



PRACTICAL PROPERTIES OF THE FORMATION OF THE TEACHING OF PHYSICAL EDUCATION IN THE PROCESS OF PREPARING CHILDREN FOR SCHOOL

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Annotation

The purpose of this work is, in the education of a person, especially healthy growth and development of young children, the types of physical education tools, the content and theoretical and practical values, their deeply embedded people's lives, as well as to express an opinion about these tasks.

Keywords: Distance learning, interactive technologies, physical education, sports.

Аннотация: Целью этой работы являются, в воспитании человека, особенно здорового роста и развития детей малого возраста виды средств Физвоспитания, содержание и теоретически-практические значения, их глубокое внедренную жизнь людей, а также высказать мнение об этих задачах.

Ключевые слова: Дистанционное обучение, интерактивные технологии, физическая культура, спорт.

Introduction

In preparing children for school in the family and preschool institutions, in order to use the main aspects of physical education, it is necessary to develop some recommendations.

Physical readiness for school is a level of development of all body systems at which daily training loads do not harm the child and do not cause him excessive stress and fatigue. You can call it a "safety margin" of the body, an adaptive resource that allows the child to feel good even with a significant increase in loads. Each child has its own, well-defined, adaptive resource, and it is laid long before the child enters school.

In order for a child to be able to cope and withstand the educational load during the entire lesson and school day, he must be healthy and well physically developed: have normal height, weight, chest volume, muscle tone, proportions, skin and other indicators corresponding to the average standards of physical development of boys and girls of 6-7 years of age; normal, age-appropriate state of vision, hearing, motor skills,





especially the formation of small movements of the hands and fingers (myopia, low hearing or lack of mobility and coordination of small movements of the hand are often the reasons that interfere with the success of teaching children at school); normal, age-appropriate state of the child's nervous system: the degree of its excitability, strength and mobility (disorders of nervous activity lead to rapid fatigue of the child and negatively affect both academic performance and the student's attitude to school).

It is known that during the years of independence, families and educational institutions devoted to the upbringing of children, special attention to their healthy growth and development, also increasingly developed and expanded. In cities and villages, in many young families, young children continue to succumb to diseases. In the process of treatment, they are offered to be more outdoors, to engage in various outdoor games. This is one side of the problem. Children's health and their happy future are the main thing for parents and they contribute to this. And this is the second side of the problem.

Not only in intelligent families, even in ordinary families of workers and employees, children from 5-6 years old begin to learn to write, read, count, and they successfully use preparatory groups (classes) organized in schools in this. Pedagogical observations, conversations, directly conducted scientific and practical experiments showed the following; Parents prepare children for school (30-40%), preschool institutions teach writing, reading, counting (40-45%). And as a result (on the example of Tashkent) their academic performance in the 1st grade is much higher than others. 15-20% of the children of the entire class (25-30 students) are pre-prepared. Although, it does not meet the requirements of the time at a high level, more or less show positive results.

If we move on to the main task, we need to note the following, teach children physical education and its meanings in family conditions, kindergartens, give concepts about the teaching of physical education, it cannot be said that this exceeds the requirements of the time. Despite the fact that young children and 5-7 years old how quickly, easily, well, without fear, perform natural movements and studied exercise games, they lack one concept. This is the "Physical education teaching". In this, the main place is occupied by simple phrases, names, concepts that help in time to perform movement, exercise, games, disputes, balance, injury, be careful, insurance.

In kindergartens of the city of Tashkent and in some young families, conversations and observations conducted showed the above statements, their content, the meaning of the concept of them in children of preparatory age is much lower (15-20% in kindergartens, 20-30% in families). The main reason they are not given a proper concept in the conditions of kindergartens, families by educators, parents about the





organization of exercise games and during their training, the name of the movement, their values, negative results when they are incorrectly performed (injuries) as necessary qualities. In the place of this "Do not do!", "Leave!", "You will fall!", "Sit, stand still!" they say. Another serious reason for this is that parents do not have proper education about the theory and methods of Physical Education. There are not enough special personnel in preschool institutions or they have not fully mastered the theory of this field of teaching.

Based on the approved opinion, as a conclusion and a proposal, it can be said that in preparing children (6-7 years old) for school, first of all, it is necessary to teach additionally in the family and kindergartens the means of physical education (games, various exercises, jumps, throws, pull-ups, etc.). In this, as a learning process, it is advisable to form the following, that is:

- Movement of body parts (walking, standing, bowing, lying down, bending, etc.) And their correct execution (for example: keeping the body straight, correctly, spreading the hands, sitting low, bending more, turning, etc.);
- The concept of injury possibilities during games;
- Do not run when tired, do not strain excessively, do not perform exercises-games designed for adults, or perform with extreme caution;
- Choose an exercise corresponding to the movements of the lower back, neck, shoulders, elbows, knees or other joints;
- Study the exercise of the eyes, faces, finger breathing and perform them depending on the time, condition;
- Washing hands, face, neck, nose, mouth after each game;
- Wear special clothes during games;
- When outside, breathe deeply (1-10 count) and exhale (1-5 count);
- Regularly perform morning wellness exercises (hygienic gymnastics, running, pulling up, walking).

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