

DIAGNOSTIC TECHNOLOGY OF PHYSICAL QUALITIES IN CHILDREN OF PRESCHOOL AGE

Jamilova Nargiza Nuriddinovna

*Professor of the "Methodology of preschool education" department of the regular
Tashkent State Pedagogical University.*

Asadova Madina Namaz kizi

Graduate student of the Chartered Tashkent State Pedagogical University

Annotatsiya: Maktabgacha katta yoshdagi bolalarda jismoniy sifatlarni diagnostikalash texnologiyasi, ularning jismoniy rivojlanishini, sog'ligini va sport mahoratini baholashda muhim ahamiyatga ega. Bolalarning jismoniy sifatlarini diagnostikalash texnologiyasi orqali tarbiyachilarning xam qulayliklari ortadi faoliyatlarini xam samarali bo'ladi. Bu sohada yaratilgan turli dastur va texnologiyalar ham tarbiyachilar va bolalar uchun juda foydali bo'ladi. Shuning uchun maqolada maktabgacha katta yoshdagi bolalarda jismoniy sifatlar va ularni diagnostikalash haqida soz yuritiladi.

Abstract: The technology of diagnosing physical qualities in children of preschool age is important in assessing their physical development, health and sports skills. Through the technology of diagnosing children's physical qualities, the convenience of educators increases and their activities become more effective. Various programs and technologies created in this field will be very useful for educators and children. Therefore, the article discusses physical qualities and their diagnosis in children of preschool age.

Аннотация: Технология диагностики физических качеств у детей дошкольного возраста имеет важное значение в оценке их физического развития, здоровья и спортивных навыков. Благодаря технологии диагностики физических качеств детей повышается удобство работы воспитателей, а их деятельность становится более эффективной. Различные программы и технологии, созданные в этой области, будут очень полезны педагогам и детям. Поэтому в статье рассматриваются физические качества и их диагностика у детей дошкольного возраста.

Thanks to the independence of the Republic of Uzbekistan, there is an all-round rise in all areas, fundamental socio-political and spiritual changes, renewal in the system of universal human values, all personal needs, demands and interests of a person are being promoted to the first place, especially It is no secret today that the spiritual, moral and physical capabilities of the growing young generation are increasing. In this regard, an important direction of the complex and multifaceted problem of raising a new person is to inculcate in each person the culture of self-care about his health. In order to create it, the family, preschool institutions, school, secondary special vocational education system, community, healthcare, physical education and

sports system employees use all their energy and enthusiasm to instill in the child's mind from a young age. they need to inculcate their love for physical education.

The methodology of physical education reveals the specific features of physical education of children of preschool age. Methodology of physical education is inextricably linked with practice. Methodology of physical education - tools of physical education, to discover the principles, methods and methods of teaching physical exercises, to form movement skills and develop physical qualities, to plan and take into account physical education activities, morning physical education, mobile home, as well as physical education work. pays a lot of attention to getting.

Currently, issues of genetic and social conditioning of the child's body's ability to work, its movement qualities: endurance, strength, speed, flexibility, etc. are widely discussed. This is the subject of many studies, so the point of view about the interdependence of social and biological factors in the development of children is very common. According to this statement, psychophysical qualities are a manifestation of a person's ability to act, which mainly depends on his innate anatomical, physiological, biochemical and psychological characteristics. However, at the same time, it is impossible to ignore the fact that under the influence of a systematic, purposeful process of education and training, it can have a significant impact on the development of these qualities. The development of basic psychophysical qualities is closely related to the formation of motor skills. Exercises aimed at developing psychophysical qualities are used in a strict sequence, included in various forms of movement, including independent movement of the child during walking. Children's movement activity is related to the development of their basic physical qualities.

This includes qualities such as agility, dexterity, strength, and tenacity. In practice, it is impossible to imagine developing any of these qualities separately. The upbringing of different physical qualities are actually different aspects of the same process, which is the physical development of a child. Because as a result of such development, a general increase in the quantitative capabilities of the organism occurs. There are three main forms of speed manifestation: 1) Hidden time of vehicle reaction; 2) Individual movement speed; 3) Frequency of actions. These forms of agility are relatively independent of each other. A child may have a quick reaction, but slow in movement and vice versa. The complex combination of the three shown forms determines all cases of speed manifestation. The development of agility is provided by games, in which a certain signal or game situation prompts the child to change the speed of movement. At the same time, the child develops a motor reaction to the direction and speed of the moving player, taking into account the distance and time of his approach. The development of speed affects the mobility of nervous processes, spatial, temporal and eye formation, gives the child the opportunity to act in changing environmental conditions.

