

## MOTOR ACTIVITY IN PHYSICAL EDUCATION OF SCHOOLS WAYS TO IMPROVE EFFICIENCY

**Salimov Gairat Mukhamedovich**

*Professor of Bukhara State University, Candidate of Pedagogical Sciences*

**Лутфуллаев Мухсин Дилмурод ўғли**

*БухДУ жисмоний маданият таълим йўналиши 4- курс талабаси*

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### Abstract

Physical education plays an important role at all stages of the development of human society. In modern society, its role has increased significantly. The reason for this is that the proportion of heavy physical labor has dropped significantly in recent years. If a hundred years ago 98% of the energy needed for material production was created by the movement of the muscles of people and domestic animals, today this figure is 2-3%.

The whole system of physical education in a preschool educational institution should be primarily aimed at the development and improvement of the cardiovascular, respiratory and immune systems of the body, because the main means of development are movements. Therefore, it is extremely important to organize physical education classes in childhood, which will allow the body to gain strength and ensure the comprehensive development of the individual in the future.

In physical education in preschool educational institutions, great importance is attached to activities aimed at developing the individuality of the child, his independence in mastering various types of activities. To this end, physical exercises that increase motor activity, sports games, organizing and holding holidays, classes and much more using simulators in preschool educational institutions will have a great effect. This article focuses on these aspects of physical education of kindergarten children, on the basis of foreign experience shows the importance of improving the quality and quantity of classes.

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**Enter.** The process of forming physical education is important for children, especially for children of preschool age, because this period is characterized by active cognitive activity, rapid development of the intellectual and emotional sphere, the formation of self-awareness, and the development of universal values. In physical training with children aged 6-7, it is important to satisfy their natural need for movement and the feeling of "muscle formation".

Various forms of physical activity are used to strengthen the health and physical development of our

future children. Peculiarities of children's age and other conditions depending on the task at hand defined as forms of activity. For example, in the warm season, children are often encouraged to use elements of various sports, including cycling and scootering. In winter, the games are held in the MTM sports hall. Sometimes you can play blizzard when it snows. Currently, in a number of children's institutions, work on physical education is carried out by physical education specialists. But in many preschools, educators still participate in physical education activities themselves.

In the "First Step" State program, great importance is attached to the physical development of the child, at the same time when determining the areas of the child's competences, "physical development and the formation of a healthy lifestyle" are paid attention to in the first place [4,24]. Therefore, it is necessary to increase the number of physical training sessions in the curriculum to 5 days a week. It is necessary to increase the number of physical exercises, physical exercises in the fresh air, elements of sports games and exercises, physical exercises on walks, active games and exercises, physical exercises (in the gym or in the fresh air), and active games and exercises aimed at making the child physically healthy.

**METHODS.** Physical education of children of preschool educational institutions methods such as analysis, synthesis, comparative-pedagogical analysis, observation were used in the research on improvement of innovative technologies of formation of physical qualities.

**DISCUSSION.** Foreign experience helps to prove our point. For example, Bulgaria has a state program for the education of preschool children. In pre-school educational institutions, great attention is paid to physical education - organization and holding of sports holidays, swimming lessons, exercise.

Education in Great Britain emphasizes the individuality of the child, his independence in mastering various types of activities aimed at development. A UK indoor 'nursery' has a wide variety of equipment and materials, including a water bath with special 'water toys' such as floating toys and water mills; dry and wet sandboxes, sand and many other materials that contribute to the child's mental and physical development. In Great Britain, the main activities of preschool children in physical education classes are gymnastics, dance and outdoor games.

In China, a lot of attention is paid to the development of physical abilities. The main tasks of physical education during preparation for school are as follows: to support optimal physical development; discipline formation of social qualities such as justice, responsibility, honesty, cooperation; develop basic motor skills and understanding of safety rules; formation of interest and love for sports. The main types of physical activity of kindergarten students are outdoor games, gymnastics, dancing, running, jumping, throwing.

In Germany, kindergartens are expected to have well-planned and well-equipped centers - rooms for role-playing, plotting, directing games, designing and experimenting. A hall is reserved for physical education classes. Physical education classes include mobile games, gymnastics, running, jumping, throwing, often water games and swimming lessons are included in the program. Lessons were introduced as an experiment in one of the kindergartens.

