



## **THE EFFEKTIVENESS OF WORK WITH CHILDREN OF PRESCHOOL AND PRIMARY SCHOOL AGE ON THE BASIS OF A SPECIAL PROGRAM OF PHYSICAL EDUCATION**

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### **Annotation**

This article analyzes the effectiveness of the development of physical progression indicators and physical qualities of 6-8-year-old children is shown on the basis of a special physical education program. The results were evaluated on the basis of Alpomish and Barchinoy special test criteria.

**Keywords:** physical training, mobility, speed, strength, flexibility, physical ability.

### **Introduction**

Improving the quality of education in our country is one of the current problems of pedagogical science is one. Today, the world experience shows that education new, modern methods and means of teaching are rapidly entering the process and from them used effectively. We also have modern technology that is effective in the education system The system of use is vital for the physical development of students' bodies aimed at shaping movement, skills and abilities.

President of the Republic of Uzbekistan March 5, 2018 "Physical Education and Sports "On measures to radically improve the system of public administration in the field of" The decision is aimed at continuing education in strengthening and protecting the health of the younger generation to ensure that the learning process in the stages is health-oriented serves as the basis. The process of physical education in the early stages of education, to lay the foundations of physical fitness, to form mobility skills, and ensures the all-round harmonious development of the individual. [1]

In addition to the Resolution of the Cabinet of Ministers No. 65 of January 29, 2019 "Alpomish", which determines the level of physical fitness and health of the population. and "Barchinoy" on the procedure for taking special tests and holding competitions the goals and objectives of the new statute are also physical among all strata of the population perfecting them physically and intellectually through the development of education and sports finding, improving physical ability and motor activity, physical and mental achieving perfection, increasing the ability to work, harmful habits and variety disease prevention and the formation of healthy lifestyle





skills, sports qualities such as will, confidence in their own strength and capabilities in young people through competitions strengthen, instill in them the qualities of courage, patriotism and devotion to the Fatherland development, systematic work on the selection of talented athletes from among the youth the fact that it consists of organizing encourages us to do more research. [2]

An analysis of the literature on the problem under study shows that the sensitive period of primary school age is aimed at the physical development of children most comfortable to be exposed to. Experimental studies conducted in recent years showed that it is convenient for the development of children's physical abilities not using the age period is negative in the later stages of their development

appears. [4, C.60] The beginning is a crucial stage in a child's life all kinds of mass sports and physical education for school-age children inclusion in the learning process is of particular importance. The physical condition of children effective means of determining indicators and research, physical abilities it is important to substantiate experimental forms and methods of parenting. Of children Determining the level of physical development of mobility and physical fitness, training physical education and health activities in institutions for each of the children helps to ensure comprehensive physical fitness. Children's health and of course Alpomish and Barchioy special test standards in determining physical fitness serves as the basis.

Consistency of the processes of physical education of children in the early stages of education the first of our scientific research on the subject of research

From the results we can say that the physical development of children aged 6-8 years The preliminary results of the indicators are given in Experimental early indicators of children's physical development studies have shown that the body length of 6-year-old MTM inmates  $115.6 + 4.27$  cm, body weight  $19.2 + 1.94$  kg, KQA at rest  $55.6 + 2.7$  cm, OTS The body of a 7-year-old first grader was  $1022 + 222.6$  ml length  $118.2 + 4.7$  cm, body weight  $20.72 + 5.4$  kg, KQA at rest  $57.1 + 2.8$  cm, OTS was  $1184 + 169.4$  ml. Body length of 8-year-old second graders while  $126.7 + 4.1$  cm, body weight  $24.84 + 2.2$  kg, KQA at rest  $58.7 + 2.7$  cm, OTS  $1350 + 269.7$  ml. Naturally, the development of the mobility of the growing organism without knowledge of the initial levels of targeted pedagogical influences evaluate the results and the mobility of the study contingent it is not possible to plan the improvement process. Physical of children aged 6-8 years "Alpomish" and "Barchinoy" special tests to determine the readiness of this age The set of test types and criteria belonging to the group were monitored during the academic year. Changes in physical ability during the academic year during pedagogical practice observed. According to the research hypothesis, MTM principals





and secondary schools improving the quality of mobility developed in consultation with managers

