

ORGANIZATION OF PHYSICAL EDUCATION IN PRESCHOOL EDUCATIONAL ORGANIZATIONS

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ABSTRACT

This article considers the effective organization of physical education classes in preschool education not only to strengthen the physiological aspects of the children's body, but also to develop their mental potential, and to form social skills.

Keywords: Physical, development, organization, physiological, mental, healthy lifestyle, age characteristics.

INTRODUCTION

Physical education is one of the most important parts of children's development. Especially for preschool children, physical exercises not only ensure healthy physical development, but also have a great impact on their psychological and social development. Effective organization of physical education classes in preschool education helps not only to strengthen the physiological aspects of the children's body, but also to develop their mental potential, form social skills, and ensure psychological stability. This article discusses the importance of organizing physical education classes in preschool educational organizations, their structure and effectiveness.

The importance of physical education in preschool education.

Physical education is the most important factor in teaching preschool children a healthy lifestyle, forming a culture of movement, as well as their psychological and social development. Through physical education classes, children develop activity, acquire physical qualities such as strength, endurance, flexibility. Such classes increase children's self-confidence, form skills and, in general, strengthen their mental and spiritual health.

Physical education classes in preschool educational organizations perform not only a health-improving function, but also teach children teamwork, discipline and mutual respect. This process, in turn, facilitates children's adaptation to the social environment in their future lives.

Basic principles of organizing physical education classes

When organizing physical education classes in preschool educational organizations, it is necessary to adhere to several important principles:

1. Compliance with the age and characteristics of children

It is necessary to take into account the specific physiological and psychological characteristics of each age group. For example, for younger children, classes should be in the form of a game and be interesting, while for middle and older children, physical activity can be complicated and enhanced.

2. Comprehensive exercises

Physical education classes should develop various physical qualities. They should form strength, speed, endurance, flexibility, balance and coordination in children. Conducting exercises in various formats helps to involve children in physical activity without tiring them and without causing them any interest.

3. Expanding physical exercises and various higher activities

To make the classes interesting and effective, it is important to include games, physical competitions and various tasks. This method will further increase children's interest in the class.

4. Ensuring safety

Preschool children often encounter dangerous situations during physical activity. Therefore, it is important to ensure the safety of the classes and choose exercises that are appropriate for the age and condition of the child's body.

Structure of physical education classes

In preschool educational organizations, physical education classes are divided into three parts:

1. Introductory part (Preparatory)

In this part of the class, easy and light exercises are performed that help children concentrate. These exercises arouse children's interest in the activity and prepare them for physical activity. For example, children perform simple exercises to check their posture, maintain proper posture, and prevent flat feet.

2. Main part

The main part provides children with physical development through physical exercises and games. This part includes general developmental exercises, exercises that develop physical qualities, such as strength, endurance, balance, and coordination of movements. The main part encourages children to move at a high intensity.

3. Final part

In the final part of the session, children perform exercises that help their bodies rest and recover. This is especially necessary to relax children's muscles, relax the body, and strengthen the movements they have performed. The final part calms children down and helps them complete the session.

Benefits of Physical Education

1. Physical Development

Physical exercise helps children develop motor skills. They help improve physical qualities such as speed, strength, balance, and coordination.

2. Development of Social Skills

Physical activity improves social relationships among children. Since the exercises are carried out as a group activity, children develop mutual respect, discipline, and teamwork skills.

3. Psychological Impact

Physical exercise reduces stress in children, increases their ability to adapt to social changes, and increases their sense of well-being. Exercise increases children's self-confidence and develops social skills.

CONCLUSION

Effective organization of physical education classes in preschool education provides not only physical development for children, but also mental and social growth. Physical activity facilitates the formation of skills in children, the development of their healthy lifestyle and social adaptation. Therefore, it is necessary to carefully organize physical education classes in preschool educational organizations.

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