



The Role of Preschool Education in The System of Physical Education

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Abstract: This article examines the importance of physical education in preschool institutions in our country. The tasks of physical education in preschool institutions are highlighted.

Keywords: Physical education, physical training, preschool education, education, upbringing, health improvement, task, training, exercise.

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Аннотация: Ушбу мақолада юртимизда мактабгача таълим муассасаларида жисмоний тарбиянинг аҳамияти ўрганилган. Мактабгача таълим муассасаларида жисмоний тарбиянинг вазифалари ёритиб берилган.

Калит сўзлар: жисмоний тарбия, жисмоний тайёргарлик, мактабгача таълим, таълим, тарбия, соғломлаштириш, вазифа, машғулот, машқ.

Роль Дошкольного Образования В Системе Физического Воспитания

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Аннотация: В данной статье исследуется значение физического воспитания в дошкольных учреждениях в нашей стране. Освещены задачи физического воспитания в дошкольных учреждениях.

Ключевые слова: физкультура, физическая подготовка, дошкольное образование, образование, воспитание, оздоровление, задача, тренировка, упражнение.

Physical education occupies one of the leading places in the comprehensive development of the individual. Special importance is attached to physical education in the "educational program in kindergarten", which is based on the knowledge of the age, individual and psychological-physiological characteristics of children of preschool age. In kindergartens, the requirements for the level of physical development and physical fitness of children are being increased. This area is now being given importance at the state level, new laws, decisions are being developed and implemented into life.

Relevance of the topic. On September 30, 2017, our President Shavkat Mirziyoev signed a decree "on the establishment of the Ministry of preschool education". Exactly a year and a half passed between. This period is enough to look at the activities of the new system. First of all, the ministry is responsible for the development and implementation of a unified state policy in the field of preschool education. Thanks to this, the only public policy institution in the field is interested in the inclusion of kindergarten-age children in the MTM. From the first days of the ministry's work, legal entities engaged in non-governmental educational services activities were exempt from certain fees. The decision of the Cabinet of ministers "on additional measures to further support state-wide partnership relations in the field of preschool education" played an important role in increasing the number of kindergartens. Since September 2017, the entrepreneur who founded a private kindergarten has been exempt from all types of taxes and mandatory payments (except for the Yait) to public target funds.

In addition, for the first time in Uzbekistan, the ministry distributed a thematic planned educational program to all Mtms. The new program, developed on the



principle of comprehensive support for young children, which is now entering the educational process, was called the "first step".

In general, state requirements stipulate that small and school-age children should be developed in five directions. Having developed these five directions, the child will have 4 competencies and will receive motivation to go to the 1st grade.

Another important innovation was the establishment that the number of children in groups would not exceed 25 people. The EMIS electronic system has also been implemented in order to put this restriction into practice. The number of children in all MTM groups in the country will be as of 2021. For the past 27 years, the tariff rate of educators and MTM employees in the preschool education system has not been increased once. In March 2018, the Ministry of preschool education for the first time came up with a proposal to increase the basic tariff rates of educators by 30%. Since September of this year, the base tariff rates for educators with higher education have been increased by another 30 percent.

While the ministry's coverage of the pre-school process of children was 27% when it was just beginning to operate, today this figure has reached 34%.

The set of wellness activities in kindergarten provides for the protection and strengthening of children's health, the physical full-fledged development, the cultivation of various activity activities.

As a result of engaging in physical education in kindergarten from an early age with a goal-oriented focus, children acquire a solid wealth of movement skills and skills by the time of transition to a large group.

Today, in our country, great attention is paid to instill love for sports in children, to follow a healthy lifestyle in the minds of the younger generation, to carry out work to protect them from negative influences, to form a material base of children's physical education and sports, and to build modern sports complexes in rural areas.

In preschool children's institutions, the tasks of improving physical education, providing education and training are carried out.

Wellness tasks: the most basic task of physical education of preschool children is to protect the life of children and strengthen its health, protect oneself by conditioning the child's body and increase the characteristics of resistance to



various diseases, withstand unfavorable conditions of the external environment (reduced water, air and high temperatures, exposure to Sunscreens).

