

METHODOLOGY OF THE IMPROVEMENT OF PRELIMINARY GIMNSTIC DISCIPLINES IN INCREASING ACTIVITY OF PRESCHOOL AGE CHILDREN (CASE OF UZBEKISTAN)

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***Annotation.** The article In training of physical education to enhance activity of movement along with consolidation through preliminary gymnastic elements, in physical quality, to form fundamental movements and manner of development, to training motivation through child`rens age, gender chiefly their skills and qualification, their in order to enhance discipline in base to organize preliminary gymnastic elements, to perform children`s vital necessary movement skill and qualification to oum in preschool.*

***Keywords:** preliminary gymnastics, movement, activity, to develop, physical exercise, lesson, game, flexibility, element*

I. Introduction

At present, the state creates all the necessary conditions and opportunities for the younger generation to grow physically and mentally.

At the initiative of the President of the Republic of Uzbekistan Sh.Mirziyoev, physical culture and sports are developing further in the priority directions of public policy. In order to create conditions for comprehensive

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intellectual, moral, aesthetic and physical development of children for the period of 2017-2021, the Resolution of the President of the Republic of Uzbekistan No. PP-3261 "On measures to radically improve the system of preschool education". The decision of the PQ-2707 "On measures to further improve the system of pre-school education" intensifies the attention to children's sports. It should be our daily task to instill a love of physical culture in children and bring them into the magical world of sports. It is difficult to think about a healthy nation and a healthy society without paying attention to the process ...

Practical proof of the importance of primary gymnastics in enhancing children's activity in preschools, improving children's health, expanding their training programs, practicing increasing the contingent of children involved, and doing initial exercises in physical education to make suggestions and recommendations on how to enhance and develop children 's activity through their elements.

Movement is the main activity of the child. Through movement, it learns the world, improves the bone muscle, regulates the metabolic processes, and its interconnectedness determines the growth and physical development of the child. Developing behavior during the preschool age is a very important process because it is important not only for the child but also for his / her physical and mental development.

During the growth of the body, it is possible to choose the right exercise and influence the formation of muscles. The muscles involved in the activity are in a dysfunction with the cardiovascular, digestive and respiratory systems, as well as the neuroendocrine system. Through the veins, the muscles absorb nutrients, oxygen, and hormones, and metabolize, such as carbon dioxide and salts.

The muscles of the legs and body are mainly involved in the movement and back muscles. The hands have the ability to move inward and outward to interact with the objects, and the legs have the flexibility needed to move in space.

II.LITERATURE REVIEW

Exercise From the time of Hippocrates, exercise has been considered a means of stimulating physiological processes in the body. Exercise has a positive effect on all the internal organs and regular exercise improves the functioning of the central nervous system. The following specialists (A. Kabayeva, G. Ibroimova, A., Eshtayev, M, Umarov, M. Nuriddinova, L. Kholmurodov, B. Haydarov, T. Usmanhodzhaev, K, A. Keneman, D Khukhlayeva, S. Besshaposhnikova, M .Morgunova....) Highlight the main mechanisms of the therapeutic effect of exercise. The refreshing effect of exercise is expressed in the support of vegetative processes, which means that preschoolers have poor vascular tension. In addition, exercise and gymnastics improves the child's emotional state, normalizes excitement and braking in the central nervous system, causing muscles to feel joy. The refreshing effect of exercise also plays an important role in enhancing the body's resistance to overheating, burnout and other adverse effects. The physiological effects of exercise are reflected in the effects of metabolic processes on the metabolism and regeneration of tissues.

Exercise has been shown to improve the performance of the musculoskeletal system in the formation of compensatory effects, improves vascular reactions and cardiovascular and respiratory systems.

The normalizing effect of exercise is reflected in the gradual expansion of the child's range of functional indicators. Because of the inherent involvement of many organs and systems in the pathology of the child's organism, growth and psychomotor development are often impaired. Exercise is the main means of regulating the area of movement and restoring physical activity.

III.METHODOLOGY

The set of research methods includes: analysis of special literature and program documents; request interview);

A. Geresov EG Popova G. Ibroimova, B. Haydarov, A. Kabayeva, M. Nuriddinova, L. Holmurodov, A. Eshtayev T. Usmonhodzhaev believes that the elements of gymnastics are the main symbol of childhood. . This is the main activity of the child, which arises independently without any motivating or educational influence of the adult, and is so focused on the child that no other activity can be compared to it. Parents sometimes try to distract the child from thinking that play is not a serious matter, and they want some other activity, such as reading, sports, or homework. However, this approach is not without any criticism. After all, many psychological studies show that a child's way of knowing the world is the driving force behind their development. Games and gymnastics are very different, and they don't look like each other, but there are two things in common. First of all, any game consists of actions in a casual or casual situation. It does not copy real life, but allows replaying some of the original elements of life gymnastics from their toys as real-life substitutes, playing roles, as an adult learning or working. Secondly, the motivations for the game can be taught by its participants. The game primarily reflects the relationship between children. However, this benefit can only be realized in situations where it is for the same effect as in employment. [5]

Universal Exercise (URM) - a universal tool for early gymnastics - is a specific kind of exercise (skeleton) that also carries out several tasks: inclination, attraction, training, development, recovery and relaxation. 6]

The results of the study show that the dynamics of physical formation and physical activity of a child depends on the ability of the child to work and the nature of the regular exercise. In order to increase the activity of children in preschool age, it is important to organize and conduct the first exercises based on the basic gymnastics elements in physical education.

