



## Purpose, Tasks and Means of Physical Education of Children of School Age

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### ABSTRACT

Purpose, task, means of physical education. The goals and tasks of physical education in educating the young generation in a healthy, well-rounded spirit are of great importance in the education of our youth. In the current period, advanced development in the conditions of technical development requires high mobility of the organism's function. It requires the ability to respond clearly and quickly, strong-willed, trained, courageous, resilient people who are not afraid of difficulties. The goal of physical education is a healthy lifestyle, physical fitness, preparation for the defense of the country, life and work. This goal is the same, for all institutions and organizations that carry out physical education of people in our country.

### Keywords:

Health, physical education, healthy lifestyle

Purpose, task, means of physical education. The goals and tasks of physical education in educating the young generation in a healthy, well-rounded spirit are of great importance in the education of our youth. In the current period, advanced development in the conditions of technical development requires high mobility of the organism's function. It requires the ability to respond clearly and quickly, strong-willed, trained, courageous, resilient people who are not afraid of difficulties. The goal of physical education is a healthy lifestyle, physical fitness, preparation for the defense of the country, life and work. This goal is the same for all institutions and organizations that carry out physical education of people in our country.

1. Public sanitation.
2. Educational.
3. Educational tasks are solved.

It is necessary to develop all groups of muscles (body, back, abdomen, legs, hands, fingers, paws, soles of feet, neck, face, eyes, ligaments and muscles of internal organs) in preschool

children. Special attention should be paid to strengthening underdeveloped muscle groups. The focus on physical education and sports is further strengthened (January 17, 1996) "Football" development, Decree of the President of the Republic of Uzbekistan dated October 24, 2002 PF-3154 "On the establishment of the Children's Sports Development Fund of Uzbekistan", physical education implemented in our country and everyone was pleased that the development of sports was aimed at raising a healthy generation. Human health has become inseparable from the development of physical education and sports. Therefore, the law issued by the head of our state within the framework of "Physical education and sports" and the decree "For a healthy generation" take care of children's spiritual and physical development, their health, hardworking and happiness. Therefore, what physical education tools can we use for the physical and harmonious development of the population, especially children.

It is known that physical education has existed since ancient times and has developed along with human life. People gradually choose the means for physical education, the hygienic factors that created the means of physical education in their lives, the mass-healthy forces of education, these physical exercises, also affect the physical development of a person with various actions. Work, painting, dressing, etc., unconditional reflex, massage. They are used in order to strengthen health, harmonious and harmonious development of the body, movement, skills and abilities necessary for life, to raise physical improvement to a high level.

However, it is possible to fully respond to the above-mentioned tasks only if complex physical education tools are used. The reason is that each tool has a different effect on the body. These tools are also widely used for treatment and prevention purposes.

Exercise is free movement. Their implementation, termination, and change are carried out at the individual's discretion.

There are many scientific works of scientists I.M. Sechenov and I.P. Pavlov about free movements. I.M. Sechenov is guided by free actions - mind and will. But a person takes these actions under the influence of life conditions and education. I.P. Pavlov revealed the physiological mechanisms of free movements. According to the scientist, free movements are the result of generalized movements of the cerebral hemispheres. Many analyzers, the first and second signal system are involved in this. But the main game is decided by the second signal system.

Effects of physical exercises on the body. Physical exercises have a profound and harmonious effect on the human body. For their intended purpose, they are used in a certain social and biological environment. Therefore, in order to increase the optimal efficiency of physical exercise training, it is necessary to consider the following factors.

1) individual cases of training participants. Age, gender, health, physical development, training level, mental, physical, emotional and other characteristics.

2) characteristics of physical exercises

(complexity, novelty, technical description).

3) external conditions. The order of work, study, living, rest, specific conditions of activity, material conditions of the place, quality of equipment, hygiene of the place of training, interaction in the team, influence of surrounding persons, etc.

In the process of historical development, various complexes and systems of physical exercises, which are an important aspect of the physical education system, were created. The effect of physical exercises on the body is multifaceted, but the main ones are shown below.

a) to a person's mind;

b) body shape;

d) to the physiological function of the organism;

e) importance of public health promotion;

f) educational influence.

