



Ways to hold national action games with kindergarten children

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ABSTRACT

According to the content of preschool pedagogy, kindergartens and the requirements of physical education, children of kindergarten age are divided into different age groups and are called small, medium and large groups.

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Introduction

The first President of the Republic IA Karimov has always paid special attention to maintaining peace in the country, developing the economy, improving the health of the population and, most importantly, raising healthy children, with a view to our great future. In this direction, profound reforms have been carried out, and the most important official documents, such as the state program for a healthy generation, continuity of education and the state program of general education, have been adopted. is coming.

Main Part

In this regard, attention is paid to improving the conditions of kindergartens, providing them with qualified staff, providing them with material and moral support.

The new buildings of children's educational institutions under construction during the independence period meet the requirements of the time.

Particular attention is paid to the training of specialized preschool educators in pedagogical colleges, equipping them with the content of all disciplines of education. At the same time, enriching their theoretical knowledge and practical skills with physical education is improving. It is even important to provide physical education knowledge in kindergartens to physical education specialists

trained in pedagogical institutes and pedagogical colleges. Physical education in kindergartens has a special content and is carried out on the basis of the state program. More than half of the program's content is focused on organizing morning gymnastics, national movement games, evening independent activities, and special games for children.

According to the content of preschool pedagogy, kindergartens and the requirements of physical education, children of kindergarten age are divided into different age groups and are called small, medium and large groups. Movement skills and functions (tasks) in the body in general determine the educational process. On this basis, the practical actions in the organization of physical education are radically different from each other, for example, the types and values of exercise games and work norms are significantly different for groups and their healthy and disabled children.

Gymnastics exercises, national movement games and walks are organized in all groups. Their types and rule content can be expressed as follows.

Small groups (1-3 years):

1. Standing in a line, turning, walking, raising arms at the waist, shoulders, sides, up. Standing and clapping with arms raised and up, jumping to the right, left, back, and various exercises for the torso.

2. Walking on a line, board, and gymnastic bench with arms outstretched, jumping down. Quickly walk on parallel lines.

3. Exercises, games, bending between rings (tunnels) on various devices.

4. Depending on the age of the children (1-2 years, 2-3 years) to catch the ball, to reach the rolled ball and return it, to throw the ball into the corner (target), to kick the ball with the feet, to catch it and so on.

5. In pleasant weather, walk around the playground, the yard.

Middle age (3-4 years)

Middle-aged children repeat the games and exercises of younger children, focusing on their quantity and ways of controlling them. There are also elements of the game of football (kicking the ball, throwing, stopping, passing to a partner, etc.), elements of wrestling (shoulder pull, belt, hug, knock down, etc.), away from the garden and fun walks in the alleys, buildings.

Morning exercise. Morning physical education in preschools is a continuation of the routine exercises that begin at home and teach children to follow a certain order, discipline, discipline in the performance of actions. Morning exercise is used for everything from simple cleansing and re-cleansing exercises to general developmental exercises and basic movement exercises. Elements of cancer, rhythmic gymnastics, some aerobic exercises are widely used in the coordination of physical education, including some physical exercises. Morning exercise is determined by the child's ability. General developmental exercises are performed in a certain anatomical order: first the muscles and the shoulder girdle are moved (with the hands up, in different directions, the arms are bent at the elbows). This is followed by exercises that develop the muscles of the torso, chest, abdomen, arms and legs (bending, circular movements of the torso, sitting movements; standing, sitting, lying on your back, lying on your stomach, knees to the sides, etc.). From general developmental exercises, the song is run slowly or jumped while standing. Morning exercise ends with a slow run. The number of general development

exercises is 4-5 in the small group, 5-6 in the middle group, 6-7 in the large group, and 7-9 in the preparatory group. The duration of morning physical exercises in the small group is 5-8 minutes, in the large group - 8-10 minutes, in the preparatory groups - 10-12 minutes. General development exercises can be done with or without objects. From small, medium-sized groups of squirrels, flags, cubes, ribbons, small balls; In large and preparatory groups, it is recommended to conduct all trainings indoors or outdoors, depending on the season, using sticks, hoops, large balls, ropes, drawings, sandbags. On rainy days, classes are held in ventilated rooms.

Cheerful minutes. Kuvnok minutes restores the activity of the cerebral cortex, improves mining circulation in some organs, concentrates attention, eliminates defects in the cadmium. Fosters in children the qualities of agility, quick-wittedness. Cheerful minutes are spent depending on the content and nature of the training. Physical exercises are determined by the nature of the training. Drawing, hand bending and writing exercises in clay making, spreading and cutting fingers (punching), hand free movement of the muscles, various exercises are performed for the shoulder muscles (placing the fingers on the shoulders, moving the arms back and forth, and bending the arms to the waist, bending to the sides). Cheerful minutes are absorbed or adapted to the content of the lesson. Kuvnok minutes start from the middle group and last for 1-2 minutes and consist of 3-4 exercises. In speech development, elementary mathematical imagination exercises, exercises are performed for arm muscles, shoulder muscles, legs, back muscles, hands are raised, fingers are rotated, rotation, bending, stretching, bending the spine, deep breathing through the nose, breathing, bending the legs at the knees, moving the legs forward, sideways, backward, jumping movements are performed. In between sessions, children can plan to play simulation and various games in a short time (1-2 minutes). In children, he performs the basic and final movements of memory-strengthening exercises. In the transition from one state to another, one is taught to think quickly and to adapt one's behavior to that state.

