

GYMNASTICS TRAINING ON THE BASIS OF THE INITIAL METHODS OF TRYING TO INCREASE THE ACTIVITY OF 5-6 YEAR OLD CHILDREN

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Annotation: the preschool educational organization, the program modules of the application and gymnastic exercises consisting of a complex of means aimed at improving the Initial story and figurative based on the motor activity of preschool children is highlighted.

Key words: Children 5-6 years old, figurative lesson, basic gymnastics, physical activity, physical quality physical education.

Preschool age children is the most important period in the process of identity formation. This age in a number of morphological, psychological action of the functions is the rapid development and improvement go, there needs to be an active effort to maintain and develop the mechanisms of development of children of all abilities "the beginning" happens.

In this age of movement required for effective participation in various forms of physical activities during the period of the foundation is laid for the development and strengthening of the quality of health and this in turn create the conditions for organized physical training of the children, each child of the full development of human health in the future because it allows to increase the activity of the action, it is also biological, provides also a psychological aspect. In the meantime, the analysis of literary sources, many many suggest that the improvement of the process of physical education in preschool educational institutions is necessary, this is confirmed by a number of facts.

The children get to school on time the results of the analysis of observations shows that there is a trend of growth of chronic diseases [3,4].

M.Ziyatov's research (20to 22) action primarily at physical education classes skills a particular amount of adopters, however, the main effort in children of preschool age activity and physical quality were determined not to contribute to the nurturing of effective [6]. Kabayevanig a. m. (2018), according to the single, was strict in kindergarten "education and training program" on the basis of the inevitable and forms of education and training to work on a different order of methods leads to limit the chances of pedagogical creativity, the standard single bringing up a child focused, remains overlooked to take into account the individual characteristics of development [5,6].

Policy pre-physical rearing of children of school age in new forms, tools and methods to seek is pressing.

- 1) pre-school age children of active movement and identify the factors that are carrying;
- 2) 5-6 year old pre-school age children physical development and physical training to the level of study.
- 3) in children, physical activity and the quality of the effort to develop standards rivojlanirishga oriented program.

4) 5-6 year-old children of preschool education, organization and the family day-physical activity in order to develop a model of organization and content.

5) children of stimulating the activity of organized and independent assess the effectiveness of educational technology in action.

The results of research facilities: the lessons of physical education in preschool educational institutions on the basis of the tools in the practice of the process of applying gymnastic exercise program.

The results of research subject: means on the basis of imaginative Gymnastics-exercise program founded at the age of 5-6 children action from a set of improving the methodological basis of the activity mechanism of action.

The results of the research methods: the results of research to solve the tasks defined pedagogical and medical-biological complex methods were used:

The lessons of physical education for 5-6 year old children in imaginative gymnastics exercise program based on the initial action was founded and developed from a set.

Imaginative-action exercise - this is one of the organizational forms of organized physical education classes, pre-school age and interest of children of primary school age is in the process of performing physical exercise to help educate.

The exercises, which are held in the traditional form, in contrast to the imaginative gymnastics based on the initial-action in the sessions used a certain image is compared to all means of physical culture. for example, "going to sea" complex "Sea", "the waves xushtagi" "Fish", "Little muse the water", "Meduza" "Sunami", "Qarmoq", "the muse of water", 64 "dancing shrimp", "sea waves" umumrivojlantiruvchi called exercises, breathing exercises, and the other group (frontal) exercise consists of.

B. Khaydarov idea ko`ra (2019) the use of the method of imitation and analogy, imaginative comparisons of pre-school age children of psychological characteristics fit, exercise and mind, mastering facilitates the process of training increases the emotional background, thinking, xayolot, creativity, contribute to the development of cognition.

Imaginative action, the content of the training is not new, at the same time, many business have been published in the literature and action-based exercise of the set of special pre-school education institutions among the disadvantages of motor used in the practice of low density, given the development of the children of the organism downloads damaging excessive levels of hard physical education in the process would fail to give adequate effect is the reason. Gymnastics-based program to retain in the development of the characteristic properties of exercise, but at the same time the above-mentioned disadvantages I was trying not to let it.