For example, if you spend a lot of time doing morning gymnastics, the body shape changes, the body's physiology

It is possible to see the change of functions, the importance of public health and the impact on the human psyche. As a result of the expansion of scientific knowledge in the field of natural and pedagogical sciences, a system of physical exercises with a harmonious effect on the development of physical abilities was created. In the course of historical development, several types of physical exercises have been selected and systematized.

Knowing the laws of physical exercises affecting the whole body and some of its organs and systems is useful in using exercises for certain purposes, as well as correctly methodically developed complexes that help in solving the problems. The purpose of using this or that physical exercise is defined within one or more of their main features. It takes into account the sum of the effects of exercises on the whole body.

A scientific approach to the selection and application of physical exercises aimed at physical development requires strict consideration of their effects on the human organism and the creation of necessary conditions that ensure the effectiveness of the exercises. A properly organized methodology is

crucial here.

The main method of teaching and upbringing. Movement training starts at a young age. In this way, the skills and abilities necessary for life are gradually acquired from easy to difficult, and the simplest knowledge about physical education, as well as regular compliance with the requirements of personal and general hygiene rules, are taught.

Physical education of children up to school age is carried out on the basis of general teaching methods and relies on the following principles of teaching: awareness, activity, demonstration, appropriateness and individualization, systematicity, increasing requirements.

**(Table 1)**

Teaching the child to move:	The action to be performed in the method of visualization is through a visual tool shown, imitated
	A goal is given to fulfill according to the sides where the things are
	Shows and explains with the help of words, by commanding, telling, asking, etc methods are used
	The method of training is without changing the condition of performing the movement and changing it used to perform
	Game and competition style

As shown in Table 1, the criteria for using the demonstrability method in all age groups is determined depending on whether the age is large or small, whether there is a large or small reserve of movement skills.

At the youngest age, the reserve of movement skills is small, and it is very difficult for them to form an idea about exercises. To teach the exercise, the demonstration method is used more. In addition to showing physical exercises, the use of visual aids, pictures, photographs, drawings, models makes it easier to master exercise techniques during training. Imitation exercises are highly effective in

teaching movement. When performing an action, teaching that action as an example of the action of animals, birds and other animals forms interest in children to perform the image and activates the educational process. Physical education is a pedagogical process aimed at the formation of movement skills and the development of a person's ability to move. The result of physical education is physical fitness. The use of well-formed skills allows to understand the tasks that arise in unexpected situations in the course of the activity, especially the game. Movement skills formed in children under the age of seven are the basis for their further improvement at school, help to master more complex movements and allow to achieve high results in future sports activities.

Principles of physical education in kindergarten.

Education of preschool children in the field of physical culture is based on certain principles. All principles can be conditionally combined into three groups:

- 1) general principles of educating preschool children in the field of physical culture;
- 2) principles of organizing the pedagogical process on physical culture in a preschool educational institution;
- 3) principles of building physical exercises with children of preschool age.

Any teacher organizing the motor activities of preschool children should follow these principles. The completeness of the implementation of each principle depends on its activity.

The general principles of education of preschool children in the field of physical culture include humanization of education, democratization of education, humanization of education, variability of education, territorial specificity of education, development character of education, principles of continuity of education. The physical, mental and social well-being of each child is the basis of any pedagogical process, regardless of the system of sports and leisure activities chosen by the preschool educational institution.

How to use the word: Creating the right idea about exercise in a child helps him visualize and think about it. When both visual and verbal

explanations are combined, over time children will be able to perform the exercises without difficulty by hearing their names or seeing them written. The more the child has the experience of movement skills, the easier it is to use the method of verbal explanation in teaching him physical exercise. At the beginning of the training, the movement is fully explained, and then the explanation is alternated with short instructions. Action errors can be corrected, warned and evaluated with the help of instructions. Commands and instructions are used for preschoolers to start, finish, pace, rhythm, and direction of physical exercise.

