

ORGANIZATION OF PHYSICAL EXERCISES FOR STUDENTS IN PRESCHOOL EDUCATIONAL ORGANIZATIONS

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Abstract

This article discusses the issues of effective organization of physical labor of children in preschool educational organizations. The importance of physical labor in ensuring the motor activity, safety and physical development of children is analyzed. Physical education, organization and upbringing of physical exercises, the role of educators and parents in this process is very important.

Keywords: preschool education, physical exercises, children, training, physical education, development.

Preschool children are important for the healthy development of children. physical, school educational institutions can be used to properly organize the movement of children, teach them to move, observe a healthy lifestyle of physical training. Through physical exercises, children's physical means, as well as the cardiovascular, respiratory, nervous systems, are trained.

In the resolutions and decrees of the President of the Republic of Uzbekistan in the field of education, special attention is paid to the issues of healthy growth of children, involvement in physical education and sports. From this point of view, physical exercises in the educational process are modern methods of improving the skills and application of this methodology of scientific physical educators.

Health-improving types of morning physical education exercises. Preschoolers include morning physical education exercises. These types of morning physical education exercises are used to bring participants to comprehensive physical development, strengthen their health and improve motor functions. Sports types of morning physical education exercises. This group includes sports morning physical education exercises, artistic morning physical education exercises. These types have a sports orientation and are promoted as sports. The goal of these is to achieve high perfection in the technique of performing exercises, to demonstrate high sports skills, and to be able to perform many complex exercises of morning physical education

exercises based on high all-round physical training. Practical types of morning physical education exercises.

Morning physical education is a type of practical exercises, morning physical education is used to restore the child's health more quickly and completely, and also to develop physical qualities in endurance. The means of morning exercises are rowing exercises, types of movements and dance steps; types of general rhythmic exercises without and with objects (sticks, dumbbells, swings, balls, etc.), exercises on the exercise wall, on rings, and practical exercises (running, jumping, crawling, jumping)

Morning physical education is carried out before training. Its purpose: to prepare the body for the training process. Morning physical education lasts 7-15 minutes. Physical education consists of 5-7 exercises. The most difficult exercises are performed between classes.

Morning exercises in kindergarten groups perform health-improving and educational tasks. Being an integral part of the daily routine, it is mandatory for every child. Every day after waking up (after 5-7 minutes), 7-12 specially selected physical exercises for 10-15 minutes activate the body's activity, have a positive effect on the skills of proper body growth, and prevent flat feet. Participation in morning exercises ensures that children perform the basic physical exercises that are useful for them every day.

The level of productivity of mental and physical labor is somewhat reduced. The importance of morning physical exercises lies in the fact that the central nervous system receives a stream of signals from the receptors of powerful analyzers, especially from the proportion receptors, which restores the norm of rapid excitation of the central nervous system and its fitness for work.

Morning exercises, combined with the effects of cold and water on skin receptors, accelerate the process of excitation of the nervous system. The effects of certain external factors (water procedures, fresh air and sunlight) along with the excitation of the nervous system, help to strengthen the body. Morning physical exercises, involving all parts of the body and muscle groups, help to increase blood circulation. Restore normal heart and lung function, increase the level of normal metabolism. Improve strength, speed and coordination, maintain the physiological functions of the musculoskeletal system and internal organs by the central nervous system, help to maintain the specific chemical properties of the muscles that develop during systematic muscle training.

Exercises should not cause fatigue. Therefore, it is necessary to gradually move from simple exercises to more complex ones, and at the same time gradually increase the load on the body. Intensity is increased by increasing the difficulty of the exercises, the number of repetitions, the speed of movements and reducing the pauses between some exercises.

Rhythmic exercises are one of the forms of physical education in the direction of health improvement. Its main content is running, jumping, and jumping. All this helps to improve health. Rhythmic morning physical education can be done by children of all ages. In rhythmic morning physical education, movement is unlimited, affects all parts of the body, develops agility, dexterity, flexibility, and endurance. Musical rhythm organizes movements, raises the mood of those involved. A positive state of emotions encourages them to perform movements with greater enthusiasm, which enhances their effect on the body. Rhythmic morning physical education exercises can have an athletic orientation, if endurance, plasticity, game or mixed exercises prevail in the movements. Dance moments make up the majority in the set of exercises. After all, girls are especially eager for emotions and dances. That is why this physical education is called rhythmic. The set of physical education exercises has its own unique features. Firstly, in addition to exercises of an aerobic nature (running, jumping), they include exercises necessary for stretching, flexibility and mobility of joints.

There are a lot of exercises designed for dancing. Secondly, as a musical accompaniment, music by many Uzbek composers and world dances are used. Forming the beauty of movements, we simultaneously affect the spiritual world of a person. We see the indisputable importance of morning physical education in the upbringing of the younger generation. Rhythmic physical education is a positive tool for people's recreation and education.

The tasks of rhythmic physical education are aimed at:

- comprehensive preservation and strengthening of health, improvement of physical development, strengthening, increasing the body's resistance to adverse environmental conditions;
- development of the spiritual and physical abilities of the individual, upbringing of self-confidence and development of creative qualities;
- acquisition by participants of a certain range of knowledge on the methods of independent application of physical exercises and the basics of physical education;
- upbringing of a stable interest and habits in regular physical education classes, inclusion of physical education in the daily routine.

