

WAYS TO IMPLEMENT THE VARIABLE PROGRAM CHILD OF NEW UZBEKISTAN

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ABSTRACT

In physical education of preschool educational organizations, great importance is attached to activities aimed at developing the individuality of the child, his independence in mastering various types of activities. For this purpose, the use of physical exercises, sports games, holidays, training and educational tools that increase motor activity in preschool educational organizations will have a great effect. The program "New Uzbekistan Child" that we recommend consists of three parts, each of which is devoted to a separate stage of preschool childhood: small, medium and large. The main goals of the program are to ensure a healthy lifestyle, development of physical qualities, initial specialization. The introduction of universal human values is to teach the child to understand the leading spheres of existence - people, things, the natural world, as a subject of actions and experiences.

Keywords: physical exercises, physical education, elements of sports and game exercises, walk, physical education, motor games, preschool education.

INTRODUCTION

In recent years, large-scale program activities have been carried out to radically reform the system of preschool education and science, as well as a large-scale work to create a system of higher education that meets the priorities of socio-economic development and the requirements of international standards. is carried out in the world. As a result of the tough measures taken last year to radically reform and improve the preschool education system, create an effective system of public administration of preschool educational institutions, strengthen its material and technical support, serious changes are being made to the system. base.

In the world, attention is paid to further improving preschool education organizations as an important link in the integrated system of continuous education, expanding the network of preschool education organizations, strengthening the material and technical base, providing them with qualified teaching staff.

In the years of independence in our republic, the introduction of modern educational programs and technologies into the educational process that develop preschool children in all aspects intellectually, spiritually, aesthetically and physically, the creation of scientific research in order to radically increase the level of their school readiness remains one of the tasks. urgent tasks of today. Because "Whatever area we choose, without training modern mature personnel we will not be able to achieve any changes and a prosperous life. The training of such personnel, a healthy gene pool of the nation, begins first of all with the preschool education system. This is the primary, most basic link in continuous education in MTT [4,234].

MAIN PART

In preschool education organizations of Uzbekistan, the State Program "First Step" attaches great importance to the physical development of the child, while when determining the directions of development of the child's body, attention is paid to "physical development and the formation of a healthy lifestyle" [5]. Therefore, it is recommended to increase the number of physical education classes in the curriculum to 5 days a week according to the recommended program. It is recommended to increase the number of physical exercises, physical activity in the fresh air, elements of sports games and exercises, physical activity on walks, active games and exercises, physical activity (in the gym or in the fresh air) and active games. and exercises aimed at improving the health of the child, we took into account.

In the plan of physical education classes for children aged 3 to 7, the "First Stage" on the example of the state curriculum "Physical Development and Formation of a Healthy Lifestyle" falls on Monday, and "Training the figure for walking and running on the right path" is determined on Wednesday. In our opinion, it is necessary to change the plan in order to increase the effectiveness of physical education classes, to raise children healthy and strong from an early age. Because in the speech of the President of the Republic of Uzbekistan Sh. Mirziyoyev at the World Conference on Early Childhood Care and Education it was said: "In this regard, first of all, we pay attention and practical care to young people." and children, and we pay special attention to their physical and spiritual education. Developing children from an early age, creating suitable conditions for their education, we create a solid foundation for the full manifestation of the personality of young people in the future. After all, there is no doubt that the investments spent on the path of our noble goal will return several times tomorrow "[4]. Therefore, the use of various forms of physical education in preschool education organizations undoubtedly creates the foundation for the health and future of children.

METHODS

When studying the content, methods, forms, means, technologies of the process of developing the physical qualities of preschoolers through physical exercises, theoretical: analysis, synthesis, pedagogical analysis; The following research methods were used: observation. The difference between the program "New Child of Uzbekistan" and the State Program "First Step" is that in the State Program "First Step" the competencies in the areas of child development consist of five parts. The child's competencies are defined as follows. areas of child development:

1. Physical development and formation of a healthy lifestyle.
2. Social and emotional development
3. Speech, communication skills, reading and writing skills.
4. Development of the cognitive process
5. Creative development.

