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## **CONDITIONS FOR THE CONDITIONING OF CHILDREN OF THE SCHOOL PREPARATORY GROUP THROUGH THE MEANS OF PHYSICAL EDUCATION**

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**Hamroyeva Dilnoza**

**Termez State Pedagogical Institute Master Of The 2nd Stage, Uzbekistan**

### **ABSTRACT**

This article discusses the most important mechanisms of organizing physical activity in preschool children, mechanisms for explaining and fixing physical exercises for them in the process of activity.

### **KEYWORDS**

Physical education, physical improvement, education, medical health, health improvement, physical education.

### **INTRODUCTION**

The theory of physical education of preschool children is a science that teaches lessons from the General Laws of the formation of child physical education. The theory of physical education of preschool children has a single content and subject of study with the general theory of physical education, at the same time it specifically studies the laws of physical education of children under 7 years old and, accordingly, the General Laws of control over the development of the child in the educational and educational process. The theory of

physical education of children, having studied each age stage, summarizes scientific data and practical experience, determines the tasks of physical education, comprehensively reveals their essence, very effective means and methods of organizing the entire process of physical education, purposeful forms. Healthy, energetic, energetic, cheerful, kind, enterprising, able to control his movement well, loves physical education and sports exercises, can move independently in the environment, is an important task

of forming the personality of a child capable of school education and future active creative activity, determining the special importance of physical education as the basis for the comprehensive development of personality.

The theory of physical education provides for the requirements of the scientifically based program of the entire educational and Educational Complex of physical education (movement, skills and abilities, physical qualities, some elementary knowledge), going to study and take into account the laws of potential opportunities of a child at each age stage. Mastering them allows you to provide the necessary level of physical fitness for children to study at school. Physical education is an important component of the work of comprehensive education of a person, at the same time it comprehensively solves the tasks of mental, moral, aesthetic and labor education. In various forms of Organization of children's physical education (activities, action games, independent movement activities, etc.)k.) the attention of the educator is focused on raising a child who thinks, acts consciously according to his own age capabilities, successfully Masters movement skills, is able to get an abundance in the environment, actively eliminates the difficulties encountered, strives for creative search. Physical education classes are the main form of regular teaching of children to physical exercises. The importance of training consists in the formation of the embodiment of the culture of actions, the regular implementation of health-improving, educational and educational tasks. The fulfillment of these tasks ensures physical maturity, functional improvement of the body, strengthening the health of the child, the acquisition by them of the correct movement skills, an emotionally positive attitude towards physical qualities and physical education and sports, a good development of the individual in every possible way.

The implementation of health-improving tasks in training is achieved through the comprehensive movement activity of children. They help to strengthen the entire functional process in the body, its vital activity in optimal hygienic and conditioning conditions. Educational and educational tasks are solved in the process of training by the formation of spiritual and moral qualities of the child, the disclosure of certain types of knowledge and terms related to the field of Physical Culture and sports, the correct skills of movement, and the education of physical qualities. Physical education classes are held in large groups 2 times a week, training in preparatory groups 3 times. They last 20-25 minutes in large groups, 30-35 minutes in preparatory groups. In preparatory groups, the third session is held in the second half of the day, after sleep. The content of the exercises is large, and the preparation is complicated in groups at the expense of many new, more complex exercises on the one hand, and some of the skills acquired on the other at the expense of actions that are carried out involuntarily. The main will continue, deepening the study of the rule of every action and the rule of universal exercises.

From the very beginning of the study of movements in large groups, it is possible to mention the usual mistakes in time. In addition to the mixed-type activities that are always carried out with the group of children, which are used a lot in practice, mu jassam training begins to take a wide place. In such training, the educator can pursue two and three goals in one session without pursuing only one goal. For example: introducing children to forms, teaching them to walk, run, continuing to teach them to line up and re-line up. To achieve this goal, the educator, at the entrance to physical activities, teaches children to walk in different ways under buben and offers them rows in different shapes (circle, rectangle, triangle). In the

process of training with children of this age, verbal, visual and practical techniques are widely used, and methods of organizing children in training use frontal, group, individual, competition techniques. The comprehensive development of movements and movement qualities is well facilitated by the competition method of conducting exercises and games. Now the children remain the ones who manage to participate in action competitions as a team as part of the team. Competitions contribute to the fact that children's motor skills are manifested at the maximum pace, lead to an accelerated improvement in the skills and qualities of movement. Often at the time of various game relay races in the preparatory group, it is necessary to compete as such a team.

In order to ensure a high level of movement activity of children, the methods of organizing children should be diverse when performing their exercises. For kindergarten children of preschool age, an increase in cognitive activity in physical education is a characteristic feature. They carry out the instructions of the educator with interest, ask questions about the execution and structure of the exercise, ask to re-indicate the task, determine to what extent they themselves performed the exercise. The educator supports such interests of children in order to awaken their mental activity. Children now understand how great importance exercise has to improve their qualification. This leads to the fact that children often begin to independently practice movements that they themselves cannot perform well. They become increasingly fair in assessing their actions and the actions of their comrades. The educator encourages children's wishes to help each other, gives them tasks of social importance (preparing the necessary equipment, tidying up the room and the like). Children love to move freely, to perform movements quickly with confidence. This indicates that children have a

certain level of exercise, as well as their movement qualities: strength, agility and dexterity, and other qualities have developed to some extent. In this neighborhood, it is necessary to educate these qualities with special tools and techniques. For example, it is intended to repeat competition exercises for fast short-distance running with small-to - small intervals for the development of speed, a variety of exercises related to overcoming resistance for the development of strength (exercises performed with a filling ball in pairs, etc.), exercises that increase agility and dexterity, and other similar exercises

Full-fledged physical education work at school requires good equipment of the training site, the purchase and preparation of the necessary tools and equipment. Therefore, the work plan provides for the purchase of sports equipment and equipment at the expense of budget funds, their preparation by the power of students, parents and paternal recipients. The school's annual general plan also reflects the promotion of physical education and sports. The general work plan for physical education and sports for the new school year of the school is worked out on the eve of the end of the school year. During the summer holidays, according to the developed plan of the school, preparatory work is carried out for the new school year.

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