Build Endurance Endurance is one of the physical qualities. Endurance is the ability to perform long-term muscular work with a power of 60-95 to 80-90% of the maximum muscle strength due to overcoming the difficulties caused by changes in the internal environment of the body (depending on the activity and physical fitness). When talking about the characteristics of endurance development in older preschool children, it should be noted that long-term physical activity, even of low and medium intensity, leads to a gradual increase in fatigue. Develop flexibility. Flexibility is a morphofunctional property of the musculoskeletal system, which

describes the degree of movement of its joints. Flexibility is determined by the elasticity of the muscles and ligaments that determine the range of motion. In an adaptive person, the basis of any activity has a rational and logical basis. People who are not flexible enough have reduced muscle stretch and increased muscle tone. This leads to a violation of coordination during the implementation of the movement. A child who is not flexible uses much more energy, which means he gets tired faster. Injuries are often the result of a lack of flexibility.

Development of agility Agility is the ability to quickly learn new actions (the ability to quickly learn), to quickly reorganize activities in accordance with the requirements of a suddenly changing environment. To develop agility, it is important to develop the ability to make precise movements. In addition, being able to maintain the balance of the body in a stationary position and while walking from one place to another is one of the manifestations of agility. During the preschool years of childhood, there is a considerable shift in the development of the movement analyzer. This provides an opportunity to gradually improve agility. Agility is the ability to perform an action in a short amount of time. It depends on the speed of certain movements performed in response to some signal (so-called speed of motor reaction) and the speed of movements that are repeated many times. All these descriptions of movements are developed as a result of regular practice, starting from small children in kindergarten to large groups of children. The development of agility and dexterity is achieved through regular games and exercises.

Strength is the ability to exert muscle tension to a certain degree and is an important component of training agility and dexterity. Preschool age child's muscles are not yet well developed, his nervous system is not yet sufficiently developed, kindergarten children do not have the ability to make a clear difference in the use of muscles. It is important for those in the small group that the vital activity of the flexor muscles is more than the vital activity of the extensor muscles, the children move with their legs semi-bent during walking and running, and they squat during games. and so on. Therefore, it is important to pay special attention to increasing the strength of the straightening muscles while developing the child's strength qualities, to perform exercises that straighten the child's body and limbs and teach them to stand properly.

Stamina is the ability to perform a physical task for as long as possible while maintaining a sufficient level of intensity. The habituation, i.e., training, which occurs in the body as a result of long-term activity with strong stress, increasing the quantitative capabilities of the organismic systems, gradually adapting to the conditions, and ultimately leading to fatigue. Therefore, in training children's endurance, exercises and games are used that have a higher physical impact on them than the task for which they have developed skills. Special exercises related to the education of perseverance are not carried out in small groups of preschool age. Games and exercises are used to train perseverance in older kindergarten children. Such games and exercises require heavy but short-term physical exertion. In such exercises, it is necessary to focus children's attention on one place, give long enough breaks in repeating the exercises, and give them time to catch their breath.

It is important to diagnose physical qualities in preschool children, to assess their level of development and to determine the necessary measures. This process increases children's physical health and interest in sports.

Diagnostic methods

1. Physical tests

- Strength tests: children perform various physical exercises

measure strength.

- Speed tests: measure participation in sprints or speed games.

2. Coordination tests

- Perform specific exercises to assess movement control and balance.

- Development of coordination through games.

3. Flexibility tests

- Determining the level of flexibility through prescribed controlled exercises for children.

Analysis of results

- It is necessary to analyze the specific level of physical development for each child.

- Based on the diagnostic results, it is necessary to form physical education programs and define individual approaches.

Recommendations

- Teachers and trainers should constantly update their knowledge and skills in diagnosing children's physical qualities.

- It is important to create a positive environment so that the child does not feel hesitant in his development.

In conclusion, it is clear as day that the technology of diagnosing the development of physical qualities of older children of preschool age is one of the urgent issues of the present day. that's why we need to pay more attention to this topic and develop new technologies and programs.

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