The developed program aimed at solving the following tasks: children's health, promoting the body's functional and adaptive (compatibility) capabilities, the development of the ability to increase mental and physical work; action of all joints of the base system is the combination of development, qaddi on the formation of the body; the action of the activity and the improvement of physical nurturing qualities; the sphere of mental and emotional development; development of an to music and rhythm, interest and educate.[17,18,19], and the choice of tools and methods need regular physical exercise physical training to the age of the child (the anatomical, physiological, and psychological movement) is determined by the properties of. To solve the tasks defined for the program, using various physical exercise, the total amount of sequence in terms of a three-part composition lessons adapted.

At the same time, the preparation of lessons and exercises in the final part used: also, psixogimnastika exercises, dancing and games, and in accordance with the content of the exercises 2-3 sessions orqalig'ida once the image is changed.

The main part of the total development of exercise used in (URM) in the range of 11-12 complex lessons`ida compounding and it is desirable to gradually increase the amount of exercise downloads. The level of preparation of children in me'yorlash of exercise and you need to take into account the individual capabilities.

The age of the dynamics of the development of strength and durability study the quality of the analysis that muscle mass increased significantly in the period from 4 to 7 years of age and under, respectively, the ability to work the muscle to these aspects, power and performance increases. Yelka 5-6 year-old children-belt and pelvic-muscle every day for 20 to 30 times the number of times, 40 times, 60 times, while gavin to the muscles, or from 6-8 repeat 12-16 times, by going to going exercise you can perform. The large volume of the exchange of substances, the action to be performed 65 simple idea and someone, causing the occurrence of significant changes in the activity of the body's functional systems, not only physically active, but also expands also to the effects of various external factors of the environment and adaptation mechanisms and overall physical morfo-functional indicator helps in the increase of [6].

Exercise in the development of after 3-4 workouts, gymnastics music on the rhythm method they jo`all rli is executed. The rhythm of the music evoke positive emotions from use in children, will help the development of the sense of rhythm, helps to increase the activity of the action. Both series of exercises using the method of sessions and allows the motor to increase the density of downloads and increases the effectiveness of the training. Keep in mind that you need to, academician Amosov n. m., professor v. k. Balsevich, m. a. Kabayeva, K.Sodiqov in accordance with the conclusions of other scientists the reaction produced in response to the physiological function of scientific downloads not reached the physicallevel does not give effect to li. The effect of physical exercise in children at the age of 5-6 (adaptation to physical activity) and pulse times until 140-160 minutes (yuq not) is provided with.

Increase the interest of children to accomplish the exercise and cognitive exercise in physical education lessons imaginative action to enable effective interaction between the theme of the game-according to the purpose of filling the sessions: for example, "going to sea" complex didactic game activitiescan fill with ati.

Kompozitsiya, which includes many musical sound natural in nature (the sound of the birds, the voice of delfin, kitlar, they "sing", the voice of the sea chayqalgan and others) closely associated with the surrounding world, to feel the harmony it creates a feeling, and the unity of human nature is an important and educational importance.

Developed complex workout sessions imaginative action with 50% of the time from 70% to cover the interest portion, the physical qualities of step-by-step, aims to teach. (E.g., "going to sea" complex gavin muscle power and resistance, "Favorite Toys" complex agility and efficiency, the quality of the forest "travel to" provide durability while the quality of the development of the complex).

Each lesson of being improved, and the minutes after the completion of the physical or a sports event. (For example, the holiday complex is completed with a visit to the journey to the sea sailors children's sports) is utilized during the sessions in the group exercise, dance, games , and 66 other use. The holiday event to (a physical minutes) be a good incentive to

take a thorough workout of the movements of children, preparation, determination, diligence and selfless as it helps the formation of positive features.

Of the children in the experimental group based on the initial imaginative gymnastics-a set of exercises consisting of an action is based on the application classes. 30-minute sessions per week for six months, and three times was conducted. Traditional physical education program for children in the control group over the same period (duration and time of experience with the same group of sessions) was conducted in accordance with. The effectiveness of the developed program, the indicators of physical development and activity of the action, as well as from the experience of children in the experimental and control group before and after suffering from the disease were assessed by comparing the data related to the dynamics.

When you conclude, based on the characteristics of the initial taking of preschool age young children imaginative gymnastics-a set of exercises consisting of a program of action in the practice of applying the methods, physical education and movement activity allows you to increase the efficiency of the process has a positive effect on dynamics as well as the interest of children, which causes the formation of regular physical exercise.

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