The specific tasks of rhythmic physical education include the following:

- development of flexibility, development of joint mobility;
- development of dynamic and static forces;
- education of endurance;
- development of speed and coordination of movements;
- development of the circulatory and respiratory systems; - development of plasticity of movements, aesthetic education.

Good physical development of those engaged in rhythmic physical education groups. They are distinguished by their state of health, a somewhat higher level of

fitness for work and the ability to adapt to physical loads.

Content of exercises. Rhythmic physical education sets include general developmental exercises for the arms and shoulders, exercises for the legs, exercises for the torso and neck, grouped by anatomical features. As is known, various physical characteristics are developed and improved due to the characteristics of movements, the effect of one or another exercise. Therefore, in order to accelerate the orientation in the exercises, that is, to compile their sum, and to select them more accurately, each of the groups of exercises grouped according to anatomical features is divided into groups according to the characteristics that have the greatest effect: exercises for strength, exercises for flexibility, exercises for self-heating, exercises for developing coordination and speed of movements, exercises for testing the will. Exercises intended for the waist are divided into separate groups, which are the main, most difficult part of the exercises. Exercises that have a constant nature are the main ones - running, jumping, dance movements, and also exercises that control the nerves.

Exercises should be arranged taking into account the following:

a) Exercises should start with light walking and progress to light jogging, while walking and jogging, attention should be paid to the upright posture of the body. The head should be held straight, the set of exercises should begin with performing special exercises necessary for the correct posture of the body, its feeling;

b) 2-3 exercises with a general effect should be performed. These are usually simple, less useful exercises. They stimulate the cardiovascular system, respiratory system and metabolic processes;

g) then exercises are performed for the arms, muscles, shoulders, torso, legs. At this time, each part of the body should be included one after the other. The performance of exercises increases in subsequent sections, various muscle groups are included in the work. Exercises for the torso (bends, turns) strengthen the abdominal muscles, support and develop the mobility of the spinal column;

d) Then 2-3 exercises of a power nature are performed with all parts of the body (arms, core muscles and body). After active muscle contractions, 1-2 exercises should be performed to relax the muscles;

e) Then come the jumps. They strengthen the leg muscles. After jumping, of course, you should switch to walking, reducing the intensity of the exercise. 1-2 breathing exercises will allow the body to become more relaxed;

j) The set of exercises ends with exercises for correct body perception.

Methodological features of morning physical education.

1. Characteristics of physical education exercises. Exercises performed in a row are not difficult motor exercises.

2. General developmental exercises (widely used in all types of morning physical education. This is an exercise that leads to not too difficult movements), that is, it is

performed to further deepen the physical fitness of various muscle groups, acquire elements, skills that lead to movement, work with objects, and develop general physical fitness.

3. Additional exercises are a means of physical education that actively interact with the environment and the environment.

4. Free exercise is a type of morning physical education exercises aimed at increasing endurance.

5. Artistic morning physical education exercises.

The tasks of morning physical education are as follows:

-normalizing the model indicators of a person's health according to the criteria specific to his physical condition, -normalizing physical loads,

-activities that provide an optimal level of exercise effect on him in order to achieve and maintain a model level of health.

Conditions for teaching morning physical education exercises. Creating conditions for teaching physical education exercises includes several conditions. This includes the preparation of the educator and the use of various methodological and technical means. The exercises that the educator teaches must be deep and complete. Before teaching, the educator must have a work plan. It must contain a sequence of actions. He must know the qualities of each child, the conditions for the exercises. Often, when teaching exercises, the educator uses ready-made, tested teaching methods. In this case, it is necessary to determine the model of the teaching method. The teacher's actions are of great importance when teaching exercises. He should carefully monitor the child's movements, constantly evaluate them, help the child in a timely manner, facilitate the execution of the exercises, and correct mistakes if difficulties arise. Such management of the teaching process, on the part of the teacher, is a creative process and characterizes pedagogical skill.

Physical minutes (short-term physical exercises) are held in the middle, senior and preparatory groups during breaks between classes, as well as during the lesson itself. The importance of the physical minute is to change the child's activity and state through motor activity, which relieves fatigue, restores the child's positive emotional state.

If the child remains relatively motionless during the training process, fatigue occurs. Fatigue is aggravated by monotonous work, as well as a violation of the training load, which weakens the child's attention. This is explained by the inhibition that develops in the cerebral cortex and the weakening of the child's ability to absorb educational material. He begins to get distracted, his attention activity, perception weaken. All these signs indicate the need to change the activity.

Studies show that even 6-year-old children can remain relatively still and focused for only 20 minutes; after this period, they are unable to properly assimilate knowledge and acquire skills due to fatigue.

Performing physical exercises activates muscle work, which in turn increases blood circulation and, as a result, increases the intensity of heart function, breathing, and blood supply to the brain. All this together affects the formation of a positive emotional state in the child's psyche, an increase in attention, mental activity, and general physical condition. Fatigue disappears, the child relaxes and begins to engage in activities with enthusiasm again.

Physical minutes include 10-15 jumps, 10-12 squats, or running in place (30-40 seconds). Physical minutes include 2-3 exercises for the shoulder girdle and arms, pull-ups, bends, and twists. Physical minutes last 2-3 minutes.

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