

**COVERING PHYSICAL EDUCATION ISSUES IN THE FIRST STEP
CURRICULUM****Muxitdinova Nigora Mexriddinovna**
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The article describes the features, goals and objectives of physical education under the "First Step" program

Keywords: *physical development, child ompetence, healthy lifestyle, physical activity, creative ability, motor skills (large, small, sensomotor)*

RELEVANCE

The economic power of each country, the increase in the level of socio-spiritual life is determined by the competitiveness of the education system, the development of science. Therefore, the Action Strategy for the further development of the Republic of Uzbekistan prioritizes the radical improvement of education, improving the quality of education, the formation of a generation of intellectually gifted, physically fit, in-depth teaching of specific sciences and training of qualified personnel for various sectors of the economy and ultimately to create an education system that can meet the demands of today. The tasks set out in this program in the field of education have been implemented for five years. In particular, the management mechanism in the preschool education system has been radically improved, the system of non-governmental educational services has been reformed, the system of secondary special and vocational education has been revised, and measures have been taken to improve the quality of higher education. strengthened, a two-tier system of postgraduate education was introduced [1].

Preschool education. This area, which is the primary link in the system of continuing education, plays an important role in educating a healthy and well-rounded child and preparing him for school. However, the analysis showed that in recent years, under the influence of various factors, instead of progress in the preparation of children for school education in the preschool education system, the number of cases of regression, year-round coverage of preschool children in preschool institutions no growth trend was observed. In contrast, the number of state-run preschools has decreased by more than 45 percent over the past 20 years, and today the coverage of children with preschool education across the country is 30 percent. This is due to the fact that the existing material and technical base of preschool education does not meet modern requirements, the system does not develop alternative programs, alternative forms of preparing children for school, the experience of developed countries is insufficiently studied, most teachers do not have higher education. , lack of monitoring of the quality of education. The purpose of the research: to study the purpose and content of the "First Step" curriculum.

Research method: Theoretical analysis and generalization of the literature, pedagogical observation.

Results and discussion: In his speech at the ceremony dedicated to the 26 th anniversary of state independence of the Republic of Uzbekistan, the head of state said: "Our goal is to fully cover preschool children in preschool education in the next 3-4 years. We will achieve it, "he said. Indeed, in the recent past, the President of the Republic of Uzbekistan signed a decree "On measures to further improve the system of preschool education in 2017-2021," "On measures to radically improve the management of preschool education." It is no exaggeration to say that the decrees and resolutions of the Ministry of Education and Science

of the Republic of Uzbekistan "On the organization of the Ministry of Preschool Education of the Republic of Uzbekistan" were the basis for further development of this area [2].

Taking into account the advanced foreign experience in our country, creating conditions for comprehensive intellectual, moral, aesthetic and physical development of children, improving the quality of preschool education, radically improving the quality of preparation of children for school in preschool education, The introduction of widely used modern educational programs and technologies, the improvement of the mechanism of training and retraining of teachers in preschool education institutions.

Preschool education is an integral part of lifelong learning. It ensures that the child develops into a healthy and developed person, stimulates the desire to learn and prepares him for systematic learning. Preschool education for 6-7 year olds is provided in state and non-state children's preschools and in the family. The purpose of preschool education is to prepare children for school, to form a child as a healthy, developed, independent person, to reveal their abilities, to cultivate a passion for learning, systematic education. To this end, the "First Step" curriculum has been developed for the physical, intellectual, aesthetic and moral development of primary and preschool children.

The "First Step" curriculum was approved by the Board of the Ministry of Preschool Education of the Republic of Uzbekistan on July 7, 2018. The State Curriculum of Preschool Education Organization (below: "MTT State Curriculum") is a normative legal document developed in accordance with the State Requirements for the Development of Primary and Preschool Children of the Republic of Uzbekistan. the goals and objectives of the educational organization, the main ideas of educational activities are expressed, as well as the main competencies of the child in the transition to the next stage of education.

The state curriculum is mandatory for use in the following educational institutions located in the territory of the Republic of Uzbekistan:

- public preschools;
- NGOs providing pre-school education services;
- Mercy orphanages with preschool groups;
- Pre-school and primary education authorities.

