

Physical Education Control and Training Method in Preschool Children

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Abstract: This article at maintaining the health of children today is one of the pressing problems of our time. A special place in the world education system is occupied by the education of preschool children, the expansion of mental capabilities, healthy and comprehensively mature adulthood, the physical education of preschool children in the general system of education and upbringing. It is as a result of the targeted pedagogical influence in preschool childhood that the Health, general endurance and ability to work, vital activity and other qualities necessary for the comprehensive harmonious development of the individual are formed. The formation of physical qualities, abilities and abilities of movement is closely related to the development of balancing agility, the upbringing of aesthetic feelings and moral-volitional personality traits. At the same time, physical education Control and correctional methods are indicated in preschool educational organizations.

Keywords: diagnostic tests, diagnosis, psychophysical function, diagnostic and Correction works, physical development, anthropometric data, assessment.

Introduction. Maintaining the health of children is one of the pressing problems of our time. A special place in the world education system is occupied by the education of preschool children, the expansion of mental capabilities, healthy and comprehensively mature adulthood, the physical education of preschool children in the general system of education and upbringing. An important task that determines the importance of physical education as the basis of comprehensive development is the formation of a healthy child who is well versed in his actions, loves physical exercises, is independently focused on his environment, has learning at school and, later, active creative abilities. It is as a result of the targeted pedagogical influence in preschool childhood that the Health, general endurance and ability to work, vital activity and other qualities necessary for the comprehensive harmonious development of the individual are formed. The formation of physical qualities, abilities and abilities of movement is closely related to the upbringing of the child's mental development, aesthetic feelings and moral-volitional personality traits.

Today, more than 2 million boys and girls are raised in about 30 thousand preschool organizations in our country. Over the past five years, 1,200,000 seats have been created due to the construction of 422 public kindergartens and the opening of more than 21,000 non-governmental institutions. The child coverage rate for the system was 72% (17.05.2023 y).

In our republic, in recent years, normative foundations have been created for the implementation of new forms of training organization in preschool educational organizations, improving the quality and efficiency of education, improving the intellectual and emotional capabilities of children in a way that suits social needs, as well as developing a material and technical base. In the development strategy of the new Uzbekistan, "improving the processes of preschool

education on the basis of scientifically based approaches" is highlighted 2. The organization of classes on the basis of multimedia tools, the creation of an effective mechanism for the practical implementation of scientific and innovative achievements in the context of pedagogical-psychological communication was made a priority. President of the Republic of Uzbekistan PF-60 of January 28, 2022 "on the development strategy of the New Republic of Uzbekistan for 2022-2026", adopted on August 30, 2018 "on measures to improve the management of the preschool education system" PQ-3955", "on approval of the concept of development of the preschool education system until 2030", dated May 5, 2019 PQ-4312"., To some extent, this research work will serve in the implementation of the tasks set by the president of the Republic of Uzbekistan on November 6, 2020 PQ-4884" on additional measures to further improve the regulatory framework for the development of R & D and innovative activities "on March 9, 2020 No. 133 and other regulatory legal acts.

Main part. Physical qualities that in many ways ensure that preschool children acquire skills and abilities that are the basis of human life (E. V. Demidova, 1986; G. B. Dyachenko, 1992; E. A. Coolidzey, 2002; D. M. Pravdov, 2009; A. V. Pavlova, O. S. Schneider, 2014;). Features of physical education and wellness work in modern preschool education (CO. Filippova); interaction of specialists of a preschool educational institution to increase health and correctional work (M. A. Povalyaeva; the wellness direction of exercise with preschool children (A. M. Fonarev, A. A. Potap-chuk, G. G. Lukina, St. Matveev, yu. v. Menxin, A. V. Menxin); interaction of preschool institution and family in the process of physical education child education (T. V. Volosnikova). It is as a result of the targeted pedagogical influence in preschool childhood that the Health, general endurance and ability to work, vital activity and other qualities necessary for the comprehensive harmonious development of the individual are formed. The formation of physical qualities, abilities and abilities of movement is closely related to the upbringing of the child's mental development, aesthetic feelings and moral-volitional personality traits. A number of authors (a. V. Keneman, D. V. Khukhlaeva, 1995; N. N. Efimenko, 1999; M. D. Makhaneva, 2000; E. Ya. Stepanenkova, 2001; S. B. Sharabova, A. I. Fedorov, 2002, etc.) should pay special attention to the tasks of physical education. it should be solved in a complex and interconnected way with the tasks of mental, moral, aesthetic and labor education.

F. On the formation of a system of relations in children of preschool age in the educational system of our republic, on the issues of raising hard work in children of older preschool age in preschool educational institutions. A. Akramova, B. M. Baturov, F. F. Ganzhiev, E. G. Goziyev, A. M. Jabborov, V. M. Karimova, Z. T. Nishanova, M. A. Norbosheva, A. M. Nazarov, M. M. Taidzhanova, B. M. Research work has been carried out by Umarov and others.

Thus, a problematic situation arose in the system of scientific and methodological support for the process of physical education of children 5-7 years old, the content of which is the regulation on the need for the purposeful development of the coordination abilities of preschool children, taking into account the age and gender characteristics of the dynamics supported by various categories of specialists

The program provides health and strengthening of the child, improvement of body functions, full physical development, education of interest in various types of motor activity, the formation of moral and volitional characteristics of the personality.