In addition to these, it is very important to increase the character of any workability in children. Since the development of the child's organism has its own peculiarity, its functions are expressed in a much more specific form: it is facilitated by the careless and timely hardening of the child's bone, the formation of oblique places in the backrest, the good development of the tapon surface, the ripening of the pay-joint apparatus, it is possible to develop; all muscle groups (torso, legs, arms, shoulder bone, paws, fingers, back, neck, internal organs - cardiovascular, respiratory muscles, etc.) are developed. Particular attention will need to be paid to less developed muscle groups - the spreading muscles.

Educational tasks: in the process of conducting physical education exercises with preschool children, it is important to carry out educational tasks. These tasks are: the formation of skills and abilities of movement, the development of physical qualities: (agility, speed, agility, vigor, endurance), the correct grip of the torso, the education of hygienic skills, the assimilation of knowledge about physical education. Movement skills facilitate the child's communication with atrophytes. Proper exercise has an effective effect on the development of the child's muscles, groin, joints, bone systems. The movement qualifications formed in children under 7 years of age serve as a solid foundation for them to become more competent when they go to school, and make it possible for them to achieve high achievements in the field of Sports later. In pre-school boalas, it is necessary to line up and form the skills of general educational activities, basic movements and performing sports exercises. In addition to these, children should be taught to perform sports games, elements of sports games such as basketball, football, volleyball.

In preschool children, it is important to form the skills of being able to properly control the torso in a sitting, standing and walking position. At such an age, it is important to instill in the minds of children the first qualifications of personal and mass hygiene.

The age period from 5 to 7 years is called the " initial height stretch " period, since during this period the child can grow 7-10 CM throughout the year. A preschool 5-year-old child is 106.0-107.0 cm tall and weighs 17-18 kg.ni organizes. For the sixth year of life, an average weight of 200.0 gr per month is



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added to the neck by 0.5 cm. The development of the musculoskeletal systems (skeleton, muscles of the joint-lateral apparatus) of a child 5-6 years old will not be completed yet. Each of the 206 bones will continue to change in size, shape, structure, on top of which the phase of development of different bones will not be the same.

The squamous part of the skull drawers and the ossification of the hearing holes are completed by the age of six. The transverse part of the skull, the main and both positions of the forehead will be not yet completed at this age. The toga between the Skull Bones will still exist, which is why the skull will still continue to grow (a 6-year-old child has a cranial circumference of 50 sm.ga is equal). These dimensions are necessary to take into account in the preparation of attributes for holiday precepts and action games.

Although the ossification of the bones of the nasal barrier backbone begins at the age of 3-4 years, but is not completed at the age of 6 years. The educator should take these characteristics into account when conducting action games, game exercises and physical education, since eating light Lath around the nose and ears can also lead to injury.

The spine of a 5-7-year-old child becomes susceptible to deformation effects. Skeletal muscles are characterized by the weak development of the groin, the groin above some muscle, the trunk. As a result of overload in the body, as well as unfavorable conditions (for example, overloading), a child may experience a violation of the figure, swelling or sagging of the abdomen, the appearance of flatulence - cases of hernia in boys may occur. Therefore, when children carry out labor tasks, the educator should pay attention to the fact that they perform only the physical loads that they exert.

The elasticity and twisting of the baby bone (when falling from the arch, Hill, others) can cause damage not only to the limbs, but also to the spine.

In preschool children, some joints also form disproportionately. For example, during the age of 5 years, the child's elbow joint bag grows rapidly, the wrist bone is the one that keeps the head in the correct position, and the annular joint grows excessively freely.

As a result of this (if pulled out of the child's hands), bone slip often occurs. The educator should definitely warn parents about the Prevention of this condition. It is also observed that in children 5-7 years old, the development of the structure of the foot face is not yet completed. Therefore, it is necessary to



prevent flat feet from forming and remaining so in children. The cause of the occurrence of such conditions can often be due to the fact that the shoe is larger than it should be, excessive load on the torso, as well as the fact that it has experienced the disease.

As a result of experiments and targeted physical education training, the six-year-old bolalr performs exercises on motion techniques correctly and comprehensively, which accelerates and qualitatively improves the formation of movement skills than in the previous age.

In a large group of kindergartens, physical education training is carried out three times a week for 30 minutes in the morning hours.

The structure of physical education training consists of a universally accepted introduction (4-6th minute), a basic (18-20th minute) and a closing Part (3-4th minute). In the first part of the training, walking, running, roping, re-roping exercises, uncomplicated game assignments are offered. The second part of the training is taught to all-inclusive exercises, the main types of movement, action games are held.

The ending section uses walking exercises, uncomplicated game quests.

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