



## Methodology And Theoretical Basis of Teaching Movements

**D. Achilova**

Student of Tashkent State Pedagogical University named after Nizomi.

**K. B. Khakimdjanova**

Tashkent State Pedagogical University named after Nizomi  
Teacher of the "Physical education and sports" department.

**Abstract:** In this article, it is described about movement games and physical exercises, movement games during field trips, working with children individually, children's independent movement activities and recreation.

**Key words:** action games, walk, excursion, physical activities, physical training, physical development, aesthetics.

## Harakatlarga O'rgatish Metodikasi Va Nazariy Asoslari

**Annontatsiya:** Ushbu maqolada harakatli o'yinlar va jismoniy mashqlar haqida, sayr ekskursiyalaridagi harakatli o'yinlar, bolalar bilan yakka tartibda ish olib borish, bolalarning mustaqil harakat faoliyati va dam olishlari, haqida bayon etilgan.

**Kalit so'zlar:** harakatli o'yinlar, sayr, ekskursiya, jismoniy mashqlar, jismoniy tarbiya, jismoniy rivojlanish, estetik.

## Методология И Теоретическая Основа Обучения Движениям

**Аннотация:** В данной статье рассказывается о двигательных играх и физических упражнениях, двигательных играх во время экскурсий, индивидуальной работе с детьми, самостоятельной двигательной деятельности и отдыхе детей.

**Ключевые слова:** подвижные игры, прогулка, экскурсия, двигательная активность, физическое воспитание, физическое развитие, эстетика.



Proper organization of children's movement activities in daily life ensures the fulfillment of the necessary movement regime for the child's healthy physical condition and mental state during the day. Proper organization of children's movement activities in daily life ensures the fulfillment of the necessary movement regime for the child's healthy physical condition and mental state during the day. Health and educational tasks of the children's physical education program are implemented in different ways, among them, organized games and physical exercises are important.

### **Activity Games And Physical Exercises.**

Action games are the main movement activity of children of preschool age, as well as physical exercises, and are planned by the educator at different times of the day, according to the agenda of each age group: in the morning, at noon, and during the evening walk. When distributing games, the educator takes into account the variety of the content of the movement, the necessary repetition, complexity, which serves the improvement of movement skills. It is important to take into account the conditions of the external environment and to educate behavior in a specific situation. The educator follows the nature of children's activities, offers them games of different content and level of activity, thereby controlling their activity: they increase the activity of one, slightly limit the activity of the other, and ensure that they rest as needed.

Time of year and weather conditions are also taken into account when planning active games and exercises. Active games in cold weather are replaced by moderate activities. Varying the nature and pace of movement activity creates a relaxing opportunity for children and prevents both getting cold and overheating. Meaningful activities of children in the open air during the winter season help to exercise and have a good effect on the health of the body. Changing the nature and speed of movement activity creates a relaxing opportunity for children and prevents both getting cold and overheating. Meaningful activities of children in the open air during the winter season help to exercise and have a good effect on the health of the body. In the summer, when children's lives are mostly spent outdoors, clothes are also lightened, various activities improve children's health, and make them enjoy life. During the summer, games with rules that improve movement skills and physical qualities are widely used. The playgrounds of all age groups should be equipped



with large physical equipment specified in the program, and children's scrambling, jumping, crawling, jumping, throwing movements, balance exercises, running to each other, natural running for a certain distance 'must be used regularly to improve running. Toys, smaller physical education items (sticks, hoops, balls...) are brought to the field every day. Two- and three-wheeled bicycles, scooters, roller skates, scooters, cars, and horses are available to children. In senior and preparatory groups, sports games such as volleyball, basketball, badminton, basketball, lapta are held.

### **Walk And Excursions.**

Hiking and excursions outside children's institutions are one of the simplest forms of children's tourism. These purpose-built mini-walks are fun and rewarding for kids. They serve to strengthen children's health, physical development, education of aesthetic feeling, communication with nature, improvement of movement skills and physical qualities. Walks should start with small groups, taking into account the age characteristics and capabilities of the children of the group, health status, specific indicators and doctor's recommendations. In order for the outings to be goal-oriented, the teacher pre-determines them and carefully prepares for them. Summer is the best time to go on walks. The district where the educational institution for children is located: recreation park, garden, alleys in the city; and in the field yard, he explores the nearby forest, meadow, stream, flowering meadow, river and lake in advance. It is very important to determine which way to go with children, and to determine the distance of certain routes. Places where children can rest on the road are identified, and all natural conditions are taken into account - tributaries, shores, circles, hills - that allow for exercises to improve movement skills. Places where children can rest on the road will be determined, and all natural conditions that will allow them to practice improving movement skills will be taken into account - tributaries, banks, hills, hills. The content of the walks includes action games performed using toys and smaller objects, as well as rule-based action games. The next physical education training is an active game, after which the children can rest, walk, and play calmly. Outings are organized outside the kindergarten in winter.

