

METHODS FOR THE DEVELOPMENT OF PHYSICAL QUALITIES OF BOYS AND GIRLS IN PRESCHOOL EDUCATIONAL ORGANIZATIONS

Ziyatov Muhammad Namazovich

Samarkand State Medical University

Lecturer at the Department of Physical Education and Sports,

doctor of philosophy on pedagogical sciences (PhD), docent

Ziyatovmuxammadgma

Annotation: The article is devoted to the development of physical qualities of older children in preschool education as a priority in the process of physical education in preschool education. It is determined by the level of development of physical qualities (speed, strength, agility, flexibility, endurance, agility-strength abilities). the development of physical fitness and personal motivation for a healthy lifestyle.

Keywords: development, physical qualities, children in preschool education, boys, girls, level of physical fitness.

Currently, one of the priorities in the process of physical education of older children in preschool education is not only to maintain the health of children, but also to ensure the optimal development of the main physical qualities. The development of physical qualities is one of the important problems. The structure of physical education of preschool children, various aspects of the holistic process of comprehensive physical development of children, is also one of the main criteria for strengthening health throughout a person's life.

The level of development of physical qualities, which to some extent characterize physical fitness in preschool children, is closely related to their physical and functional development.

In recent years, the level of public interest in the study of medical-biological and socio-economic issues that reveal the problems of physical fitness of preschool children has increased significantly. According to some indicators of the development of physical qualities, there are different opinions about the presence of sexual differences. However, these differences are largely due to the conditions of raising children in preschool educational organizations. It has reason to assume. At the same time, based on the results obtained from a study dedicated to the age-sexual characteristics of the exact repetition of movements by preschool children, it allowed them to conclude that the accuracy of movements in basic parameters in children of different sexes in preschool age is unequal and is distinguished by its development at different times. Thus, due to the lack of a general opinion on this issue, the desire to consider the proportions of the levels of physical fitness of children of different sexes will be pado. The physical fitness of children of a large group of Ages was assessed.

Physical fitness was determined by the level of development of the qualities of speed, strength, agility, flexibility, endurance, speed - strength, which are manifested in control exercises-tests.

The following control exercises used in the physical education program of preschool children were used: jump from place to length (CM), balance on one leg (s), lean forward

from where you stand (CM), run 10 M (s), run 3x10 mockisimon. M (s), as well as running in three minutes (m). The results shown were compared with the evaluation Tables [7, p. 136]. 17 at the same time, some statistical parameters of physical fitness were calculated: $X \pm m$ - moderate arithmetic and moderate arithmetic error, a - standard deviation. The level of physical fitness was determined on a three-level scale: low (P), medium (O'), High (Y).

Analysis of the results of the jump from place to length in the test showed that in this exercise, five-year-old boys are superior to girls of this age. In this exercise, 10% of six-year-old boys, girls between the ages of five and six, and five-year-old boys were not highly regarded. The average result for five-year-old boys was 95.1 centimeters, for girls-93.3 centimeters. Six-year-old girls had a slight advantage over boys in the "jump from place to length" exercise, with an average of 97.3 centimetres recorded for girls and 96.8 centimetres for boys. Analysis of the level of physical fitness according to the results of the long jump in preschool children of five to six years of age of both sexes is characterized by the predominance of the average level, in five - year - old boys - 72%, in girls - 58%; in six-year-old boys-74% , in girls-63%. A low level of fitness based on the results of the joy long jump was found to be 28% in five-year-old boys and 42% in five-year-old girls; 16% in six-year-old boys and 37% in six-year-old girls.

The child's ability to maintain balance, as a physical quality, is the ability of a person to maintain a stable set of movements and states.

One of the types of tests is the analysis of the results of the exercise "maintaining balance on one leg". the dominance of girls between the ages of five and six in this exercise, whose averages were 29.8 seconds and 52.3 seconds, respectively, while the average for five-year-olds was 19 seconds, compared to 47.1 seconds for six-year-olds. An analysis of the results of maintaining balance on one leg found a high level of physical fitness in 16% of six-year-old girls. The exercise recorded an average fitness score of 62% in five-year-old boys and 74% in five-year-old girls; 66% in six-year-old boys recorded a 74% result in six-year-old girls. In this exercise, the low level of physical fitness was recorded in 38% of the result in five-year-old boys, 26% of the result in five-year-old girls, 34% of the result in six-year-old boys, 10% of the result in six-year-old girls.