The program is structured by age groups and includes early age (birth to 2 years old), pre-Junior (2 to 4 years old), secondary (5 years old), rasta senior preschool (5 to 7 years old). Physical education tasks for each age group are clearly indicated, the agenda in cold and hot periods, where there may be changes depending on the approximate local conditions. To realise the content of the sections of the programs "physical education and health work" and "cultural and hygienic profession education" in kindergarten, it should be considered pleasant sanitary and hygienic conditions the possibility of children being outdoors, conducting morning Gymnastics and hardening activities, education they have cultural and hygiene skills and the right posture.

Testing children in the first place allows you to determine the real level of development of the child and the level of improvement of his age standards, as well as identify deviations and shortcomings of physical and neuropsychic development.

Based on regional capabilities, we have identified the following diagnostic tests:

1. Learning flexibility is bending forward from the seat.
2. Learning to jump from place to length.
3. High jump from place to place.
4. Shuttle running.
5. 30 M Cross Country

Observing children and their results for 5 years, we have developed our regional standards for three levels of development: high, medium and low.

The diagnosis is carried out twice a year (September, may), as a result of which the level of development in need of Correction of psychophysical function is determined by low or average children.

During the year, correctional work is carried out with these children, i.e. basic exercises are performed, high results are achieved for each movement. At the end of the school year, repeated tests are carried out, diagnostic Cards are filled in for children and handed over to school.

In addition to correctional work in kindergarten, work is underway to strengthen children's health and correct the musculoskeletal system.

Diagnostic and correctional work in the physical education of children.

Diagnosis of physical development, physical fitness and physical activity.

Diagnostics is the process of studying the forms and functions of the body, abilities, emotional and personal characteristics of children, which is carried out during the period of the child's stay in a preschool educational institution. Diagnostics in physical education is used to assess the initial state of health of the child, determine the "nearest zone" of development for him, form vital motor skills.

The diagnosis of physical development, physical fitness and physical activity of preschool children is considered in conjunction with the correction of the content of physical education and wellness work in a preschool educational institution.

The leading parameters that reflect the physical development of children are anthropometric data: body length (height), body weight, chest circumference, as well as functional indicators such as heart rate, vital capacity of the lungs, muscle strength.

Systematic anthropometry allows you to timely identify physical developmental disorders (stunted growth, increased body weight, etc.), which are the first sign of the disease in a child.

Body length is a sign that describes the processes of growth in the child's body. In children over two years of age, body length is measured with a vertical rostomer. The child turns his back into a vertical position, touching his heels, buttocks and the intercapular region. The head is in a position where the lower edge of the orbit and the upper edge of the ear tragus are in the same horizontal plane. The moving panel of the rostomer is lowered (without pressure) to communicate with the child's head. The measurement is made with an accuracy of 0.5 cm. If the child is 20% or more behind in height, immediate medical attention is needed.

Special corrective measures-corrective Gymnastics (2-3 times a week); additional vitaminization of food; massage of growth Points; water treatments (pool).

Body weight indicates the development of the musculoskeletal system, subcutaneous adipose tissue, internal organs of the child. In children over two years of age, body weight is determined

using medical scales. The child is looking at the researcher in the middle of the Libra area. Measurement accuracy-up to 100 g. excess weight or lack thereof negatively affects health. In overweight children, the normal functioning of the cardiovascular system is disrupted, diabetes often develops, fatigue increases, and disorders of the musculoskeletal system appear. Children with impaired fat metabolism, mature and not actively treated are prone to obesity. To determine obesity, you need to know the following. At the first level of obesity, body weight exceeds the norm by 15-25%, in the second — by 26-50, in the third — by 51-100, in the fourth — by 100%. In recent years, there has been a trend in preschool children to lack body weight. These children are characterized by lethargy, fatigue and usually poor appetite.

To determine the heart rate, the child's pulse is measured (usually in the radial artery, wrist joint). In healthy children, the heart rate corresponds to the heart rate. In preschool children from three to six years old, the heart rate is 86-106 beats/min. The increase in heart rate in sick children is insignificant or not at all. The pulse reaction to muscle performance is functionally greater with a full heart.

To assess the functional state of the body, blood pressure (blood pressure) is measured at the same time as the heart rate. These indicators will help determine the body's attitude to physical activity. The example of Martin-Kushelevsky is used as a dosed load: 10 sitting for 15 seconds. The child sits on a chair on the children's table. A cuff is placed on his arm to measure blood pressure. In the column "before loading", the value of blood pressure is written. At the same time, the magnitude and nature of the Pulse are determined and recorded (even, arrhythmia, etc. Then the child is offered to sit 10 times at the expense of an adult, without removing the cuffs. At the end of the effect of the dosed load on the child in the sitting position for the first 10 seconds, the heart rate is determined, and readings are recorded in the column "after load". They continue to calculate the pulse until it returns to its original value. Next, blood pressure is quickly measured (for 30-40 C), and its value is also recorded.

After conducting a functional sample, the pulse increases by 25-50% (norm), breathing is slightly accelerated, the maximum blood pressure increases by 5-15 mm HG. , the minimum remains the same or is reduced to 5-10 mm HG.

Conclusion. Thus, the analysis of statistical materials of studies according to their relevance made it possible to determine the peculiarities of the interaction between physical qualities and psychic processes in children developing in natural conditions in a preschool educational institution. These characteristics are such that the level of development of psychic processes is definitely influenced by various indicators of physical fitness in children 5-6 years old.

In the process of physical education of preschool children, action games are given great character in nioyat. However, in a number of cases, for example, rhythmic gymnastics for girls, a wide Place is allocated to sports training. At the same time, it is not advisable to reduce the focus on action games in favor of sports training. In accordance with the exact play by stratifying them: it is better to apply individual physical qualities and psychic processes, as well as them in an interrelated way.

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