Walks in winter serve to increase tolerance, endurance, resistance of the child's body. Methodology of conducting walks and excursions The educator warns the children in advance, informs them about the purpose of the walk (for example: we will play naked, then take a bath). It is advisable to give it an appearance



when going on a tourist trip: each child wears a backpack with a small breakfast on the shoulder. Its weight should not exceed 300-400 g. Children of all age groups can walk freely, if they wish, in groups. Children can only walk in pairs when they have to cross a busy highway. In addition to the teacher, the children of the small group should be accompanied by the teacher's assistant: they will help the children to cross the road, go naked, organize games in the forest. Children of all age groups can walk freely, if they wish, in groups. Children can only walk in pairs when they have to cross a busy highway. In addition to the teacher, the children of the small group should be accompanied by the teacher's assistant: they will help the children to cross the road, go naked, organize games in the forest.

If it is decided to carry out physical training during the walk, it should include exercises performed using natural factors, exercises performed with objects from a standing, sitting, lying position, running over obstacles, running fast, running far and looking for a target. Throwing is included. Physical exercises should be carried out in accordance with the established norm. The trip is organized so that the children come to lunch before being late. A walk and exercise is a natural air bath that can be taken in motion due to the direct impact of fresh air on the child's naked body (children should only wear panties, panama, shoes). Regular outings exercise children's bodies, renew life experiences, arouse interest in travel, and give pleasure.

#### WORKING WITH CHILDREN INDIVIDUALLY.

When working with children alone, it is necessary to carefully study their age and characteristics. The educator, in consultation with the doctor, takes into account the health condition of the children in his group, physical maturity, signs that affect some deviation from the norm (spine, initial deformation of the heel...). Each age group has children with different nervous systems. Also, there are children with very active or slow reaction to the environment: hyperexcitable or, on the contrary, slow reaction, impressionable, cautious, shy, requiring handling, and having various unique characteristics.

The unique features of the nervous system are manifested in the behavior of the child, the speed of acquiring knowledge and skills. Observing children in everyday life, analyzing their behavior and activities, talking with parents, all this allows the educator to determine the unique typological characteristics of the child, as well as determine the content and method of individual work. When performing medical and pedagogical observations, it is necessary to take into



account the indicators of strength, balanced and mobility of nervous processes. The level of physical and mental work ability in training and work processes; speed of recovery of working capacity after fatigue; ability to overcome difficulties, initiative and activity in training and games; the speed of acquisition of movement skills is taken into account as indicators of strength, such as movement activity and the dominance of the tone of positive feelings.

The level of physical and mental work ability in training and work processes; speed of recovery of working capacity after fatigue; ability to overcome difficulties, initiative and activity in training and games; the speed of acquisition of movement skills is taken into account as indicators of strength, such as movement activity and the dominance of the tone of positive feelings. Mobility indicators of nervous processes easily switch to different types of activities; quickly get used to a new situation; fast sleep and wake up; consists of the ability to move quickly. It is appropriate to take into account all these indicators in the process of educational work with children. Taking into account the small indicators of the nervous processes in each child provides them with different support: changing the program requirements to one and thereby increasing the opportunities for acquiring knowledge and skills together with all children, the general emotional state, strengthening independence in strengthening self-confidence; to help the other to form self-control, to control his behavior in the group of children. It is important for the educator to study the anatomical and physiological capabilities of the child, his inclinations related to the characteristics of the analyzer system, his inclination to music, movement, paints, etc. The tasks of individual work with each child on physical education are as follows: The tasks of individual work on physical education with each child are as follows: teaching children who cannot master the program materials together with everyone at a certain pace ; timely correction of height and heel defects; improvement of physical development of vulnerable children; activation of low-activity, shy children and increase of their emotional tone; providing clear support for the manifestation of tendencies in the field of movement and their development. The effective result of the educator's individual work with children in age groups should be as follows; The effective result of the educator's individual work with children in age groups should be as follows; that all children are equally prepared according to the program; healthy state of the body, acquisition of movement skills, education of physical qualities; individual abilities and creative activity; develop positive traits.



