

Socio-Pedagogical Factors of the Development of Physical Qualities in Preschool Children

Achilova Sahiba ¹

¹ is a teacher at the Kokand State Pedagogical Institute

Annotation:

This article highlights the importance of developing the physical qualities of preschool children in the system of their physical education through the analysis of scientific sources. We are also talking about the importance of effective forms and methods of forming physical qualities in preschoolers.

Keywords: preschool age, physical education, physical quality, strength, dexterity, speed, dexterity, development, forms and methods.

Today, a number of reforms are being carried out in our qualification in order to educate the younger generation as a comprehensively developed personality. The implementation of positive reforms requires the development of a number of educational programs taking into account the age, individual psychological characteristics, and physical development of children. Relying on modern approaches to the organization of the educational process aimed at the physical development of preschool children, the use of pedagogical technologies in children's classes and activities, allows them to effectively master the further stages of learning.

Numerous testimonies in the Avesta indicate that our ancient ancestors from infancy paid serious attention to the physical, mental and sexual education of children. They believe that young children should really grow up outdoors, in physical labor.

Avesta pays great attention to maintaining the cleanliness of the land, water, floor, room, body, clothes, food and tempering children.

The reflections of the outstanding thinkers of the East Abu Rayhan Beruni, Abu Nasr al-Farabi, Abu Ali Ibn Sina, Mahmoud Pahlavan, Alisher Navoi on physical education, health and hygiene are relevant at the present time and have not lost their relevance.

In the field of healthy lifestyle and health, Abu Ali ibn Sina mostly overlooks the need to pay more attention to seven things:

1. Moderation of the client.
2. The choice of foods that you can eat and drink.
3. Cleaning the case from debris.
4. To 'maintaining an impressive structure.
5. Sufficient and good intake of air through the nose.
6. Attention to clothing.
7. Regulation of physical and mental movements (this action suggestion also includes sleep and wakefulness).

Exercises occupy a leading place in the general system of hygienic education of a child. Abu Ali ibn Sina calls this a cure.

From them it can be seen that Ibn Sina in the Middle Ages theoretically justified the role and essence of physical education in human life. At that time, a sport was rapidly developing on the territory of Turkestan, which was very popular among the people.

Thus, Eastern thinkers highly appreciated the role of physical education in strengthening and protecting the health of a child. They paid a lot of attention to the importance of fresh air, skin care rules, body hardening, and physical exercises. Those who gave advice on the prevention and treatment of diseases.

The advice of Eastern thinkers on nutrition, work, sleep, and exercise is relevant today.

At the same time, a healthy, energetic, physically developing pupil of preschool educational organizations should have positive qualities of a moral and strong-willed personality, showing interest in various actions corresponding to his age, abilities, abilities and skills.

The fact that many researchers are still conducting a number of studies in the field of physical education determines the relevance of our research work. In particular, developing and changing motor qualities in children and adolescents", prepared for the study of developing and changing hereditary and medical factors of motor qualities of children and adolescents, highlights the role of physical exercises and sports competitions in the development of motor qualities, physiological, pedagogical and psychological features.

An analysis of the upbringing of physical qualities in preschoolers from a psychological point of view shows that it develops in children the "I position" (the concept of socio-emotional developing competence) and makes it possible to carry out all actions, including motor ones, in the form of "mental experience". The scientist-teacher V.V.Davydov in his research investigated in detail that, in accordance with the age and developmental characteristics of children, the "I position" in preschoolers corresponds to a period of intensive development. This period is classified according to the development of intellectual and creative abilities in preschoolers, observation, increased cognitive interest, establishing connections, identifying connections, conclusions, comparison, classification, generalization, forecasting changes in abilities, activities and results, clear and concise expression of thought. Also during this period, children perform an action in the form of a "mental experience".

In preschool educational organizations, it is important to take into account the age characteristics of children as a means of developing physical qualities in children. Therefore, in preschool education,

great importance is attached to an individual and differentiated approach. These approaches are important for the physical development of children.

Dexterity is the ability to quickly rebuild motor activity in accordance with unforeseen conditions that arise in the course of activity, as well as the ability to master new movements. Dexterity education is based on the development of harmony of movements, differences in their pace and volume, the degree of tension and relaxation of muscles from each other, as well as the ability to aim, adapting to time and place. To cultivate dexterity, it is important to develop the ability to make precise movements. In addition, one of the manifestations of dexterity is the ability to maintain the balance of the body in a stationary state, as well as when walking from place to place. In the preschool age of childhood, there is a significant shift in the development of the motion analyzer. This makes it possible to gradually improve dexterity.

Dexterity in performing movements is also one of the important traits that is rapidly developing in preschoolers. Dexterity is the ability to perform a movement in the shortest amount of time. It will depend on the speed of movement performed in response to some signal, as well as on the speed of repetitive movements. That's the whole definition-a description of the movements that grow in preschool children as a result of regular exercise.

The development of dexterity and dexterity is achieved through regular games and exercises. At the same time, it is important that participants react quickly to changes in the environment and conditions, as well as quickly move from one action to another, actively moving and completing the task. Various games and overcoming obstacles, performing various tasks based on one given instruction, performed with stops and turns, detours, balance exercises, various sports games, etc. are exercises that develop dexterity and dexterity.

Strength is the ability to strain muscles to some extent, which is an important component of developing physical qualities such as agility and dexterity.

The muscles of a preschool child will still be underdeveloped, the movements of his central nervous system have not yet been honed, children do not yet have the skills to realize the obvious difference in muscle strength. For preschool children, especially in the younger group, it is important that they have more flexor muscle activity than straightening muscles, children move when walking and running, keeping their legs in a half-bent position, and bend over when playing games, etc. For this reason, when developing a child's strength qualities, it is important to pay attention to increasing the strength of the straightening muscles, perform exercises that straighten the child's trunk and limbs, and train proper posture.

Exercises aimed at developing the quality of strength in preschoolers should be predominantly dynamic in nature. At this time, the exercises should last a long time and not cause physical and mental stress in the child. In addition, exercises that require hard work should not be used in the development of children's physical qualities. Exercises for the development of physical qualities in preschool children (for example, long jumps standing in one place, long throwing exercises), as well as some exercises related to lifting your own weight (inclined and standing ladders, climbing exercises on boards, with your own hands at the gym table, power pull-ups and similar exercises) it is appropriate to do.

Perseverance is the ability to do physical work for as long as possible while maintaining a sufficient level of intensity. Endurance education will be associated with increasing the quantitative capabilities of various systems of the human body, with gradual adaptation to conditions, with addiction, which occurs in the child's body as a result of prolonged activity with strong tension, resulting in fatigue. Therefore, in the development of endurance in preschool children, exercises and games are used that have a higher physical impact on their organism than the task they are used to.

Endurance in preschool children develops primarily when walking, running, jumping, dancing, swimming, as well as when playing outdoor games and independent activities.

In conclusion, it should be noted that the growing up of preschool children as a harmonious personality through the development of physical qualities of this type indicates increased attention to the human factor in our state.

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