Flexibility is the ability to perform movements with the desired amplitude due to the elasticity of muscles and joints. In preschool children, the musculoskeletal system has great elasticity, but due to changes in physical development during this period, the curvature of the lower knee and spine in certain parts of the muscular system and joints in children can also be caused by various defects of the musculoskeletal system. This creates favorable conditions for the normative functioning of the respiratory system, blood circulation and digestion, is a prerequisite for the ability to maintain a free, natural and beautiful old age ".

One of the physical qualities is agility, which manifests itself as the ability of a person to carry out movement activities at a minimum interval of time under certain conditions. High creakiness of the processes of the nervous system, comparative analysis of the formation and reorganization of conditioned reflex connections in preschool children create favorable conditions for the development of such a physical quality as agility. The average 10-meter dash for five-to six-year-old boys was 2.5 seconds, 2.7 seconds for five-year-old girls, and 2.5 seconds for six-year-old girls. An analysis of the results of the 10-meter run found a high level of fitness in 44% of five-year-old boys, in 29% of girls of this age, in 19% of six-year-old boys, in 28% of six-year-old girls. We can see that the low level of fitness at this level is

in 12% of five-year-old boys, in 35% of five-year-old girls, in 25% of six-year-old boys and in 32% of six-year-old girls.

The quality of agility referred to by the term coordination is the quality of complex movement. It is characterized as the skill of a person to quickly, rationally master new abilities of movement. Training increases the plasticity of the nervous system, improves coordination of movements and develops the ability to learn new, complex exercises. M. Morgunova noted that "good balance is not in a person who will never lose it, but in a person who will restore it faster." The average mockisimon running score for five-year-old boys was 12.3 seconds, for girls of the same age was 12.5 seconds, for six-year-old boys it was 11.3 seconds, for six-year-old girls it was 11.7 seconds. The results of this test are very variable. A high level of physical fitness in the manifestation of talent was found in 32% of five-year-old boys, 69% of six-year-old boys and 41% of six-year-old girls. The average level of fitness in the manifestation of ability was found in 60% of five-year-old boys, 32% of five-year-old girls, 69% of six-year-old boys, and 41% of six-year-old girls. In five-year-old girls, in 68% of cases, in six-year-old girls, in 58% of cases, a low level of physical fitness was found in the "mockisimon running 3x10m" test. This exercise performed in boys did not reveal a low level of physical fitness. In relation to preschool children, "endurance is the ability of the body to perform muscle movements of small (maximum 50%) and medium (60%) intensity for a long time in accordance with the level of physical fitness"[5]. The possibilities for developing endurance are inherent in almost every child, which allows a large group of 19 preschoolers to perform physical exercises and walk long distances without getting tired. An analysis of the three-minute running figures revealed an average result of 394.64 meters for five-year-old boys, 392.63 meters for five-year-old girls, 422.33 meters for six-year-old boys, and 435.31 meters for six-year-old girls. The average rate is found in 28% of five-year-old boys and 32% of six-year-old boys. Endurance indicators in girls were also assessed with a low level of physical fitness: 82% of the result in five-year-old girls and 76% in six-year-old girls. The average level of manifestation of general endurance was found in 18% of five-year-old girls and 24% of six-year-old girls. In the manifestation of general endurance in children between the ages of five and six of both sexes, a high level of physical fitness was not characterized.

Summarizing the above, we conclude that the physical qualities of preschool children participating in the study develop in different ways, the implementation of systematic training is important in the upbringing of physical qualities. The level of physical fitness is characterized by a predominance of low indicators in the manifestation of endurance, agility, average indicators in maintaining balance, flexibility, agility and fast-strength qualities. When choosing physical exercises, it is necessary to distinguish the load given, since children with high physical fitness indicators should perform the exercises intensively, with a large number of repetitions, reduce the load of children who lag behind their peers in terms of physical fitness indicators, but develop backward physical qualities in accordance with the goal and adjust the results to their age level.

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