---

**CHILDREN'S INDEPENDENT MOVEMENT ACTIVITIES AND ACTIVE RECREATIONS.**

Children's independent activity throughout the day is also important. The child feels a strong need for action, but the goal-oriented guidance of the educator is necessary so that this action does not become aimless and random. It is necessary to offer the child an interesting activity for him in time, to periodically direct this activity from the outside, and to regulate the time.

While the child is engaged in independent activities, he focuses on activities that interest him and lead to a goal. This process activates thinking, determination, striving for the goal. The presence of various toys and large physical education equipment in the group or on the field serves as an incentive for independent movement activities for children of all age groups. In children's institutions, physical education holidays for children to actively relax will consist of a demonstration of children's healthy, cheerful condition and their achievements in the formation of movement skills. Holidays are held in the fresh air, on the grounds. In the physical education program, it is necessary to organize cheerful movement games and various physical exercises to reflect the movement skills acquired by children in a certain period. The holiday should be the result of regular, systematic work with children. Holidays are distinguished by unusual decoration of the field, equipment of physical education: flowers, ribbons. Music is also very important during the celebration. The holiday should be the result of regular, systematic work with children. Holidays are distinguished by unusual decoration of the field, equipment of physical education: flowers, ribbons. Music is also very important during the celebration. Part I of the holiday can be built in the form of a physical education parade. It begins with a procession of children, divided into teams, carrying their own pennants and badges. They sing songs and poems. After that, children can demonstrate their achievements in games and exercises. Children of a large group take part in competitions according to their abilities (running, throwing, jumping, exercises with objects...), relay games, sports games. The second part of the holiday can be organized as a puppet show, a form of entertainment that arouses great joy in children, or as a concert with the participation of adults and children. Various surprise moments, the appearance of a fairy-tale hero: the storyteller, the magician, the dancers... are a constant component of this part. At the end of the holiday, children invite guests: parents, teachers, kindergarten staff, to a general dance at the invitation of the host, which strengthens the good mood. It is good



to spend physical education holidays in winter. Their content is made up of children's activities.

This season is characterized by sledding, skiing, fun action games, and surprises. It is good to spend physical education holidays in winter. Their content is made up of children's activities. This season is characterized by sledding, skiing, fun action games, and surprises. Children can participate in the preparation of the holiday as much as they can. Preparing children for the holiday should be in a happy mood. The duration of physical training events held during holidays should not exceed 45-60 minutes. Doing physical education exercises in free time is one of the bright emotional situations in children's daily life that unites them to a joyful activity. In free time, there are mostly active games and physical exercises. The program for doing physical exercises in free time is structured in different ways. In small and medium groups, more uncomplicated games are given: who will bring the toy, balls faster; who will run faster and line up next to the doll. In large groups, children demonstrate their movement skills in competitive fun simple games and game relays, individually and as a team in sports games. Free time includes fun and suitable attractions for children that create a general happy mood; games and dances familiar to children can also be used. Health Day - it is recommended to start with a small group according to the program instructions. Its task is to take care of the child's nervous system, to make it healthy while maintaining a positive emotional state of the psyche. Therefore, on this day, it is necessary to ensure that children spend more time in the open air and spend time in nature as much as possible. Children are exempted from activities that require mental strength. They engage in activities that are pleasant for them, play their favorite toys, communicate with each other, listen to music. Health day - it is recommended to start with a small group according to the program instructions. Its task is to take care of the child's nervous system, to make it healthy while maintaining a positive emotional state of the psyche. Therefore, on this day, it is necessary to ensure that children spend more time in the open air and spend time in nature as much as possible. Children are exempted from activities that require mental strength. They engage in activities they enjoy, play their favorite toys, communicate with each other, and listen to music. Vacations - in the program, it is envisaged that there will be one week each time at the beginning of January and at the end of March. Their task is to ensure the rest of the child's nervous system, which has a common direction with health days, to create conditions that help to heal and strengthen



the body in connection with a positive emotional state. Artistic, creative, musical, physical activities can form the content of holidays. Simple hiking trips are also very beneficial. If possible, it is also very useful to take children out of the city for a week (departmental) or to a kindergarten field yard. Such organized vacations for children allow them to play well.