Large groups (5-6-7 years)

1. Gymnastics exercises are complete, with the addition of movement games. That is, jumping in pairs on one leg, jumping in pairs on one leg while holding the shoulders, running fast on a series of lines (who is faster), walking fast without falling on the bench, jumping around the ropes, two- simple and complex actions such as running with three balls (pieces), putting them in a circle and bringing them are carried out in the form of competitions.

2. Exercises in the following directions are organized in the agenda (regime):

- Line up, walk, jump;
- Different relay games: putting and bringing the balls to their destination, placing a club, a stick, flags in a small circle, bringing them, running around the hoops.
- Simple national action games (cat and mouse), space, handshake, blindfold, hide-and-seek, rooster fight, white poplar-blue poplar, hook, etc.

3. Travel games;

- Excursions around the park, parks, cultural centers, school grounds, apartment buildings, etc .;
- Organize short-term action games such as chasing in the open field and green meadows, who is faster, find the voice, who came, tug of war, climbing.

It should be noted that the educator-organizer of these exercises, a good knowledge of movement

games, pedagogical principles in their organization (gradual, easy-difficult, simple to complex, familiar to unfamiliar, repetition, explanation, teaching a new game, completion of games, etc.) must be fully complied with.

Harmonious development of the personality in the process of education is possible only with an optimal combination of all aspects of education. Chronic deficiency of physical activity in the mode of life of girls has become a real threat to their health and normal physical development. So, girls with a low level of physical activity, the majority of them were found to have postural disorders, flattening of the feet, frequent incidence of acute respiratory infections associated with a decrease in immunity. We need to look for other ways to increase the volume and intensity of girls' motor activity. First of all, it is necessary to increase the health-improving and training effect of the lesson itself. It is necessary not only to improve the methodology of conducting physical education lessons on a scientific, medical and pedagogical basis, but also to expand the use of other forms of physical education in the regime of girls' day, including after school hours. At the same time, the main task of both teachers and doctors is to awaken in girls a desire to regularly engage in physical culture and sports and give basic knowledge for independent studies. After all, it is in the school that the foundation is laid for a conscious striving for systematic studies. Physical exercises, and this desire then becomes the introduction of physical culture into the life of both the children and the adult population of the country. Large reserves of health-improving and physical culture work lie in the optimal organization of physical exercises in the extended day of school. The extended day regimen provides great opportunities for successfully solving the problem of mental overload of students, rational organization of their physical and labor education, increasing physical activity and daily active rest, which are so necessary for the harmonious development of girls, strengthening their health and increasing physical fitness. An important solution to this problem is the ability to dose physical activity, taking into account the morphological and functional characteristics of the body of children. The health-improving effect of physical exercises on the body of girls largely depends on qualified and skillfully carried out pedagogical work, medical and pedagogical control, as well as the active conduct of sanitary and educational work among teachers, schoolchildren and their parents. Without joining the efforts of these people, without their help to each other, it is difficult to count on success in the physical education of schoolchildren. It is all the more important that the primary school age is the most favorable for the development of high working capacity of the body, the formation of basic motor skills and qualities that are necessary in the future for a full life and active longevity. It should also be taken into account that physical culture and sports activity has an important goal - to accustom girls to work, and not only educational and training, but also socially useful. In the course of physical education, girls develop respect and love for working people. Girls should know that physical culture and sports are not an end in themselves, but a means of preparing for work. In recent years, significant changes have taken place in the organization and content of the educational process of a general education school: education for preschool children has been introduced, curricula and programs have been revised, technical means and programmed instruction are widely used. All this entails an intensification of the educational activity of girls. The increased tension of the day causes inadequate reactions in them, often they experience symptoms of fatigue, and sometimes overwork. In the leisure of girls, static activities prevail. Motor activity is a biological need

of a person, the degree of satisfaction of which largely determines the nature of the development of the organism. A motor deficit in girls can lead to more pronounced functional and morphological changes. Deficit of movement is one of the main causes of overweight in girls. The lack of movement in the life of girls of primary school age leads to the fact that after the age of 13 they have a noticeable deterioration in coordination, accuracy and speed of movements, a decrease in the speed of response, joint mobility and flexibility of the spinal column, a decrease in the vital capacity of the lungs and hand dynamometry. Girls attending extended-day groups experience an even more pronounced deficit in physical activity, as they are in classes for 8-9 hours daily. It should be noted that the increase in the time of purposeful pedagogical influence in the extended mode for the school is fraught with the danger of overloading the nervous system of students, a further decrease in motor activity, mental and physical performance. All this negatively affects the health and academic performance of schoolchildren. The main reserves for increasing the motor activity of schoolchildren are laid in improving physical culture and health-improving work, since daily gymnastics before classes (10 minutes) physical education in the classroom (2-3 minutes) special hour of physical exercises, sports hour, outdoor games and sports entertainment (40 minutes) - all this, together with physical education lessons and classes in sections, provides the volume of activity engines necessary for children. Writing these lines, I involuntarily remembered my school years, being in an extended day group, the teacher, after completing homework, made us run on the playground or played outdoor games with us. We always wondered how she knows so many games. And that was a good example for everyone. Since we are schoolchildren with high physical activity had a higher physical performance than those leading a sedentary lifestyle. However, physical education and sports are effective only when the main task is to strengthen health and ensure the harmonious development of the child. This can be achieved only if a number of conditions are met: 1) the range of motion must correspond to the biological needs of the body; 2) the movements must be varied in form and character; 3) physical activity must be dosed taking into account the morphophysiological characteristics of the growing organism; 4) medical- pedagogical observations: 5) physical exercises should be emotionally saturated, which can be achieved, first of all, by using outdoor games.

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