The state curriculum is a mandatory basis for the creation of alternative curricula.

Educational institutions have the right to use alternative curricula approved by the Ministry of Preschool Education.

The educational institution has the right to develop its own MTT working curriculum on the basis of the State Curriculum. The working curriculum of the educational organization is developed by the teachers of the organization with the involvement of parents and approved by the current legislation.

The goals and objectives of the MTT are:

1. To create favorable conditions for the comprehensive and harmonious development of the child on the basis of the State requirements for the development of primary and preschool children, taking into account the individual needs of the child and in accordance with the State Curriculum;
2. Organization and implementation of educational activities for preschool children;
3. To organize and implement the provision of knowledge to parents and society on the issues of early childhood development;
4. Organize and implement interaction with the family and society on the issues of early childhood development.

Principles of organization of educational process in MTT

The principles of the MTT education process are:

- take into account the rights of the child, the specifics and potential of development;
- the interdependence of all areas of development in the educational process;
- maintaining and strengthening the child's health, meeting his or her needs, including his or her mobility needs;
- support the child's creative abilities;
- education and development through play;
- creating a favorable environment for the child's development and social adaptation;
- providing a safe environment for the child;
- MTM's partnership with family, community and school;
- increase the value of national cultural traditions and respect for the culture of other nations, taking into account the peculiarities of the culture of other nations;

Supporting a child's development in a preschool is a team effort, and the head of the preschool is responsible for doing so.

Competences in the areas of child development

The child's competencies are determined in the following areas of child development:

- physical development and a healthy lifestyle;
- socio-emotional development;
- speaking, communication, reading and writing skills;
- development of the cognitive process;
- creative development.

The field of "Physical Development and Healthy Lifestyles" is divided into the following sub-areas:

- - large motor skills;
- - fine motor skills;
- - sensomotor;
- - Healthy lifestyle and safety

1. Competences in the field of "Physical Development and Healthy Lifestyles"

At the end of the educational activity in the field of "Physical development and the formation of a healthy lifestyle" a child aged 6-7 years:

Demonstrates physical activity in accordance with their abilities and age-related physical development standards;

- knows how to perform various motor activities in a consistent and purposeful manner;
- uses fine motor skills in a variety of life and learning situations;
- controls their actions through the senses and senses;
- apply personal hygiene skills;
- knows the basics of a healthy lifestyle and diet;
- Follows the rules of safe living activities.

The program provides an individual approach to the development of the child, respect for his personality, taking into account his interests, needs and level of development, care for emotional well-being, striving to create conditions for free creative self-expression. . Therefore, in addition to planning, monitoring child development is important in pedagogical activities. The educator systematically monitors the child's life to

better understand the child and the reasons for his or her behavior, to see the child's development, his or her inner world, to support him or her, to identify ways of development, and to identify needs and interests. Based on pedagogical observations, the planning of educational activities is developed and improved [3].

Focusing on the content of the "First Step" program, we can see that it is aimed at developing the competence of preschool children, as well as the updated state requirements for the development of primary and preschool children, approved by the Government of the Republic of Uzbekistan. These two government documents are the main documents used by preschool education managers and teachers in the pre-school education system as a guide to ensure that every child in a variety of pre-school education institutions receives a high quality education.

Annual work plan of the physical education instructor

The annual work plan of the physical education instructor is developed for each group on the basis of the "State requirements for the development of primary and preschool children in the Republic of Uzbekistan" and the "First Step" curriculum. The plan identifies exercises and movement games for each month during the school year by major movement types.