In the program that we recommend, attention was paid only to the direction "Physical development and formation of a healthy lifestyle" of the 1st competence of child development. Therefore, this program defines the areas of physical, cognitive, creative development of preschool children. To achieve the program goals, the following objectives were defined:

- to maintain and strengthen the physical and mental health and emotional well-being of each child;
- to ensure the development of each child in accordance with his/her gender characteristics, interests and individual abilities, taking into account the continuity of the transition to the next age period;
- to create a model of the educational process based on traditional, successful innovative technologies using various types of children's activities and their integration;
- to support the development of cognitive activity, physical abilities, curiosity of the child, the desire for independent knowledge and reasoning;
- to create favorable conditions for the development of the main personal qualities of children that meet modern requirements;

Because, it is necessary to ensure the unity of approaches to the upbringing of children in preschool educational organizations and families.

DISCUSSION

The program tasks are solved in the process of organizing various types of children's activities (motor, play, work, communication, cognitive and research, productive, creative), as well as during the regime, in the process of organizing education and training in cooperation with the families of the organization's pupils, developing activities of the State Curriculum of the preschool educational institution "Ilk Kadam" of the Republic of Uzbekistan in accordance with the State Education Standard. Competencies in the field of "Physical development and formation of a healthy lifestyle". The choice of content, organizational forms, methods and technologies is carried out in accordance with the age and individual characteristics of children.

The program ensures the unity of the goals of training, physical development and education of preschoolers; in the process of their implementation, knowledge, skills and abilities are formed that will help preschool children develop well.

Section 2. The organization of children's stay in a preschool educational organization is provided for by the Regulation on the preschool educational organization; this section defines the content and forms of the educational process of the preschool educational organization, taking into account the development of physical education and health of children;

The main principle of the development of modern preschool education is the principle of integrating educational areas in accordance with the age capabilities and characteristics of preschoolers.

The content of the direction "Physical Development" is to maintain and strengthen the physical and mental health of children, physical development, the formation of the foundations of a healthy lifestyle culture, interest in physical education.

Components of development areas

Physical development includes the acquisition of experience in the following types of children's activities:

- to motor, including exercises aimed at developing such physical qualities as coordination and flexibility, mobility and endurance;

- to help to correctly form the musculoskeletal system of the body, develop balance, coordination of movements, gross and fine motor skills, as well as the correct and harmless execution of basic movements (walking, running, smooth jumps, turns). both directions), the formation of preliminary ideas about some sports, mastering open games with rules; the formation of concentration and self-control in the motor sphere;
- the formation of healthy lifestyle values, the assimilation of its elementary norms and rules (nutrition, hygiene, safety precautions, behavior, the formation of useful customs, etc.).

The process of training and development. The organization of the pedagogical process provides for gymnastics, physical education, educational and training sessions, excursions, walks, work activities, sports entertainment, holidays organized jointly with parents and sports games in accordance with the rules, various events related to physical education, walks and excursions. Educational environment, activity centers. Sports and play center, indoor gym, fitness room, outdoor playground for outdoor entertainment. Creating a safe, favorable environment for development, educational and developmental process.

Organization of activities in the social and emotional sphere is inclusive. They are manifested in joint and independent activities of children engaged in various types of games, classes, entertainment, walks, excursions, physical education and entertainment activities (physical education, sports games, etc.), labor activities during the day. Materials are used in the process of independent activities of children, which does not imply the organization of additional activities organized in the form of reading, theater, music, outdoor games, theater entertainment and holidays;

2.1. Rules for work in preschool educational institutions. Classes in preschool educational institutions are held from September to July as a specially organized form of education. Pedagogical activity, organization of various types of activity (game, motor, communicative, cognitive-research, musical-artistic, labor, productive, educational) carried out in the classroom, is carried out on the basis of the annual, calendar and thematic plan; Activities on development of the State educational program of the Republic of Uzbekistan "Ilk Kadam" of preschool educational institution in accordance with the State Education Standard. Competencies in the direction of "Physical development and formation of a healthy lifestyle", a set of classes organized in accordance with the main plan of educational and developmental activities. In June-September, classes are not held in preschool educational institutions, musical, sports and entertainment events, weekends, sports and outdoor games, excursions, effective classes for children are organized, the period of children's stay in the fresh air is extended;

In accordance with the main plan of educational activities aimed at strengthening the physical and mental health of children, activities that require mental stress are combined with aesthetic and health activities.

