

## **The Importance of the Effectiveness of Using Physical Activity in the Sustainable Development of Preschool Children**

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**Annotation:** This article provides information on ways to effectively organize education physical classes in preschool educational institutions through correction and optimization of motor activity. Recommendations on the use of methods of national games are given.

**Keywords:** activity, game, physical exercise, methodology, physical culture, complex exercises, stability.

In the Republic of Uzbekistan, special attention is paid to strengthening the material and technical base of preschool educational organizations, providing qualified teaching staff, radically increasing the level of preparation of children for school education, introducing modern educational programs and technologies into the educational process, creating conditions for comprehensive intellectual, moral, aesthetic and physical development of children. [1]. In particular, according to the head of our state, "...we pay special attention to attention and practical care for youth and children, educating them in physical and spiritual perfection. By developing children from an early age, we lay a solid foundation for their full realization in the future. In the end, there is no doubt that the investment spent on achieving this noble goal will return a hundredfold tomorrow"[2]. Consequently, the main goal of the modern system of education of preschool children is to educate and prepare the younger generation for schooling as a physically healthy, mentally mature, spiritually rich, comprehensively developed person.

In general, as you know, the principles of the educational process of preschool educational institutions are as follows:

- taking into account the rights of the child, specific developmental characteristics and potential;
- the relationship of all types of developmental areas in the educational process;
- maintaining and strengthening the child's health, including his needs;
- satisfaction of movement needs;
- support for the child's creative abilities;
- learning and development through play;
- creating a favorable environment for the development and social adaptation of the child;
- providing a safe environment for the child;
- cooperation between preschool educational institutions and families, mahallas (local government bodies) and schools;

- increasing the value of national cultural traditions and respect for the culture of other peoples;
- taking into account the cultural characteristics of other peoples.

Supporting child development in preschool educational institutions is a team effort [3].

One of the important indicators that determine children's preparation for school is their level of physical development. These regulatory indicators today are determined on the basis of the basic "First Step" program and State requirements implemented in Uzbekistan.

According to the program, children need to know the name of the game and be able to perform basic movements within the limits of their age, including walking, running, jumping, throwing and crawling, overcoming obstacles, national and outdoor games. This is a guarantee that children will grow up physically developed. [3].

It should be noted that the question of whether classes in industrial educational institutions are organized correctly remains open. The goal is to consider ways to increase the interest and organize training of students in preschool educational organizations in the process of educational upbringing. In the senior group of kindergarten, physical education classes are held three times a week for 30 minutes in the morning. All three classes are held on the site. The structure of a physical education lesson consists of the generally accepted introductory (4-6 min), main (18-20 min) and final parts (3-4 min). The first part of the lesson offers exercises for walking, running, alignment, changing lanes, and simple game tasks.

The teacher should attach particular importance to alternating walking and running exercises. If we do not organize classes properly, their monotony will tire children, reduce the quality of exercises, and can also lead to undesirable consequences (impaired body posture, flat feet, etc.). During physical education classes, collaboration between the group and the teacher and music director becomes important. When checking the physical fitness of children and organizing classes, the requirements of cleanliness, hygiene and safety precautions are strictly observed. Classes take place outdoors, as well as in a specially equipped hall.

The main goal of physical education during preschool education is the formation in children of various skills and abilities, the development of such physical qualities as strength, vigor, the implementation of dexterity, and ingenuity. Regular physical activity has a positive effect on the growth and development of children, increasing their creative potential. There are various ways of exercise to ensure that children regularly complete the basic content of physical education. These are the basic movements (walking, running, jumping, throwing, hooking, crawling, sliding); general developmental exercises for the legs and body (with and without the use of various objects) dance exercises, alignment and restructuring, outdoor games, mastering the important characteristics of various sports games, sports exercises, roller skating, cycling, swimming, walking, etc. [4]