American experts believe that the main purpose of preschool physical education is to help the child develop well. Physical education should contribute to the psychomotor, mental and emotional development of preschool children. The main aspects of the preschool physical education program in the United States are the formation of psychomotor skills, outdoor games, sticks, dance, physical training, water games.

In Finland, according to the 1984 recommendations, for preschool children the physical training program includes such types as gymnastics, music exercises, outdoor and sports games, skiing, skating, swimming lessons, orienteering for recreation. In France, the education of young children is aimed at the development of play activities, sensory organs and motor skills. A lot of time is devoted to physical education and music in the lesson schedule.

In Japan, the physical education program in kindergartens Education includes the following types of physical activities:

- 1) walking, running, jumping;
- 2) throw, push, pull, roll;
- 3) running, jumping, target throwing competitions;
- 4) team open games;
- 5) games with balls, ropes and other devices;
- 6) rhythm.

In Japan, the tasks of preschool physical education are as follows: physical and mental development, good will towards formation and discipline[10, 90].

The analysis of the preschool education system of foreign countries shows that the preschool education system of these countries pays great attention to physical education. Therefore, in order to increase the effectiveness of children's physical education in our independent country, it is obvious that it is necessary to include various forms of physical education in the daily work plan of the teacher of the educational institutions. And through this, it will be possible to increase the interest of children of kindergarten age in physical education.

**RESULT.** Weekly plan in preschool educational institutions aimed at setting goals for all areas of development, training relevant centers, distributing training in accordance with the theme of the week. The theme of the week should pass through all free activity centers. Didactic and action games in the group and during walks are planned in the weekly plan. The content and consistency of the work with children, the type of activity (active activity/passive activity; individual activity/in a small group, in a large group; activity under the guidance of an educator/activity under the guidance of a child) and the place of its implementation (activity inside the room/activity on the street) should be planned taking into account.

The weekly plan is varied and should be flexible. In other words, depending on the weather and the child's interest, the planned activity can be changed or the activity time can be scheduled for a little more or less time. For example, if the educator plans to visit a garden in spring, but the weather is too rainy, he can change the event to another event that can be held indoors [4,18].

"Physical development and formation of a healthy lifestyle" in the plan of physical education activities for children aged 3 to 7 years based on the example of the state curriculum "Ilk Kadam" on Monday, "True and teaching to walk and run" is scheduled for Wednesday. In our opinion, it is necessary to make changes to the plan in order to increase the effectiveness of physical education, to raise children healthy and strong from a young age. Because in the speech of the President of the Republic of Uzbekistan, Sh. Mirziyoev, at the world conference on raising and educating young children, it is said: "In this regard, first of all, we pay attention and practical care to young people and children, and we pay special attention to raising them physically and spiritually. Development of children from an early age, their in the future by creating suitable conditions for his studies. We are creating a solid foundation for young people to fully express their identity. After all, there is no doubt that the investments spent on this noble goal will be returned tomorrow with several times more" [1,2]. Therefore, the use of various forms of physical education in preschool educational institutions undoubtedly creates a foundation for children's health and future.

Our opinion is also confirmed by Russian scientist V. Frolov paying special attention to physical training planned during the week[11,5]. Based on this, games and physical exercises can be used interchangeably in the physical education system of MTMs as follows:

1. Monday - physical training in the gym or in the fresh air: "Balls", "We collect leaves".

The name of the games	Initial state	Execution	Repeat
Find your place game	Children overcome obstacles one after another	They pass along the gymnastic bench, pass through the flange (obrucho) and on the way back they "snake" through the bench and take their place.	3-4 times
"Enter the gate" game.	Children with balls in their hands line up in 3-4 rows and stand in front of the line.	At a distance of 3 m from the line, a gate is laid opposite each column of cubes. One by one, the children roll the ball into the goal. After everyone has completed the exercise, the number of balls hit into the goal is counted, which determines the winning column. The children receive the balls and the game continues.	3-4 times

2. Tuesday - elements of sports games and exercises - in the morning walk (on the rest of the week in the evening walk). The following games with sports elements can be recommended:

The name of the games	Initial state	Execution	Repeat
"Jump over the fence" relay race	All players are divided into two teams and are located along the columns at the same time. In front of each post, at a distance of 3 and 5 meters, two flanges lie one after the other, and the ball is at a distance of 7 meters	At the signal of the leader, the first players of each team run to the first flange, stop in front of it, take it with both hands, raise it above their heads, put the flange on themselves; run to the second ring, stand in its center, take it with your hands, raise it above your head and lower it to the ground. After that, the players run around the ball and return to their places. The next child continues the game. The team that completed the task first wins.	3-4 times

3. Wednesday - physical exercises on a walk ("Show your neighbor", "Partner", "Show your neighbor in the mirror").

The name of the games	Initial state	Execution	Repeat
"The Little Old Lady"	As a mortar, a simple bucket is used as a broom	The participant stands on the bucket with one foot, the other remains on the ground. He holds a bucket by the handle with one hand and a mop with the other. In this case, it is	3-4 times

		necessary to walk the entire distance and pass the mortar and broom to the next participant	
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4. Thursday - active games and exercises, the following games can be used during the walk: ("Take the ball from the head" game, "Kувалшmachok" game).

The name of the games	Initial state	Execution	Repeat
"Fast Train"	Flags are placed at a distance of 6-7 meters from each team.	"March!" by command. with a quick step, the first players (no running) go to their flags, go around them and return to the poles, where the second players join them, and together they make the same path again, and so on. The players hold each other by the elbows and move their hands like the connecting rod of a locomotive while walking. When the front player - the locomotive - returns to the place with a full filler, he must blow a long whistle. The first team to arrive at the station wins.	3-4 times

5. Friday - physical training (gym or in fresh air). Games like "Geese", "Birds", "Rabbits" can be used.

The name of the games	Initial state	Execution	Repeat
"Penguin with a ball".	Two teams are placed in columns at the same time. 10 steps to them flag	The first numbers of the teams get the volleyball. Taking it between their knees, moving in a jump, they rush to the flag, turn it to the right and go back. Balls are passed to the second players, then to the third, and so on. The team that finishes the game first is considered the winner. When children are taught, the game can be complicated: everyone should move with two balls - one between the knees, and the other should be held in the hands.	2-3 times

#### Exercises included in morning walks should focus on the following.

- Exercises familiar to children and well learned by them ("Straighten up, The wind shakes the trees, Leaves)
- Exercises with a simple structure and easy coordination ("Geese", "Birds", "Rabbits").
- They are, of course, comfortable, exercises aimed at forming the arch of the foot. ("Where is the knee", "Let's try").
- Includes breathing exercises, jumping exercises ("Balls", "We collect mushrooms").
- Exercises to develop agility, flexibility, and strength should be gradually introduced depending on age ("Legs walk", "Bicycle").

Guides for morning walks are for children only are used by those well mastered. During the week, you can replace it with other physical activities. In addition, you should not forget that you should play active games every day.

When making a set of exercises for physical training, morning walks, you must follow a certain sequence of exercises.



- ✓ Straightening and bending the back.
- ✓ Circular and flying movements of hands.
- ✓ Forward, backward, side bending and circular movements of the body.
- ✓ Bending and circular movements of the head.
- ✓ Raising the legs while sitting and lying down (or with the legs fixed).
- ✓ Shaking your legs (forward, backward, sideways).
- ✓ Jumps.
- ✓ Walking and running in place.

Physical training has a great impact on the development of the child's cardiovascular system, respiratory system, muscles and other important organs. This is achieved through the use of movement games, relay games, sports exercises, various forms of running, and exercises based on movement in general.

**CONCLUSION.** Physical education of children is one of the important tasks of preschool educational institutions. Health acquired in preschool age is the basis of comprehensive human development. The World Health Organization announced the most humane slogan in human history: "Health for every person on the planet by the year 2000!" At the same time, "HEALTH"

concept increases the role of physical education. Raising physical culture to a completely new level, it is the basis for the formation of a healthy lifestyle of a person, the foundation of which is laid from preschool age. Therefore, paying enough attention to the physical education system satisfies children's natural need for movement, the effect of movement on the child's body, their movement abilities and skills are strengthened, and physical abilities develop.

Physical education and wellness activities: morning and refreshing gymnastics, after sleep, healthy lifestyle formation, physical education, sports holidays and direct physical exercises for leisure time strengthening the activity of preschool educational institutions remains important and relevant in the system of physical education today.

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