



ENTERTAINMENT-THE IMPORTANCE OF PRESCHOOL CHILD IN CREATING A HEALTHY LIFESTYLE

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Annotation:

In this article, we talked about the importance of games for a preschool child in the formation of a healthy lifestyle in children of preschool age, about its specific features, the physical nagruzkas of the child, the effect of games on the development of speech, the growth of thinking skills, behavior, the development of the higher nervous system, psyche.

Keywords: Game, dexterous children, birches, Peacock and Pike, swimming, skating, morning Gymnastics, combination of hagates, imitation activity, physical nagruzka, prepositional case, rowing.

Introduction

There are the most important aspects and practical criteria that form the basis for the concept of New Uzbekistan and are reflected in it, one of which is: the main goal of the reforms carried out in our country, a person is focused on his life, his rights and Freedoms, his dignity, his needs and interests.

Chapter III of the state educational program "first step" includes 5 educational branches of the program, which are reflected as follows, the so-called competency approach to the teaching of preschool children.

- "Physical development and formation of a healthy lifestyle" field of competences
- "Social emotional development" field of competences
- "Speech, courtesy, reading and writing skills" field of competences
- "Compensations of the sphere of "development of the cognitive process"
- "Creative development" field of competences

Based on the compensations highlighted in the program, we will talk about the importance of games designed for preschool children.

The game is a very large place in the life of a preschool child. As the child plays, he understands the surrounding world and prepares for life, Labor.

The most important result of the game is joy, satisfaction, spirit-the rise of the mood. Positive emotions stimulate the activity of all the main systems of the child's organism, develop it comprehensively. Russian physiologist P.I. Pavlov believed that it was necessary to train strong will, perseverance, activity, discipline in children, to teach





them to correctly understand the events, and not to over-tighten the dilemmas, to help the external environment, which can make children sick, to resist emergency situations.

When educating toddlers and preschool children with decency and morality, their play of action games is of great importance, as is the physical development, personal formation of children.

Older people should be guided by children of preschool age. It will be very good if parents participate in the organization of children's play in the yard, in the garden or in the yard. 3-4-year-olds clearly think, can not concentrate their attention, so the content of the games in which they play should be both simple and clear (for example, "birds fly away and fly back to the nest"). There will be no competition in the games of children of this age. They are attracted by the process of action, and with the result they are not interested.

It will be very good if the games are conducted with Mants, the text will reveal the essence of the game, it will be a signal to perform one or another of these tasks. It can also be a short song or a poem.

When playing with 5-6-year-olds, it is necessary to include in the game not only the images and events that they see in life, but also what they know by seeing pictures from the book. You can enter the elements of the competition into the Games (who runs first until the specified tree).

The combination of actions will be organized in games aimed at developing agility. They are introduced into something Jump Jump, hurrying something, running fast. The rule of the Games is gradually going to be complicated, the requirements for their specific performance will be overstated. It is also used a text that determines the rhythm of movements, promotes the development of children's speech.

In the 6-7-year-old children's game, more than anyone is used to running, jumping, creeping, throwing something. The child is subjected to serious demands on the quality of movements, their precise and correct execution, which requires perseverance and attention. Children aged 6-7 years are not only interested in the game process, but also interested in its outcome, so the organization of competitions-games for them is possible.

We give an example of a moving game.

For 3-4-year-olds. Birds.

The leader will be 2-4 groups, making children from 3-4 people. Each band will have its own slot (skameyka, a large ring, a circle drawn to the Earth). Children reflect birds sitting in their houses. With the question of the educator "we flew", the birds come out of their nests in search of food (they shake their hands, bend, collect grains). With the





leader saying “We will return home”, the birds will return to their nests.

For 5-6-year-olds. Enthusiastic children.

We draw a rope on the ground, cleverly

I jump from it.

I teach my partner to jump.

2-3 children can play this game by competing among themselves who cleverly. Whoever quickly gets to the bottom of the rope and passes through it, and then jumps without touching the rope, he eats. If there are at least 6-8 children in the group, this game can be played with the team. Who in this dexterity 2 teams play a competition.

For 6-7-year-olds. Peacock and Pike.

On both sides of the field draw a line, on the other side there will be a sea. One of the children - “pike perch” stand on the side of their sea. “The peacocks” (the rest of the players) run from one sea to the Second Sea with the signal that the presenter is “squatting in the sea”. The Pike gets caught in them. Those who get caught form a circle - a “basket” in the middle of the field, holding each other's hands. When the peacocks are running from one sea to the second sea, they must necessarily pass through the basket. The grasshopper in the basket has no right to chase. Running out of the basket did not take is caught in the peacock. The last 1-2 pieces of peacock that can not catch a pike will swallow.