Duration of lessons:

- in the second age group - 12-15 minutes;
- in the middle group - 15-20 minutes;
- in a large group - 20-25 minutes.

Break between lessons:

- break in the second small and middle groups - at least 10 minutes;
- in a large group - 8 minutes.

In the middle of the lesson that requires mental stress, physical education classes are held. As a variable model, mixed-age preschool groups can be formed to ensure access to preschool education. In any age category of disabled children, no more than 1-3 children in each age group with mild developmental disabilities are allowed, if confirmed by medical documents.

Physical development. It includes the timely formation of physical development and motor skills, a healthy lifestyle. Skills aimed at developing physical qualities that contribute to the correct formation of the child's musculoskeletal system, such as coordination and flexibility.

Integration is manifested in the transfer of motor skills acquired by the child. In other activities, independence and creative initiative, the use of general stimulation methods are important. In turn, children in any areas of motor activity can use the experience gained in mastering another education. For example, measuring distances using traditional standards, calculating the number of movements, orientation, spatial orientation, inventing new figurative names for exercises, thinking, performing exercises reflecting seasonal events, dancing to music, performing various innovative exercises.

RESULT

Integration in preschool educational organizations is manifested in the correct use of non-verbal means of communication: facial expressions, gestures, actions.

The main tasks of upbringing and development of children:

1. To maintain the comprehensive physical development of children;
2. To promote the formation and enrichment of motor experience: performing basic movements, general developmental exercises, participating in open games;
3. Developing children's ability to coordinate their actions with the abilities of others: start and finish exercises at the same time, keeping to the recommended tempo; perform simple exercises and active games according to the instructions.
4. Developing children's need for physical activity, interest in physical activity by training physical qualities.
5. Forming skills of independent movements in the process of washing, dressing, getting dressed; eating, cleaning buildings.

For the main actions, the trainer or educator creates conditions and encourages children to perform the following exercises:

Walking and balance exercises: simple walking, on tiptoes, with knees raised in a high place ("in a herd", in pairs, on a pole, behind a leader, in different directions), with a change of pace, with swinging; ropes running between ropes, on a board (length 2-3 m, width 20 cm); the same as stepping on objects (width between objects 10-12 cm), walking on a curved board (width 30-35 cm, raised by 20 cm).

Running: "in a herd", dispersed, one by one in a column, in pairs, in a straight line and "snake", stopping, between objects, with a change of pace.

Jumping: in place, moving forward (2-3 m), from circle to circle, around objects and between them; high jump (20-25 cm); jump over a line, cord, object (height 5 cm).

Rolling, throwing, catching: passing the ball with both hands to each other (distance 1.5 m), under arches (width 50-60 cm), between objects; catching a ball thrown by an adult (distance 70-100 cm);

Crawling and climbing: crawling on all fours in a straight line (distance 3-6 m), "snake-like" between objects (4-5 objects), on a curved board; crawling under a belt (height 40 cm); climbing stairs and a vertical ladder (height 1.5 m) with an additional step.

Formations: free, scattered, in a semicircle, one in a column, two (in pairs), in a circle.

Reorganization: from 2-3 columns of links by symbols.

Turn around, stand in place.

General development exercises. In order to enrich the motor experience when mastering general developmental exercises, the teacher suggests performing the following actions during morning exercises:

Starting positions: standing, legs slightly apart, sitting, lying down, kneeling.

Head positions and movements: up, down, right, left (3-4 times).

Arm positions and movements: (simultaneously in one direction): forward-backward, up, to the sides (5-6 times).

Body positions and movements: bends (forward, left, right), turns (left, right) - 3-4 times.

Leg positions and movements: stretching, jumping in place (20-30 times).

Sports exercises. Riding a tricycle in a straight line, with turns, in a circle.

Preparation for swimming: movement in water, splashing water on the face and head.

Sliding on two legs with the help of adults on icy roads.