### References:

1. Abdumalikov R. Eshnazarov J. Jismoniy madaniyat va sport tarixi. O‘quv qo‘llanma Toshkent 1993 y.
2. "Interdependence of form and content of exercise training" U. R. Radjapov, K. B. Khakimdjanova. Amaliy lingvistika va adabiyotshunoslik muammolari. 2020.
3. Khakimdjanova, K. (2023). The laws of speech development of preschool children. *Science and innovation*, 2(B3), 365-367.
4. Xakimdjanova, K. B. (2023). Maktabgacha ta'lim jarayonida tarbiyalanuvchilarda jismoniy tarbiya mashg'ulotlarining nazariy asoslari. *TDPU ilmiy axborotlari*, 2(3), 21-28.
5. Kamola, K. (2022). Theoretical foundations of physical education in preschool education. *Евразийский журнал академических исследований*, 2(2), 52-55.
6. Khakimdjanova, K. B. (2022). Features of play activities for 5-6 year old children. *Journal of exercise physiology*, 1(3), 115-119.
7. Khakimdjanova, K. B. (2022). Growth and development of preschool children. *American journal of social and humanitarian research (AJSHR)*, 1(1), 265-270.
8. Yo‘Nalishlarini, S. I. I. R., & Otkirov, O. Z. O. (2022). Sport infratuzilmasini innovatsion rivojlantirish yo ‘nalishlarini shakllantirish. *Central Asian Research Journal for Interdisciplinary Studies (CARJIS)*, 2(4), 501-509.
9. Idrisov, M. I. O. G. L., & Otkirov, O. Z. O. (2022). Innovatsion sport infratuzilmasini yaratish va uni rivojlantirish modelini ishlab chiqish algoritmi. *Central Asian Research Journal for Interdisciplinary Studies (CARJIS)*, 2(5), 721-729.
10. Idrisov, M. I. O. G. L., & Oripov, O. O. O. G. L. (2022). Sport-sog‘lomlashtirish turizmini oliy o‘quv yurtlari talabalariga o‘qitishning innovatsion texnologiyasi. *Central Asian Research Journal for Interdisciplinary Studies (CARJIS)*, 2(5), 224-231.





11. Radjapov, U. R., Hakimdjanova, K., & Sh, J. (2022). Boshlang 'ich sinf o 'quvchilarida harakatli o 'yinlar orqali barkamol insonni kamol toptirish g 'oyasining pedagogic ahamiyati. *Ученый XXI века*, (9 (90)), 43-50.
12. Nuraliyevich, E. J., & Bakhadirovna, K. K. (2021). Consume of information and communication technologies in the physical development of children in preschool education. *Academica: an international multidisciplinary research journal*, 11(1), 281-284.
13. Khakimdjanova, K. B. (2021). Physical development of preschool children through moving games. *Best young scientist-2021*, 1(1), 40-42.
14. Radjapov, U. R., Hakimdjanova, K. B. (2021). Maktabgacha ta'lim muassasalarida tayyarlov guruh tarbiyalanuvchilarda jismoniy sifatlarini milliy harakatli o'yinlar orqali rivojlantirishni didaktik ahamiyati. *Образование и наука в XXI веке*, 20(11), 986-993.
15. IDRISOV, M. I.; DAURENOV, E. Y.; MASHARIPOV, A. K. (2023). SPORT - SOG'LOMLASHTIRISH TURIZMI. *Patent*, 1(7), 278.
16. Идрисов, М. И.; Орипов, О. О.; Қадамов, С. Х.; Матякубова, З. Б. (2022). Болаларни спортнинг оммавий турларига жалб этишнинг ташкилий педагогик шарт-шароитлари. *Mugallim*, 1(6), 165-167.
17. Idrisov, M. I. (2022). Aholining jismoniy tayyorgarligi va salomatligi darajasini belgilovchi test me'yorlarining qiyosiy tahlili. *University sports: health and prosperity of the nation*, 1(1), 263-266.
18. Radjapov, U. R., Khakimdjanova, K. B. (2021). The role of physical education in improving the health of women of the republic of Uzbekistan. *Ustozlar uchun*, 3(1), 162-165.
19. Хақимджанова, К. Б. (2021). Ўргатиш босқичларининг асосий йўналиши ва хусусияти. *Студенческий вестник*, (5-4), 30-32.
20. Khakimdjanova, K. B. (2020). Pedagogical characteristics of ability. *Фанларни ўқитишда инновацион методикалар*, 1(1), 285-288.
21. Radjapova, U. R., Khakimdjanova, K. B. (2020). Interdependence of form and content of exercise training. *Amaliy lingvistika va adabiyotshunoslik muammolari*, 1(1), 216-219.