Children love to play games that are the product of their own creativity, which they themselves think about radical. As they change the game, they improve. In such cases, excessive vigilance of children, control over each behavior, cease to do so. Such games are very useful, they develop creative initiative, teach children independence, bring up in them a sense of confidence.

From the age of 4 years, children can be taught to walk on skis. It will be desirable if the child will be able to stand in a skier around the house until he is 8 years old. In skiing it is necessary to travel no more than an hour. It is very important to wear skis correctly on the leg. The whip should hold the palm of the foot from the base of the big finger. Before, the child learns to walk without a stick in skiing, the less often after the fall, the more he is given a stick. Starting from 5-6 years, after training in advance (from 4-year-old), the child can be taught to fall from a non-height (up to 2 meters) without a stick from the incline. At the age of 7 years, if the child has been walking in skiing since 2-3 years, he can take part in trips outside the city, but no more than 2-3 kilometers should walk. It will be much better if the child walks 3-4 times a week in the yard skiing, and on Sunday rest, with his parents outside the city. The child should not get too tired when he walks on skis.





In the habit it is possible to start flying from the age of 6-7 years, it is better to throw a cone in a yak in the yard. The child should be taught by an adult person initially to fly in a cone, the child can put himself on the skates without having studied the throw slightly. It is important that the conch and shoes fit the child's foot, so that the shoes do not squeeze the fingers, but stick to the face of the foot.

It is a very interesting and useful game to fly in a sled from a hill with a height of 1,5-2 meters, which is not quite inclined. Children can be allowed to fly in a sled from the age of 4 years. It is necessary to choose a convenient place where the sledge will be light and rise to the top. In order for the misfortune to not happen, a big man should look when the children fly up the hill.

Swimming has a very good effect on the development of the child. At the same time, swimming is a qualification that will be very necessary in life. Children should be taught to swim 4-5-year-old, it is necessary to first teach the kitten to water, making him not afraid of water. For this, special preparatory exercises are performed with him. When the child is 6-7 years old, he should stand in the water without drowning and swim a few meters. Forcing a child to dive into the water does not hurt, it will be difficult for him to learn to swim if he drowns from the water.

In later times, it is recommended to teach children to swim, starting from 4-5 months old. What rules should an adult follow when doing physical exercises with children? It is necessary to regularly engage in physical exercises, because with the child for a long time not only once a day, but also 2-3 times a day (morning Gymnastics, physical exercises, games, walking on skis and khakazo), he is engaged in physical exercises and other movement skills, they also have a good effect on the physical development and health of the child. It is a very important rule to adhere to the gradual increase in nagruzka during training. In order for physical education to create a cheerful mood in a child and his build will be sufficient, it is necessary for each child to have a pleasant work experience in the selection of physical exercises and games. For example, it is necessary to show imitation exercises to children of small school age. The exercise should be explained in such a way that the child understands the purpose of the action. The task should be clear and concrete. How to accustom a child to exercises, it is necessary to give birth to an active action. This should be taken into account and encouraged when the child performs the exercises well.

The level of physical nagruzka for the child should correspond to his physical preparation, the state of Health in the sh time. Physical nagruzka can be guided by the choice of the appropriate initial position for the child (lying, sitting, walking and hakazo), the number of repetitions of the exercises, their pace, rhythm, amplitude, with an increase or decrease in the scale of the movements, with a decrease in the





duration of the exercise. If it is necessary to reduce the physical nagruzka in the exercises, then it is necessary to shift the exercises with rest pauses, also include breathing exercises in the exercises.

Sluggish, low-lying and sluggish children should perform more exercises of an emotional nature. It is necessary to give the command a bold boldness. So games and task exercises are recommended, bunda children should take the initiative..

It is necessary to behave differently in relation to irritable, very fastidious, undisciplined children. To give the command a low, low sound, the pace of the action should be moderate and sluggish. It is necessary to perform the exercises exactly. Restless children should play games that do not cause a calm, strong feeling. For children of preschool age, after 4-8 days, it is necessary to replace some exercises with new ones. If this is not done, the child will not be interested in the exercises. Exercises should not be alternated often, because when doing this, the child does not remember his movements well, he or she can not master the skills of this movement.

Thus, physical exercises and games should be conducted in an air-conditioned room, in which the air is improved, by opening and holding the window or fortachka during the warm-up of the year, but physical exercises should be done better in the open air. Clothing to wear when exercising should be free, not squeezing movements.

As already mentioned above, inactivity or limitation of movements has a bad effect on the organism of the child, which in particular grows. That is why physical labor and sports play a huge role in strengthening the health of the child and in the Prevention of children's diseases. Movements are necessary for the harmonious, physical and mental development of a person.

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