Open games The trainer widely uses open games at different times to strengthen the basic motor skills of children. Outdoor games with walking, running, jumping, climbing, throwing and catching.

Children, with the help of adults, learn the basic rules of outdoor games, learn to quickly respond to a signal and succeed emotionally in the game and are positively assessed by adults.

SECOND AGE GROUP (3-4 years). Games for developing coordination of movements: "Crawl - don't hit me", "Walk over uneven surfaces", "Let's crawl like a mouse", "On a smooth road", "Hit the pumpkin", "Collisions". "

Games for developing speed and strength qualities: "Push the ball", "Climb the wall", "Flies", "Let's go around", "Sparrows and a car", "Cats and mice", "Catch a butterfly". , "White poplar, blue poplar".

Games for developing speed: "Faster", "Faster-faster" life ", "Carousel", "Sun and rain", "Bear in the forest", "Wolf in the sheepfold".

Formation of healthy lifestyle values in children, mastering its elements, norms and rules of packaging. Basic personal hygiene skills (washing, dressing, bathing, eating skills, cleaning the premises, etc.), providing assistance, maintaining health, strengthening and maintaining; Basic knowledge of the daily routine, knowledge of situations dangerous to health are emphasized.

Basic algorithms for performing cultural and hygienic procedures.

low results:

- Run 30 m - 13.5 sec.

By the end of the school year the expected main results of "Physical Development" should be as follows: (integrative qualities of the child)

physically developed, has mastered basic cultural and hygienic skills;

coordination of actions is formed in accordance with age;

reacts positively to various physical exercises;

strives for independence in motor activity;

circle, column, pairs, finds his place;

starts and finishes exercises on signal;

he walks without lowering his head, without mixing his legs, without coordinating the movements of his arms and legs;

runs without lowering his head;

pushes off with both legs at the same time and falls softly when jumping,

length of standing and jumping;

catches the ball with his hands without holding it to his chest; throws the ball;

crawls under the belt (40 cm) without touching the floor with his hands;

confidently climbs and goes up the stairs (height 1.5 m);

climbs the gymnastic wall with an extended step;

self-care with basic culture of behavior and skills when eating at the table - wash properly, dress, use things

learns to maintain personal hygiene (towel, napkin, comb).

Physical development. Main tasks:

- maintain harmonious physical development of children;
- help to form and enrich the experience of getting used to exercises:
- reliable and active performance of the basic elements of general developmental technique ---
- exercises, basic movements, sports exercises;
- compliance with and control over the rules in outdoor games;
- independent performance of open games and exercises;
- ability to navigate in space;
- using a demonstration as an example of independent practice;
- ability to evaluate the actions of peers and notice their mistakes.

Targeted development of speed-strength qualities, coordination, general endurance, strength, flexibility, taking into account the health characteristics and physical development of boys and girls, taking into account the gender characteristics of children, while increasing the level of speed-strength qualities. boys. and the gradual formation of ideas about the behavior of girls, boys or girls, their relationships. Completion of such tasks successfully influences the development of cooperation between boys and girls and the gender socialization of children in a group;

Formation of the need for physical activity, interest in observing the basic rules of a healthy lifestyle;

Development of the ability to independently and correctly wash hands and do laundry; take care of your appearance; table manners during meals. Dress and fly independently, take care of your things (personal things). Recommended gymnastics complexes:

Breathing exercises

We listen to our breathing. Objective: to teach children to listen to their breathing, to determine by these signs the type of breathing, its depth and body position. Starting position - standing, sitting, lying (in a comfortable position). In complete silence, children listen to their breathing and determine: - which part of the body moves when inhaling and exhaling (stomach, chest, shoulders or all parts - in a wave); - what is the breathing frequency: it occurs calmly at a certain interval often or calmly at a certain interval (automatic pause); - quiet, inaudible breathing or noisy breathing. This exercise can be done before or after physical activity so that children learn to determine the state of the whole body by breathing.

We breathe calmly. The starting position is standing, sitting, lying (depending on the previous physical activity). If the child is sitting with a straight back, it is better to close his eyes. He breathes slowly through the nose. When the chest begins to expand, he stops breathing and he should pause as long as possible. Then smoothly inhale through the nose (repeat 5-10 times). Physical exercises are performed quietly, smoothly, so that even the palm placed on the nose does not feel the flow of air when breathing.