A graduate of the Faculty of Physical Education in the program of physical education classes tested using students. The analysis of the preliminary results of pedagogical tests shows that showed that 6-year-old boys stood at an average distance of 30 m,  $8.55 + 0.4$  sec long jump  $91.8 + 12.2$  cm, leaning on the floor with arms folded  $9.7 + 4.6$ , bend forward from the gym chair without bending the knees (from bottom to toe) is calculated)  $3.3 + 1.3$ cm., while 7-year-old boys at a distance of 30 m on average  $7.33 + 0.26$  sec, long jump from standing position  $104.8 + 13.1$  cm, on the floor Leaning arms bent  $10.3 + 3.1$  pcs, knees from the gym chair bending forward (calculated from the bottom of the foot) was  $2.42 + 0.9$  cm, 8-year-old boys, on the other hand, averaged  $6.7 + 0.24$  sec for 30 m, from a standing position long jump  $117.4 + 15.6$  cm, bending arms against the floor  $13.8 + 3.45$ , Leaning forward from the gym chair without bending the knees (below the foot) is found to be  $3.86 + 1.5$  cm.

The results showed that 8-year-old children underwent special tests "Alpomish" and "Barchinoy" 4 test types met the criteria for an average grade II breast mark, 7-year-olds, on the other hand, met the average grade II breast mark criteria, 6 we can see that older children met the average calculation criteria. Developed taking into account the age-related characteristics of the studied contingent simple exercise complexes of athletics and gymnastics [3, C.27] 8-year-old children as a result of analysis of 30-meter running test performance  $6.7 + 0.24$  to  $6.2 + 0.27$ , 7-year-olds  $7.3 + 0.26$  to  $6.8 + 0.32$ , 6-year-olds in children it can be seen that it changed from  $8.5 + 0.4$  to  $7.6 + 0.42$ . Long jump as a result of the analysis of test results, 8-year-olds ranged from  $117.4 + 15.6$   $131.3 + 12.1$ , in 7-year-olds  $104.8 + 13.1$  to  $114.7 + 12.2$ , and in 6-year-olds It can be seen that it has changed from  $91.8 + 12$  to  $103.2 + 9.5$ . Increase speed and strength a set of pedagogical measures to improve the quality of mobility in their direction provided an average increase of 11.1% and the children's results by the end of the school year improved by 13.0%, respectively.

Test criteria for writing with arms folded leaning on the floor 8-year-olds from  $14 + 3.4$   $17.2 + 2.7$ , 7-year-olds from  $10 + 3.1$  to  $13 + 2.3$ , and 6-year-olds from  $9.7 + 4.6$  It can be seen that it has changed to  $11.2 + 2.4$ . Without bending your knees from the gym chair the criterion of forward bending (calculated from the bottom of the foot) is  $2.8 + 1.5$  in 8-year-old children from  $3.4 + 1.1$ , in 7-year-olds from  $2.4 + 0.9$  to  $3.1 + 1.3$ , and in 6-year-olds Showed an increase from  $3.2 + 1.3$  to  $3.6 + 1.4$ . The results of the re-examination are based on the hypothesis put forward through exercise confirmed. Exercises to develop the mobility qualities we need confirmed by the training direction, increasing the average workload by 16.1% allows you to increase. These are tools as



well as determining the reliability of control standards indicators of physical development that provide a science-based approach to the set and the need for a correlation between the physical fitness of children aged 6–8 years determined. [7, C.432]

The pedagogical experiment conducted showed that the physical condition of the children was adequate and requires the following:

- Taking into account the individual characteristics of the physical development of children aged 6-8 years groups should be formed depending on the recipient and their physical condition;
- Mobility in the definition of tasks in accordance with the biological level of the child's body structure of volume and intensity of activity;
- Physical, taking into account the functional characteristics of the growing organism loading activity appropriately;
- Regular medical and pedagogical monitoring of children's health increase. [5, C.26]

Monitoring the results of experimental studies in children aged 6-8 years introduction of a special program developed in the annual cycle of teaching hours and lessons, indicators of physical development and the development of physical qualities and initial a program to increase vehicle efficiency for the physical education of classroom students allows us to conclude that it helps in successful assimilation

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