

**CORRECTION OF CHANGES IN THE PHYSICAL DEVELOPMENT OF OLDER
PRESCHOOL CHILDREN BASED ON AN INTEGRATIVE APPROACH***Bakhromova Fatima Bakhtiyorovna**2nd year graduate student of Tashkent State Pedagogical University named after Nizami*

Annotatsiya: Ushbu maqolada Mamlakatimizda jismoniy tarbiya va sportni ommalashtirish ijtimoiy siyosatning muhim yo'nalishlaridan biri etib belgilanganligi haqida, jismoniy madaniyat va sport aholi salomatligini mustahkamlash, yosh avlodni sog'lom va barkamol etib tarbiyalash orqali jamiyatda sog'lom turmush tarzini qaror toptirish, integrative yondashuv asosida maktabgacha yoshdagi bolalarni jismoniy rivojlanishdagi o'zgarishlarni korreksiyalash haqida so'z boradi.

Аннотация: В данной статье популяризация физического воспитания и спорта в нашей стране определена как одно из важных направлений социальной политики, физическая культура и спорт направлены на укрепление здоровья населения, формирование здорового образа жизни в обществе путем повышения молодое поколение быть здоровым и всесторонне развитым, а также интегративный подход к коррекции изменений в физическом развитии детей дошкольного возраста.

Annotation: In this article, the popularization of physical education and sports in our country is defined as one of the important directions of social policy, physical culture and sports are aimed at strengthening the health of the population, establishing a healthy lifestyle in society by raising the young generation to be healthy and well-rounded, and an integrative approach. correction of changes in the physical development of preschool children.

Ensuring consistency in the field of preschool education, which is becoming world-class today, giving new content and form to the educational system with advanced methods is an important aspect of educating the generation of the new century. In the world of science and education, new ideas and views about integrated education, its content and essence began to emerge. The organization of education in such a way ensures that students learn in a comprehensive way, enrich the scope of their existing ideas and worldviews with more perfect content.

Educating a mentally mature, deep-thinking, sound-thinking and morally well-developed person is to pay attention to age characteristics in education, to ensure the interrelationship of all aspects of education in education, and requires the use of modern active methods that allow the formation of new ideas and imaginations in the mind and thinking of a person. The use of non-traditional methods of education in the framework of educational processes in preschool educational organizations contributes to the formation of the creative thinking of children, the expansion of communication opportunities, the formation of their evaluations and views of events, as well as the enthusiasm that has arisen in the educational process. As a direct participant in discussions and logical solutions, it is important to have a sense of psychological satisfaction from one's work. Integrative system is a differentiation (variation) of education that allows to educate a fully educated young person with a complete outlook, the ability to

independently systematize existing knowledge and an unconventional approach to solving various problems. Integration for the purpose of education is to give the pupil an idea of the world as a whole and all its elements are interconnected from the first steps of education. Popularization of physical education and sports in our country is defined as one of the important directions of social policy. Because physical culture and sports strengthen the health of the population, raise the young generation to be healthy and well-rounded, and determine a healthy way of life in the society. Attention is paid to physical education and sports at the level of state policy. Physical education occupies one of the main places in the all-round, mental, moral and physical development of the young generation. The concept of physical education and sports development was developed by implementing the Law of the Republic of Uzbekistan "On Physical Education and Sports".

In order to further develop physical education and mass sport in Uzbekistan, strengthen its material and technical base, train and educate a new generation of athletes, increase the international prestige of our country's sports, the Cabinet of Ministers of the Republic of Uzbekistan and the President of the Republic Sh.M. Mirziyoev The fact that attention is being paid, appropriate decisions, decrees and laws are being developed and put into practice is the basis for the development of the physical culture system of Uzbekistan.

In the integrative approach, joint support of the child's physical, intellectual, psychological and social development is provided. In the process of physical education, through this approach, the natural needs of the children's organism are satisfied, movement activity is increased, and various pedagogical technologies are combined. An integrative approach develops children's general movement skills, including balance and flexibility through walking, running, jumping and other activities. In older preschool children, the main problems of development - low movement activity and stature disorders - are observed. The following technologies are used to eliminate them:

1. Gymnastic exercises: General development exercises that develop small muscle groups. Special attention is paid to the correctness of actions.
2. Action games: Develops creativity and teamwork in children, and also forms action skills.
3. Outdoor activities: Walks and outdoor activities strengthen children's health and increase immunity.

Pedagogical skill of the teacher is important. A.S. According to Makarenko, the educator should show his positive role in communication with children, create conditions for them and organize interesting and effective lessons. Organizational ability of the pedagogue is also important when conducting physical exercises and games. In order to increase the movement activity of preschool children, it is necessary to include in the daily routine: morning gymnastics, physical exercises during short breaks, physical exercises after daytime sleep. Also, adaptation of the educational process to the individual needs of the child creates an opportunity for personal development. To evaluate the state of development of children, movement tests, height checks and methods for determining coordination skills are used. Based on this information, an individual development program is developed. Physical development in preschool education is important in the development of children's general health, motor skills and physical activity. Physical development improves children's body structure, muscle strength, balance and

coordination, and also has a positive effect on their mental state. The main aspects of physical development in preschool education:

1. Development of movement skills:

- Formation of basic movement skills (running, jumping, throwing) in children.
- Games and exercises to improve balance and coordination.

2. Physical activity:

- Provide physical activity every day (for example, sports games, dancing).
- Giving children interesting and useful experiences through games.

3. Forming a healthy lifestyle:

- Explain the relationship between healthy eating and physical activity.
- Introducing children to healthy habits.

4. Increasing competitiveness:

- Development of teamwork skills.
- Formation of social skills through team games.

5. Effect on mood:

- Physical activity helps reduce stress.
- Increases children's self-confidence.

Practical activities:

- Organization of games: conducting interesting and active games for children.
- Activities: organizing physical education activities and creating opportunities for children to move.
- Walking in nature: Introducing children to nature and increasing their physical activity by spending time in nature. Emphasis on physical development in preschool education forms the basis of a healthy lifestyle in children. It not only helps them to be physically healthy, but also has a positive effect on their psyche. It is necessary to develop customized programs for each child. Correction of the physical development of children of preschool age based on an integrative approach requires the combination of various methods and techniques. In this process, children's physical, emotional and social aspects are developed in harmony with each other. The following methods and recommendations can be implemented based on an integrative approach:

1. Individual approach: It is important to consider the level of physical development and needs of each child. Through this, specific exercises and activities are selected.

2. Learning through play: Physical exercise is fun for children. For example, motor skills can be developed through sports games or physical activities.
3. Multi-directional activities: Physical education classes can be combined with art, music or drama to ensure the overall development of the child.
4. Cooperation with parents: Parents should be involved in monitoring and encouraging the physical development of their children.
5. Using the outdoor environment: Activities in nature or outdoors increase the child's physical activity and help gain new experiences.
6. Group activities: Strengthening children's social skills by involving them in groups and creating opportunities for cooperation in physical activities.
7. Medical supervision: It is important to monitor children's health and consult with specialists if necessary.
8. Psychological preparation: Psychological support is also necessary for children to realize their potential. Using these approaches, it will be possible to effectively correct the physical development of preschool children. This will not only help them build a healthy lifestyle, but also help them succeed in their overall social life.

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