Chest balloon (middle, chest breathing). The starting position is lying, sitting, standing. Place your hands on the lower part of the ribs and concentrate on them. Squeezing the ribs of the chest with your hands, slow, even breathing is done.

1. Slowly inhaling through the nose, the child's hands feel the expansion of the chest and slowly release the clamp.
2. When exhaling, the chest is carefully pressed with both hands to the lower part of the ribs. Repeat 6-10 times.

Balloon Raise (High Breathing) Starting position: lying, sitting, standing. Place one hand between the collarbones and focus on them and the shoulder. Inhale and exhale with a calm and smooth rise and fall of the shoulder blades and shoulders. Repeat 4-8 times.

Wind (cleansing, full breathing) Starting position: lying, sitting, standing. The body is relaxed. Pulling in the stomach and chest, take a full breath through the nose. Exhale completely, pushing out the stomach and chest. A strong release of air through several sharp lips. Repeat 3-4 times [6].

Finger game: "Friendship". Girls and boys in a group are friends (fingers rhythmically join in a lock) You and I are friends with our little fingers. (rhythmic touching of the fingers of both hands)

One two three four five

Finger game: "Sailing cabbage". We chop the cabbage (sharp up and down movements with straight arms).

We are three carrots (fists move away from you and towards you)

Salting cabbage (using fingers to imitate sprinkling salt)

Pressing cabbage (clench fingers tightly into a fist)

Finger game: "Who came?" who came (quickly clap your hands with your thumbs).

Recommended breathing exercises, finger games show that in the first years the body grows quickly and evenly, height and body weight increase rapidly. By the age of three, the excitability of the neuromuscular system increases, but muscle strength is still low. Due to poor development of ligaments and muscles, the child's joints are very mobile. From the age of

four, development slows down a little. Small preschoolers need freedom of motor activity. Preschool age is an important stage in a child's life, when the musculoskeletal system of bones, joints, ligaments and muscles is rapidly formed. The child's health directly depends on his condition. In children, the natural curvature of the spine is not defined, it is important to monitor the position and position of the child's body during night and daytime sleep. It is at this age that specialists begin to identify scoliosis, kyphosis and other diseases.

CONCLUSION

During games and physical education classes, children develop agility, speed, strength and endurance. The age group from 3 to 5 years is characterized by unstable attention, easily distracted. In this regard, experts recommend showing exercises of an imitative and playful nature, combining them with words. Preschool children, due to their physiological characteristics, quickly get tired of sports, but this fatigue passes very quickly. When playing sports, it is important to alternate exercises for different muscle groups. When organizing physical exercises, one should remember the physiology of the muscular-ligamentous system, strictly dose physical activity and take frequent breaks. The load should be strong, but not excessive. Preschool children are very active and restless. Movements are fast and impulsive, attention is unstable due to the fact that excitation processes prevail over other processes. As a result, the load on the cardiovascular and respiratory systems increases. A well-designed system of active classes for a child helps to strengthen the musculoskeletal system, the cardiovascular system and activates the immune system. The work of the central nervous system is normalized, physical activity helps to develop dexterity and improves the functionality of the respiratory system. Make sure that children are outdoors as much as possible.

Adults and, first of all, parents are obliged to take care of creating a comfortable environment for the child that ensures full physical development.

It is known that regular physical education classes increase children's immunity, which subsequently increases the body's resistance to infectious diseases. It is important to teach children from an early age to take air and sun baths, perform all kinds of water procedures. The program "New Child of Uzbekistan" recommended by us consists of three parts, each of which is devoted to a certain stage of preschool childhood, the development of physical qualities, initial specialization, introducing children to universal values, leading areas. existence - people, things, the natural world, teaching a child to understand himself as a subject of actions and experiences remains one of the main goals of the program. The dynamics of physical fitness, as well as the formation of children's interest in physical education. exercises, allowed us to make clear and systematic conclusions in the field of physical education. It was established that the new program helps to expand children's capabilities for adaptation not only to physical activity, but also to the influence of the external environment.

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