The simplest commands adopted in gymnastics, if the exercise is performed without music, it can be used mainly in older groups. Guidelines are mostly used in younger age groups. Many are performed with physical exercises, songs, poems, and readings of written text that tells the story and how the action should be performed. The training method is very diverse. Movements and physical exercises in children up to school age should be shown and performed in common for everyone at the same time. At this age, it is necessary to choose exercises of a more dynamic nature, to use those that can have a physiological effect on many main muscle groups, the body, and create conditions for the development of agility and movement coordination. These requirements are met by exercises using elements of physical exercises such as cycling, swimming, active games, sports games. It is not recommended to give children under school age physical exercises of a static nature. These exercises fill the nervous system and muscles, disrupt blood circulation and breathing, strength exercises that require complete muscle contraction weaken the work of muscles and nerve joints. As you get older, exercise changes and becomes more complicated. Exercises given to children in preschool educational institutions are given in "Physical education program for preschoolers" (1994). Up to one year old

In children with a, passive movements with the help of adults, elements of active movement, general body exercises (with and without

equipment, with lying on the back, with hip extension, turning the head in all directions), crawling, preparatory exercises for running, climbing heights and the simplest games are used. General body exercises that are a little more difficult for children from one to 3 years old, with and without an object (ball, wooden gymnastic seat), basic movements, walking, running, balance exercises, deep jumps, the simplest exercises in line-up, walking in a circle, a column, preparatory exercises for learning to ride a bicycle, swimming are given. In the program, necessary action games exercises are allocated for these ages. The selected games for this age are distinguished by the simplicity of the rules of the game, the ease of determining the winner, and are mainly played in the form of different characters, in imitation style.

Children from 3 to 7 years old are trained in activities, and in practice it is called "frontal" method of organizing children's activities. For example, more attention is given to certain elements of the exercise to be performed. When performing a long throw, attention is paid to the initial position first, and then to the remaining elements.

Children have a faster and lighter conditioned connection than adults, but if they are not repeatedly recalled, this conditioned connection will not be strong. To strengthen the skill of movement, repeating it a lot will cause fatigue. Therefore, it is necessary to repeat the return in different options. Repeated exercises are performed only after the practitioner has a perfect idea of the technique of the material being mastered.

Means of physical education of children of preschool age: In the physical education of children of school age, mass-healthy forces of nature, hygienic factors and physical exercises are important. In addition to the effects of the above, the child's daily activity (daily movement, rest, various games, music, physical work) should be planned in such a way that all of them should create an opportunity for his development.

It activates all organs and systems and processes in children of preschool age and directs them to the development of the quality

of endurance. This quality is developed when a moderate exercise of walking, running, swimming and cycling is carried out together. When performing the exercise, the age of the participant should be taken into account.

Physical education of preschool children. The researches of scientists Shelovanova, Aksarinoy, Sorochek, Uvarov, Bikov show that for a child to grow up physically fit, agile, strong, a properly planned physical education process plays an important role. The practice of physical education shows that the wrong assessment of the importance of physical education not only slows down the development of the child's organism, but also affects its mental development. The young organism develops rapidly, but the protective reflex of the organism is developed on the contrary. The task of physical education of children of preschool age is to maintain and strengthen their health, exercise, harmonious physical development, keep the body in shape, and raise healthy children who follow the rules of general and personal hygiene. It is important to develop the basic movement skills necessary for life in them: walking, running, jumping, throwing, climbing, swimming and cycling. These movements are quickly learned by children, because their nervous system is highly elastic. Simple motor skills can be mastered later at an older age.

Before giving exercise to children of preschool age, they should be taught the importance of that exercise, the technique of performing it, the rules of mobile games, general and personal hygiene rules, and some elements of physical education. These age groups are taught the skills to do physical exercise independently and with a group. Attention is paid to training to perform physical exercises in groups smaller than oneself, interest in the growth of sports results and the results of older athletes, friendship, mutual assistance, attitude towards toys, development of moral norms. Children's physical education should be organized in such a way that physical qualities necessary for their age are combined with education of intellectual, moral and aesthetic taste. It is necessary to understand the structure of the body, how to walk upright, how

to move gently and gracefully, how to hold the head of clothes, etc. During the process of physical education, the main content of the education process is the development of mental abilities, attention, perception, understanding, thinking, imagination, knowledge and other qualities in children of up to school age.

