditions for the life of children in federal, municipal, regional preschool institutions;

- 3) substantiation of ways to solve the problems of physical culture of preschool children.

To ensure effective work on physical education in a preschool institution, specially equipped sports halls and playgrounds are needed. In typical projects of kindergartens and buildings put into operation for preschoolers, many features of a rapidly growing baby's body that are very important for a favorable life are not taken into account. In preschool years, there is a significant increase in speed-strength qualities, endurance, flexibility and dexterity, many motor skills are formed, but the base (gyms and places for independent physical exercises), in which this occurs, acts as a deterrent that does not allow to fully ensure the development of the psychophysical and morphofunctional potential inherent in the child by nature. The facilities available in most kindergartens for both music and exercise classes only meet the requirements of children under 3 years of age. In this regard, it is necessary to find effective ways to solve this problem.

Ideally, each kindergarten should be equipped with sports halls with appropriate devices for the implementation of the motor abilities of older preschool children (6-7 years old). Obviously, the solution of this issue cannot be only extensive in nature (expansion of areas for physical exercises). The intensive path of development is currently the most appropriate for the public sector of education. However, in the current economic conditions, it is far from suitable for all preschool institutions in Russia. Therefore, the task of the administrative and economic and pedagogical teams of the preschool educational institution is to saturate the space of the gym with inexpensive, non-standard, multifunctional equipment and inventory that meets hygienic, anatomical, physiological, mental, aesthetic, ergonomic and other requirements.

A special role in physical exercises is played by the color saturation of the room in which the child is engaged. The color scheme of the hall and the information environment are factors that determine the interaction of the external and internal environment, ensuring the vital activity and development of the child. Smell, sound in accordance with the topics of classes are used for the development of

analytical systems and orientation in space. At the same time, such particular tasks as the formation of the perception of space outside the hall, "seeing through the walls", the movement of the sun and moon, planning classes taking into account the height of the solar zenith and the phases of the moon (growing and waning) are solved.

The education system is currently experiencing significant difficulties in terms of distributing, within a strictly limited time frame, an ever-increasing volume of educational material recommended for various educational institutions.

Preserving the health of preschool children can be called a priority for the entire society, since only healthy children are able to properly assimilate the acquired knowledge and in the future are able to engage in productive and useful work.

The need to maintain health must be formed from childhood, when the body is plastic and easily amenable to environmental influences. In children, the desire to be healthy, grow up beautiful, active, be able to serve and behave in such a way as not to harm themselves and others is strengthened. With the help of an adult, the child realizes: in order to be healthy, you need to do physical exercises daily, temper yourself, do exercises, follow a daily routine, eat healthy food, keep the environment and premises clean, and follow the rules of hygiene.

In physical exercises, children receive elementary ideas about the structure of their own body, the functions and purposes of internal organs and body systems. Through a system of special exercises and games, children get acquainted with the signs of health, learn to protect themselves from germs, avoid dangerous places, and, if necessary, provide themselves and others with elementary help. The sooner a child realizes the need for his direct familiarization with the riches of physical culture, the sooner he will form an important need that reflects a positive attitude and interest in the physical side of his life.

Throughout preschool childhood, the health of children is continuously maintained in the conditions of physical education, as evidenced by the indicators of the general

physical fitness of children. In preschoolers from 5 to 7 years old, the backbone strength doubles: in boys it increases from 25 to 52 kilograms, in girls from 20.4 to 43 kilograms. Speed indicators are improved. The running time for 10 meters from the move is reduced for boys from 2.5 to 2.0 seconds, for girls from 2.6 to 2.2 seconds. Changes in overall endurance. The distance covered by boys increases from 602.3 meters to 884.3 meters, girls from 454 meters to 715.3 meters

The preservation of the health of a preschooler is influenced by various means and methods of physical education. For example, an effective means of developing speed are exercises aimed at developing the ability to quickly perform movements. Children learn the exercises best at a slow pace. The teacher should ensure that the exercises are not long, monotonous. It is desirable to repeat them in different conditions with different intensity, with complications, or vice versa, with reduced requirements.

Of particular importance in the process of preserving the health of preschoolers are gaming motor tasks, outdoor sports games, sports entertainment that are always interesting for children, they have a great emotional charge, are distinguished by the variability of their constituent components, and make it possible to quickly solve motor problems. Children learn to invent motor content for the proposed plot, independently enrich and develop game actions, create new storylines, new forms of movement. This eliminates the habit of mechanical repetition of exercises, activates, within the available limits, creative activity for independent comprehension and successful application of familiar movements in non-standard conditions. Gradually, collective creativity, organized by an adult, becomes an independent activity of children.

At the present stage of development of education, there are several concepts of the physical development of preschool children aimed at maintaining their health. The philosophy of this or that program is based on a certain view of the authors on the child, on the laws of his development, and, consequently, on

the creation of conditions that contribute to the formation of the personality, protect his identity and reveal the creative potential of each pupil. The development of motor activity of children should proceed in the form of their familiarization with physical culture as a natural component of human culture.

As a result of the work done, we analyzed the literature on the research topic; the organization of conditions for physical education of preschool children is considered; the problems of physical education and development of preschool children were revealed; the aspect of preservation of health of children of preschool age in the conditions of physical education is analyzed; diagnostics of physical health of preschoolers was carried out; the possibilities of the developed program of physical education are considered.

Summarizing the results of the work done, the following can be noted. In the process of developing a program of physical education for preschoolers, the effect of using biofeedback techniques was studied by saturating feedback channels during: teaching movements and forming the first healthy lifestyle skills in preschoolers; the use of non-traditional means of recovery, healthy lifestyle techniques and the formation of basic movements; mapping functional profiles and focusing on their dynamics to strengthen motivation; teaching relaxation and self-regulation techniques to relieve psycho-emotional stress; using systems of breathing exercises to improve aerobic capacity, etc.

The study showed that training in biofeedback techniques increases the level of motivation and awareness in the implementation of healthy lifestyle movements and techniques; increases the accuracy of self-assessment of the magnitude and dynamics of various parameters of the functional state, including during muscle activity and in training conditions; the accuracy of self-dosing and self-control over the volume and intensity of exercises improves, the speed of learning and the effectiveness of bioenergetic rehabilitation in case of pathology of the musculoskeletal system increase; there is a positive dynamics of

the respiratory system, aerobic performance and improvement in health indicators.

The program of physical education developed by us has a training effect on the child's body, helps to expand the adaptive capabilities of children not only to physical exertion, but also to the influences of the external environment.

Thus, the use in practice of work on physical education of the program developed by us, based on taking into account the age characteristics of preschool age, allows us to increase the efficiency of the process of physical education and has a positive effect on the state of health and the dynamics of physical fitness, as well as on the formation of children's interest in systematic classes, exercise.

The conducted research in the field of improving physical education allowed us to draw the following conclusions.

A powerful health tool for preschool children is a rationally organized activity.

Motor activity, creating an energy basis for the work and formation of body systems, contributes to normal physical and mental development.

Thus, the goal of the work, which is to develop a program of physical education for preschool children, has been achieved, the tasks have been completed.

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