Factors that determine the effectiveness of primary gymnastics in the preservation of psychophysiological features of preschool children: Summarizing scientific data during the initial research to identify the psychophysiological properties of children aged 5-7 (their success determines the effect of increased activity). diagnostics of users' status have been made.

First of all, it was determined the direction of action of the initial gymnastics elements based on the specificity of the requirements of action: the initial gymnastics as a sport, the flexibility formed by the ability to coordinate and the structure of the connective apparatus and bone tissue. basic requirements for the development.

Pedagogical observations have shown that in children age 3-7 years, the speed of movement is much more stable, improvement of hand movement in games and in everyday life, and the arms and legs are in harmony during walking and running. However, free motoring of the limbs between the ages of 4 and 5 is accompanied by various excessive movements. By the age of 4, the shape of the march is formed, but it remains neat and unstable.

The purpose of creating an action from the age of 4 is that it can be optimally aligned with the oral instructions. A child of 4-5 years of age is replaced with synchronic movements that appear to be 6-7 years old. At the age of 4-6, free movement programming is based on visual feedback. [6]

New movements in gymnastics have a long history, and the technology of teaching is of paramount importance. A commonly used 4-5 year analysis method (mechanical copying) should be replaced with a training technique for conscious movement at the age of 3-7, with a clear demonstration of each gymnast's ileus. . At the age of 5-7, there is a shift to the current control of child self-monitoring. [5]

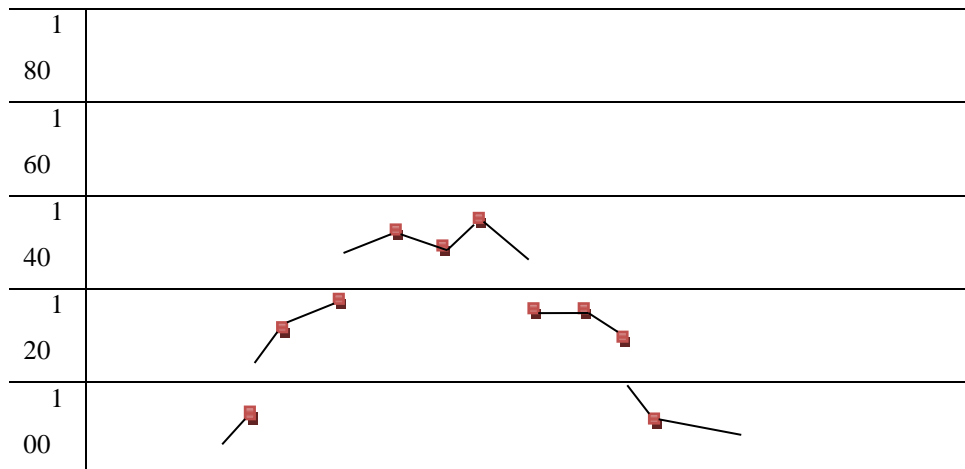
The physical state of elasticity due to gymnastic elements of pre-school children 's physical activity is characterized by a high amount of elastic fibers in the connective tissue and a low level of bone tissue mineral density, which is maintained by the end of the school age. defines.

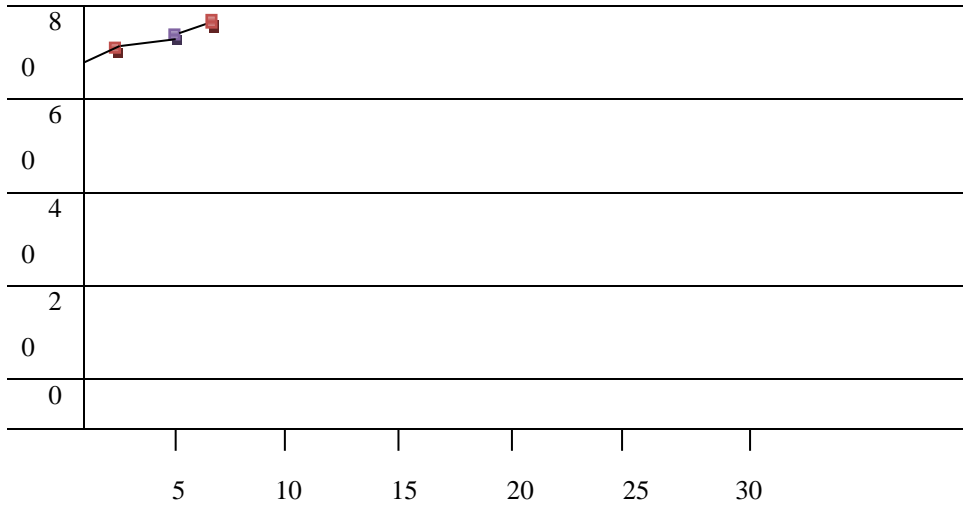
Dynamic workload in preschool children is determined by the duration of the work performed, which gradually increases with age due to the development of muscles from the legs (3.5-5 years) to the hands (5.5-7 years). This consistency in growth and limb development determines a set of developmental exercises for certain body parts and specific muscle groups. Therefore, loading between the ages of 3.5 and 5.5 should be given to large groups of leg muscles from the age of 5-6. Duration of dynamic loading at 3.5-4,5 years is 83 seconds, 111 sec at 4.5-5.5 years, 117 sec at 5.5-6.5 years, and over 7 years. and 122 sec.