(Table 1)

"I approve" _____ - numbered DMTT directors _____

MIDDLE GROUP

Running	Running	Jumping and crawling	Throw games Moving games Total number	Moving games	Total number
15	15	12	10	20	72

	Main Actions		Moving Games
September	walking	walk in series, walk in pairs	"Fly, fly" ChoriChambar "Sacred Almond" "Rotation stick"
	running	Running on tiptoes, keeping your knees high	
	jumping	Jumping on both feet while standing, jumping around	
	throwing and crawling	Throwing and catching the ball, Crawling at a distance of 10 m	
October	Walking	Walking on tiptoes, keeping your knees high	"Ko'z boylag'ich"

	Running	Running on the heels, running with big steps	“Chitti gul” “Qoch bolam, qush keldi” “Kim topqir”
	Jumping	Jumping on both feet while standing, jumping around	
	throwing and crawling	Throwing the ball to each other, crawling 10 m	
November	walking	Walking on the heel, walking on the side of the soles of the feet	“Tortishmachoq” “Qushim boshi” “Do‘ppi tashlar” “Kim chaqqon”
	running	Running in pairs, running in different directions	
	jumping	Jumping with arms raised, jumping forward	
	throwing and crawling	Trying to catch the ball at a distance of 100-150 cm, crawling under objects of different heights	
December	walking	Walking around different objects, walking sideways, clapping back and forth	“Quyosh va yomg‘ir” “Bog‘lam” “Kesak qo‘ydi” “Do‘ngdan-do‘ngga”
	running	Running in a circle, holding hands, walking on a sloping board	
	jumping	Jumping on one leg (right and left leg), jumping while walking	
	throwing and crawling	Throw the ball with one hand at a distance of 2 m, walk on all fours	
January	walking	Walking in a line, changing the rhythm and direction of movement	"Relay" "Put the thing away" "Lamb in the field" "Tram"
	running	Running over a line, running like a snake	
	jumping	Jumping over obstacles, jumping 70 cm	
	throwing and crawling	Throwing the ball over your chest, over your head, crawling under a rope 20-30 cm high	
F e	walking	Walking in the footsteps of a snake,	

		walk on tiptoe on a convex board	"Take Marrani "I am just happy to be here koptogim ” The fox is in the chicken coop "Ram"
	running	Running between walks, running between obstacles	
	jumping	Jump from a height of 20-30 cm, jump rope, climb stairs and jump far	
	throwing and crawling	Throwing the ball up, crawling through the hoop	
March	walking	Keep your balance on a sloping board, walk in a snake trail, walk in a straight line step by step in a circle, walk left and right	"Touch the object" "Hunters and rabbits "Three like a bird" "The target is flat"
	Running	Running lightly on a straight path, running with big steps with knees high, running in pairs in a circle	
	Jumping	Jumping on two legs, jumping between objects, jumping left and right,	
	throwing and crawling	Throwing a sandbag away, crawling under tables, hitting a ball on the ground, throwing a ball away	
April	running	Squatting, walking on heels on a convex board, small and large steps, walking on tiptoes and heels	"Rooster" The Goose-Goose "Who throws the stone away?" Horse Game
	walking	Running slowly for a distance of 80-100 m, depending on the signal, find a place in the line, catch his partner and run away from him in different situations, replace running with walking	
	Jumping	Jumping in circles, jumping on a sloping board, jumping on two legs with legs open and apart	
	throwing and crawling	Crawling under seats, crawling right and left under objects, crawling under objects	
May	Walking	Walking in a row, changing speed and direction, changing direction, walking left and right, confusing	"Trap"

		steps, walking from heel to toe	The rabbit is still sitting. "White bone"
	Running	Slow running, 100-meter sprint, 10-meter sprint, sprint	
	Jumping	Jump 20 times with short breaks, jump forward, jump from hoop to hoop	
	throwing and crawling	Crawling as a snake trail at a distance of 10 m, rolling the ball, hoops between objects, hitting the ball on the ground, throwing the ball over the head from below, jumping over the barrier with one hand at a distance of 2 m.	

CONCLUSION

The importance of the First Step program as a state program is that it includes the pedagogical goals of teaching, provides a structure for the child's learning throughout the day, and identifies the most important aspects of a child's development for educators. As well as being a state program, the First Step program is a document that covers and regulates the entire pre-school education system. The First Step program is designed to ensure the same quality of pre-school education provided to different groups of children by different providers. The program helps educators understand and learn how to create an incentive learning environment for children and how to involve parents in it.

In short, the role and importance of this program in the education of the younger generation is incomparable.

REFERENCES

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