

Non-Anatomic Approaches To Physical Education For Preschool Children

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Annotation: This article presents unconventional approaches to physical education classes for preschoolers, and focuses on the use of various movement games and a variety of exercises in classes for children aged 3-6.

Key words: preschool children's movements, walking, running, jumping, exercises, rollerblading.

It is known that it is extremely important to educate preschool children in the spirit of the greatest traditions of our people. In this regard, the Resolution of the President of the Republic of Uzbekistan dated September 30, 2018 No. PQ-3955 "On measures to improve the management of the preschool education system" [1] was a real opportunity. The Uzbek people also have their own ancient traditional games. They have been formed, improved over the centuries and have survived to this day. We all know that the article includes Uzbek national games along with modern movement games. At the same time, special exercises that develop movement qualities, shape the body correctly, and put the feet forward correctly are recommended. It is very important to properly plan and conduct physical education work.

Various physical exercises and active games throughout the day help children move properly. The recommended program material for the lesson is the basis for independent exercises and games. The educational task of physical education classes is to improve the working capacity of children's bodies and increase their working capacity, if it is carried out through training, health promotion, development of physical qualities.

The effectiveness of physical exercises increases if the lessons are organized correctly, interesting and instructive aspects are increased, and at the same time, attention is paid to children's timely rest. The most important thing in the lessons is the correct distribution of exercises and games. In this case, it is necessary to highlight the main task of the lesson, taking into account its content and purpose, to comprehensively affect certain parts of the child's body. In addition, it is important to use a variety of exercises to increase the effectiveness of the lesson. When planning the lessons, clear and rational methods of sequence of movements, repetition, and correct distribution of tasks are considered. This can be achieved, first of all, by ensuring sufficient motor activity and intensity of training. When planning a training session, the conditions of the group and the availability of the necessary equipment for training are taken into account. The content of outdoor exercises is selected depending on the season and weather. The methods of planning and conducting training vary from basic motor and game exercises, one-dimensional exercises to various exercises, including active games, folk games, relay races, outdoor exercises.

It is important to coordinate games with educational materials during morning physical exercises, walking and running. The motor activity of children at different times of the day is taken into account, and accordingly, various exercise methods are recommended to improve the quality of movement in order to improve their motor skills and abilities.

Children's independent activities are carried out in preschool educational organizations under the direct supervision of a physical education leader. The physical education leader selects suitable equipment for motor activities and helps children develop organizational skills. The physical education leader pays special attention to the sequence and continuity of the process (this is carried out in a preschool educational institution and in the family). When planning this work, the characteristics, development, health, physical growth, interests and abilities of the child are taken into account. It is advisable if daily activities in each group are determined by physical education classes. It is important to help children develop motor skills, ensure that children get used to the environment, and teach them to maintain an upright position. We believe that it is necessary to help

children manage motor activity in independent games and create conditions for this. It is effective to teach children to understand movement, act together, imitate the leader's instructions, and compare their movements with the movements of others. It is important to teach children to jump, long jump from a place, and land on soft ground with two feet. When performing these exercises, it is necessary to pay attention to the correct posture of children and strengthening their heels. It is necessary to instill in children a positive emotional attitude towards physical education classes, as well as morning hygienic gymnastics [2]. In games organized independently from prepared equipment and toys, motor activity is taught. The main motor exercises are walking exercises. They can perform group walking in the direction indicated by the leader, changing direction, walking around the body, walking in pairs in a circle, and holding hands. You can perform exercises such as walking to running, running to walking, taking steps forward and sideways, running after the leader, avoiding him and running in all directions without pushing each other, chasing a round object, running between two lines, and running without stopping for 30-40 seconds.

Exercises for jumping. Exercises such as jumping on two feet, slowly moving forward, trying to touch a high object with your hand, jumping over a line or rope placed in two rows parallel to the floor (20-25 cm wide), jumping as far as possible (30-40 cm) with both feet, pushing off from behind a rolling object, rolling the ball with one and both hands towards the leader, to the side and to each other, throwing the ball with both hands from below forward, in front of the chest, above the head, and throwing the ball to the leader with both hands can be recommended.

Discussion And Results

Exercises can include jumping onto a chair (25 cm high), standing with arms outstretched, rising onto toes, and returning to the starting position.

General development exercises. Exercises for the muscles of the arm and shoulder spine, lifting the arms, bending them and extending them up and to the side, crossing them in front of the chest and moving them to the side, hiding the arms behind the back, clapping, shaking the arms forward and backward (arms down), up and down (arms at the side), arms up and forward, and exercises with various objects (stones, cubes, ribbons, handkerchiefs) in different situations are recommended [3].

Exercises for the legs. Exercises such as rising on tiptoes, standing on heels, moving toes, bodybuilding exercises, turning right and left and passing the ball to a partner, bending the legs and writing while sitting on the floor, raising and lowering the legs while lying on the back, moving the arms and legs simultaneously are recommended. With the help of the leader, the group can use exercises in which they stand behind each other and line up in pairs, movement games and game exercises, walking and running games, for example: “a doll’s visit”, “a corridor”, “jumping from a stick”, “sparrows and a car”, “train”, “planes”, “sun and rain”, “bring something”, “birds are flying”.

Conclusion. In conclusion, it can be said that it would be advisable to effectively use non-traditional approaches in physical education classes for preschool children. Especially if various active games and various exercises are used in classes with children, the classes will have a positive effect on children aged 3-6, and will further increase their interest in these classes.

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