

Methodology of Organizing Sports Health Events with Preschool Children

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Abstract

In this article, the importance of healthy activities for the health of preschool children. Also, the content and essence of the organization of forms of physical education training in modern forms in strengthening children's health is highlighted.

Key words: physical education, health, motor density, static condition, technology, walk, fatigue, physical quality, physical opportunity, healthy lifestyle, innovation, physical development

Introduction

Movement - health, movement - joy, movement - development. Through movement, the child finds a way out of his endless thirst for knowledge, energy and imagination. Movement creates conditions for the creation of intelligence, stimulates speech and emotional activity, teaches communication; in a word, movement is the child's life, its element!

Modern children often experience "motor deficiency", i.e. the number of activities they do during the day is below the age norm. It's no secret that children spend a lot of time in a static state (at the table, on the TV, on the computer, in passive games on the floor) both in kindergarten and at home. This increases the static load on certain muscle groups and causes their fatigue. The strength and performance of skeletal muscles decreases, which leads to poor posture, curvature of the spine, flat feet, age-related delays in speed, agility, coordination of movements, endurance, flexibility and strength, in a word, the negative effect of hypokinesia 'strengthens the secret.

Small changes in health lead to increased fatigue, decreased work performance, and decreased resistance of the child's body to harmful factors.

Research by I. I. Mastjukova, S. N. Popov, S. S. Bychkova, T. I. Bogina, E. A. Sagaidachnaya shows that moderate physical activity has a general positive effect on the growing body, it helps to stimulate the vital activity of important systems and physical fitness leads to improvement of indicators.

The ideas of P. F. Lesgraft and V. V. Gorinevsky in the field of preschool physical education were continued in an open form by E. A. Arkin (1873–1948, professor), E. A. Arkin. He introduced the main patterns of higher nervous activity identified by the great physiologists I.M. Sechenov and I.P. Pavlov, the organization of the child's life and emphasized the importance of the interaction between the kindergarten and the family ” which has not lost its importance to this day .

Protecting and strengthening children's health is the main task of the preschool education organization. Today, the issues of conducting physical education and wellness activities in preschool educational organizations have not lost their relevance. Technologies that strengthen and develop health are being introduced in all preschool educational institutions.

Unfortunately, not all parents today have the opportunity to provide their children with enough time, space and necessary equipment for their full physical development. Often, everything falls on the responsibility of the preschool education organization. Work in small preschool groups should begin with the creation of an environment in which children's needs for movement can be realized, which motivates children to move. It can be easily changed and supplemented depending on the individual characteristics and inclinations of the child, his level of preparation.

Protection of children's health in the process of education and upbringing is one of the priority tasks facing educators. In the educational programs of the preschool education organization, there are sections dedicated to the study of the human body and ensuring the safety of its vital functions. Without excluding these approaches, the main thing is to help children form their own way of life in choosing a healthy lifestyle, teach them to evaluate their physical capabilities, see development prospects, It is necessary and necessary to understand the responsibility.

The system of physical education and wellness activities includes traditional and innovative forms.

We divide the traditional forms into the following:

1. Morning physical exercises;
2. Outdoor games;
3. Minutes of physical culture;
4. Outdoor games organized on the promenade and sports ground;
5. Independent activity of the child.

Innovative forms include:

1. Walking (healthy). Organization of healthy walking events in preschool educational organization. This requires meaningful organization of work. That is, it is appropriate to develop motor movement and cognitive abilities in the child through the planned event. The path (distance) to be covered in advance is determined, and the children prepare a toy (character) in advance to the designated place. At first, these will be short distances (10-15 meters), then they will be extended to 400 meters, and (in this process, of course, the physical and physiological characteristics of the child will be taken into account) will increase physical activity for children.

During the walk, children walk freely (in a group, one after the other, in pairs, as comfortably as possible, accompanied by a teacher - pedagogue). At this time, the educator-pedagogue can talk

with children about nature, seasons, sing songs, use unexpected moments (find a hidden toy, game techniques, game plots are played).

Walking is done in normal seasonal clothes. Children walk along the road easily and tirelessly.

2. After sleep, chigalyozdi is carried out according to exercises: stretching, hugging yourself, gradually rising with small physical exercises such as running from the bedroom to the group, walking on the feet with a temperature difference in the rooms. slatted board, massage mats, washing with water at room temperature (wash face, neck, hands copiously, then dry with a towel).

3. . Physical training sessions are held twice a week for 10-15 minutes for small groups, 20-25 minutes for middle groups, 30-35 minutes for large and preparatory groups. 1-2 health activities per week. It is advisable to use imaginative game stories to increase children's interest. It helps the child to develop creative imagination. All lessons are organized according to a long-term plan, which is made with mandatory maintenance of physical activity and taking into account the interests and individual characteristics of children.

A daily routine helps the harmonious physical and mental development of the child. In the work of preschool educational organizations, it is appropriate to use various types of modern methods, conducting non-traditional physical education classes and morning physical education exercises.

It can be divided into the following types:

- story-based activities consisting of open games of different levels of intensity (role and plot games, complex of free exercises);
- competitions (sports holidays);
- training based on the type of circular training (training for basic movements (walking, running, jumping, throwing and crawling));
- traditional training.

As a result of consistent and systematic wellness activities, well-expressed positive motivation for physical education and wellness activities in older preschool children; children have valeological knowledge about the human body, what is useful and what is harmful to health; good intellectual and cognitive abilities.

1. Organization and conduct of physical education and wellness activities in the pre-school education organization based on modern technologies serves as a basis for both intellectual and physical development of the child.

2. In pre-school educational organizations, the following qualities are brought up in children in the activities organized on the basis of a plan: they grow up to be active, resilient, dexterous, strong and well-rounded individuals.

In conclusion, if the activities carried out on the agenda of the preschool education organization are carried out on the basis of modern technologies, we think that the growing young generation will be formed as a physically and mentally well-rounded person. After all, today's pre-school education organization is on the path to the great goal of preparing healthy citizens in all aspects.

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