The use of such an approach to load measurement is confirmed by the results of the pulsometry of the first gymnastics study conducted with children aged 5-6 in the advanced stages of the study.

(Figure 1).

It has been found that preschoolers are better able to withstand short-term physical loads. It is important to choose not only the pace of the exercises, but also the methodological orientation of the exercises.





Before the workout

Figure 1. Physiological curves of the 5-6 year-old child's reaction to load used in gymnastics

Based on the generalization of the physiology of motor activity among children aged 3.5-7, the effective requirements of the initial gymnastics classes were determined (Table 1).

In the course of pedagogical observation and interrogation among specialists, it was also found that only children need to be taught the skills and skills of early gymnastics, taking into account their mental development.

Table 1. Physiological requirements for determining the effectiveness of primary gymnastics in children aged 3.5-7 years

Young age	Duration of downloads	Download route	Download feature	Notive of loads	Damol ish
3,5-4,5 years	83 seconds	To the muscles of the foot	Dynamic	VAT by 79.1%; recovery in 3 min.	Transition to active, non-partisan behavior is maximized
4.5 - 5.5 years	111 seconds	Changing the localization of loading on the muscles of the foot	The speaker is durable		

5.5-6.5 years	117 seconds	Combined movements of body parts	Combined (dynamicstatic)		
7 yearsold	122 seconds	Complicatedcombinedactions	Complicated due to size and intensity		

The analysis of the special literature and the results of pedagogical observations allowed the development of early stages of gymnastics elements of mental development in preschool children and clarified the criteria for its implementation (Table 2).

From the data presented in Table 2, the preschool age is characterized by the expansion of the material world and the need to move in the real world. Children are affected by self-expression and self-talk.

Getting the strongest incentives and rewards for a specific pre-school activity, so the primary gymnastics specialist and trainer should plan ahead to develop options to positively enhance the success of preschool children. is required.

Table 2
Results of pedagogical evaluation and testing of primary gymnastics in preschools

Qualifications (points)	Standards	In the beginning		6-month		9-month		Stat conclusion
		Yu	p	Y	p	Yu	p	
Flexibility	"Bridge" inbed	3,05	0,17	4,70	0,52	4,07	0,21	p<0,05
The power of the abdominal press	Bendinginstandingposition	3,15	0,17	3,30	1,00	4,00	0,17	p<0,05
Relaxation	Angle, handsonside	3,02	0,09	3,00	0,76	3,61	0,05	p<0,05
Index of integral of preparation		3,04	0,15	3,91	0,44	4,38	0,14	p<0,05

The best method for solving this problem is the game method: incorporating relaying and moving games into exercises.

According to experts, the most effective oral methods to motivate children to the first gymnastics course are to develop and stimulate creativity in performing elementary gymnastics elements in persuasion, motivation, and

physical education.

When choosing a vocabulary method, it is important to explain the reasons for a child's mistakes as a temporary, remedial factor to increase motivation during training or competition. Identification of strengths and weaknesses of children with their preparation; it is necessary to analyze and make changes to the training process based on the conclusions reached.

IV. CONCLUSION

Factors that contribute to the successful implementation of movement activity in early gymnastics are: • Consideration of the psychophysiological features of children aged 3-7; accounting of motivation for trainees and their parents; the use of the best available resources for a comprehensive impact on the psychomotor activity of children; It is necessary to establish and improve the mechanism of implementation of the scientifically sound program, which is the normative document for the process of early gymnastics in children.

In order to enhance motivation for the initial gymnastics movement with children age 3-7, it is recommended:

- the development of physical training and sports, and the use of game forms,
- introduction of persuasion and encouragement from oral methods;
- In the training of the first gymnastics it is necessary to introduce races, moving and creative games specific to the gymnastics elements;
- Each gym should incorporate a variety of gymnastics elements to help children develop their creative thinking and creativity.

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