Sports activities of girls of preschool age. The time has come for children to attend preschool and go to school. All parents by this time their daughter's spiritual and physical they pay attention to immediate education and physical maturity. The most important thing is not to relax the exact regime at all. A girl of preschool age should follow a routine - wake up at a certain time, get up and go to bed, have breakfast, lunch, play and exercise. A 4-7-year-old girl should sleep approximately 12-14 hours, play at least 4-5 hours outdoors and do various activities. The older the child, the more physical education takes place in his life. Every day must start with morning exercise. Morning gymnastics, after sleeping, restores the life activity of the body to its original state, gives it freshness, endurance, and strength. In addition, physical education exercises discipline the child, teaches a person to be organized, to overcome laziness, and later it is very useful for the future mother. more effective than exhortations. If a mother spends just 15 minutes with her daughter in the morning without melting, it is good for both of them.

Playing active games in the open air is a great exercise for the body. During the walk in the cold winter days, it is necessary to exercise a lot with enthusiasm. Boys are having fun throwing ice skates, girls are flying sleds and making amazing pictures on the ice, but these are now the work of older children. For young children, there is nothing better than sledding over a hill, sitting on plywood, or just flying down a squeal and squeal. But isn't it too early for a 4-5-year-old girl to learn to skate and ski? Does not strong physical loads affect his spinal organism?

Scientists believe that there is no harm. Let alone harm, it strengthens the child's organism and develops it. Of course, it should be done wisely, with good knowledge of medical

science.

Rhythmic Gymnastics: Finally, an elegant form of sport that is delicate, feminine and attractive is rhythmic gymnastics. Girls can be taught to play this sport from the age of 4-5. This type of sport has a very good effect on the future young organism. In a short period of time, a young rhythmic gymnast becomes agile and graceful, her movements are soft and graceful, her gait and figure are beautiful. Sport teaches a person to master his body perfectly, educates musicality, creates a sense of rhythm and of course trains the body. Young rhythmic gymnasts usually train in groups under the guidance of experienced coaches. Experienced trainers will definitely start the girl with the initial training groups - the first special exercises. Later, they teach more complex exercises in special training groups.

The rhythmic gymnastics type of sport not only makes the figure of girls beautiful, but also develops flexibility, resilience, dexterity and agility in them. When choosing each type of sport, it is better to pay attention to physical loads first. Because a girl's body is more delicate than a boy's, and girls have more flexibility and resilience than endurance.

Sports gymnastics: This type of sport is different from rhythmic gymnastics, which mainly requires agility and strength. Girls are recommended to play this sport from the age of 4-5. It is better to start training in the hands of experienced trainers. Of course, in elementary training groups, coaches give physical loads taking into account the needs of girls. Sports gymnastics is not only attractive, but also develops strength, endurance and flexibility in the athlete. Sports gymnastics is not only for health and popularity, it teaches girls endurance, seriousness and deep care for life.

Swimming: Swimming is also recommended for girls. It is very good if they learn to swim in the water before they go to school: Swimming exercises the child's body, works almost all the muscles that affect the formation of the figure. Learning to swim will help you a lot in life. Every 6-7-year-old girl should learn to stand in the water and swim a few meters. The younger the girl, the easier it is to teach her to swim. The feeling of fear of water has not yet

awakened in him, moreover, the "buoyancy" of children is stronger than that of adults: due to the low relative weight, it is easy for the water to pass by the child. Since the joints are soft and mobile, it will be possible to master the technique of swimming movements faster. 6

There are many open and closed water bodies in our country. In addition to these, the water reservoirs commissioned by the Children's Sports Development Fund of Uzbekistan, built in accordance with modern world standards, created favorable opportunities for young people. Experienced trainers operate in existing open and closed water pools. Every girl, taking full advantage of these opportunities

if the child goes to swimming or general health groups and regularly attends classes, there will be no risk to his health in the future.

There is another type of sport called synchronized swimming, in which girls act like "mermaids". The benefit of this synchronized swimming is not only necessary for the girls, but the diseases that have just started in the body; It is advisable to exercise to prevent scoliosis. In general, water sports have many benefits not only for girls, but also for everyone.

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