It is extremely important to raise children in the spirit of the greatest traditions of our people. The Uzbek people, like other peoples, have their own ancient traditional games. They have been formed over centuries and have survived to this day. Among modern outdoor games, the program includes precisely these Uzbek folk national games. However, the program also recommends special exercises that develop motor skills, correctly shape the figure and prevent flat feet. Proper planning and implementation of physical education work is incredibly important for its effective implementation. A combination of a variety of activities throughout the day with physical exercise and outdoor games will help ensure that your child moves properly. Before the start of classes, the teacher prepares large and small physical equipment and places it in a certain place. In accordance with the instructions of the teacher, children independently take a flag, stick, cube, etc., and at the end of the exercise they place them in place. The teacher involves children in moving and rearranging large equipment from one place to another. At this stage, it is also necessary to take into account that excessive load on preschoolers is harmful and can lead to undesirable consequences. When drawing up an agenda for physical development, preschool

educational institutions adhere to a differentiated approach to the organization of nutrition, hardening, physical exercise and games. At the same time, taking into account the specific age characteristics of children, the teacher is guided by the requirements of the physical education program in preschool educational institutions for physical development.[5]

Educational tasks are solved by developing the child's spiritual and moral qualities in the process of classes, learning some elements, knowledge and terms related to the field of physical culture and sports, developing the skills of correct movements and physical qualities. Physical exercises are carried out in autumn, winter, spring, indoors and outdoors. In summer, all 5 classes are held outdoors on the sports ground. Indoor and outdoor exercises are interconnected: they provide a comprehensive solution to all health and educational problems. The conditions for conducting classes determine some of their specifics. Health-improving and hygienic activities indoors, carried out in compliance with hygienic conditions, ensure the correctness, beauty and precision of movements. They can be carried out with the right objects and to the accompaniment of music. Learning the basic types of movement is considered decisive.

Exercises are selected in accordance with the requirements of the educational program in kindergarten." For the purpose of harmonious physical development of children, approximately the same number of exercises for each type of movement is selected throughout the year. In each training session, three main types of movements are given. By complicating and variatizing them, comparison is repeated in a certain sequence for a short period of time. In this case, not only the task of performing the movements together is important, but also the task of teaching each type of exercise at different stages: at the stages of training, repetition and consolidation of exercises. In the first week of each month, it is necessary to learn the exercises with children for balance, repeat jumping exercises and consolidate throwing exercises; in the second week, jumping exercises are used for training, throwing exercises and balance exercises are repeated and consolidated; in the third week, throwing exercises are unlearned, bending and balance exercises are repeated; in the fourth week - they learn to climb, practice maintaining balance and practice jumping.[6]

The priority goal of physical education of children during preschool education is the formation in children of various skills and abilities, the development of such qualities as strength, vigor, the implementation of dexterity, and intelligence. Regular physical activity has a positive effect on the growth and development of children, increasing their creative potential. Thus, the objectives of physical education of preschoolers are determined by the following: to strengthen and temper health; strengthen physically; to cultivate the creative qualities of the individual from the moral side; create conditions for children to activate correctly directed movements; form important life forms of movement such as walking, running, jumping, crawling, crawling, throwing, hooking, swimming, cycling, developing leg, arm, trunk, head, alignment and alignment; expand and deepen game actions, develop physical qualities: strength, speed, agility, flexibility, endurance, intelligence, will, endurance and skill; influence the correct formation of the child's figure and contribute to the prevention of flat feet; provide an adequate understanding and knowledge of the benefits of physical exercise and games, basic hygiene requirements and rules; cultivate interest in active movements.

Regular physical activity has a positive effect on the growth and development of children, increasing their creative potential. During classes, it is necessary to accustom children to easy walking, using movements of the arms and legs in accordance with the exercise, without dragging the leg, without bending the head, climbing stairs, catching the ball with the palms, and also using various techniques to correctly master the starting position when throwing the ball, to develop cycling skills, be able to walk in formation, teach how to navigate in space and maintain balance, which without a doubt and ultimately has a positive effect on the physical and mental development of a preschooler, mobilizing his internal resources, ensuring balanced growth.

To summarize, we can say that in society, the work of creating a healthy lifestyle, raising a healthy generation in society is becoming important, in particular, in connection with the

decisions taken by the government, paying attention to preschool educational institutions regarding the proper organization and implementation of the physical development of preschool children. The conditions that are created for young people create the basis for the formation of a physically strong and mentally healthy young generation. In addition, we can safely emphasize that the correct organization of physical education classes influence the child through interaction with mental activity, therefore, phenomena occurring in the environment and in the body can only be known as a result of motor activity. These can be ideas about time, space, duration of movements, tempo, speed, rhythm, as well as the capabilities of one's own body. Sports activities have an impact on the development of attention (mastery of complex coordination physical exercises requires concentration on the movements being performed, the motor sensations that arise and the situations accompanying the movements), observation, resourcefulness and quickness of thought and thinking..[7]

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