

THROUGH THE MEANS OF PHYSICAL EDUCATION OF CHILDREN OF PRESCHOOL AGE, FOR THE PERSONALITY DEVELOPMENT METHODS*Ziyatov Muhammad Namazovich**Samarkand State Medical University**Lecturer at the department of Physical education and sports,
doctor of philosophy on teaching in science (PhD), docent**Ziyatovmuxeammad@gmail*

Annotation: this article reveals the importance of physical education of preschool children in providing personal and ways to solve problems the format that the arise during their comprehensive development.

The actual ministry. Many progressive thinkers of science without man, and the quality of physical psixik in harmony and mutually associated, therefore the activities of the movement in general can be a factor in the formation respectively consider that the person will be arranged. Physical exercise is not only for the development but also the level of the character for the first time to apply for the consolidation of the recommended from researchers dongdor pedagogi English philosopher and one Dj. It will lokk. The combination of the three aspects in the system his teaching: physical education, nurturing the spirit (moral education) and education, that is, it is the “healthy mind, healthy earth” can be expressed with the rules.

Given this information, pre-school education institutions the nurturing of comprehensive life and health protection, noted the importance of effective organization of the process is joyiz and educational improvement. The president of the republic of uzbekistan on December 29, 2016 “2017 — 2021 is the year of action on improving the system of preschool education in the” pp-2707-resolution, September 30, 2017 the president of the republic of uzbekistan “of the republic of uzbekistan 68 pre-school education on the organization of activities of the ministry” pp 3305-resolution, the ministry of primary education in the year 2018 of the republic of uzbekistan of June 18, “Early development of children of preschool age requirements and who put the state” 1-mh-number command to perform tasks relevant to the area and the other is directed to addressing the modern requirements specified in normative legal acts.

The swiss pedagogical, scientific teaching of the founder of the theory of g. Pestalossi see out of moral education in very close contact with work and physical training. It fulfilled a system of workout in the series have offered to create. This system, from the physical aspects of the child not only develop, but it also prepares to life, labor skills, shape, moral qualities, determination, patience, keep gives me the chance to show himself to know. In the same way, who came up first from the perspective of major scholars and teachers, the founder of the teaching of science in the scientific system of physical education P.F. Also to comply lesgaft. According to his opinion, the moral quality of the people and of his will, the form of development education education – while ilgarilovchi intellectual, aesthetic and physical development strengthening you should perform. Close contact between mental and physical development if there is any one-sided will destroy the harmony in the development of education.

V pedagogi notable students today. A. For the health of people as the cultural and physical culture suxomlinskiy not only the body, but also etik moral criteria of the person and the

environment that supports the evaluation of the self-assessment also apply to areas such as understanding the complex, he said.

Such functions are closely related to the quality of the child's physical and psixik the development of any action, on the one hand, improve psixik activities (attention, perception, memory, to improve the operation of thought, without them is not a practical activity itself) with, on the other hand – while the central nervous mechanisms of the development of the brain and their role in the bark of analizator move home it is associated with the formation of explained by the fact that contact with the other. The general mechanism of this relationship are listed in the following manner. Every effort is carried out activities in space and in time, therefore, the active unit moving a large amount of time children are able to get the information, this is the computer's his psixik support the quick formation (G.M.Kolsova). American physician-psychologist G.I also have those come out the dom in the same context, strengthening the child how to quickly develop physically in the beginning, both of his brain develops so quickly, this, in turn, assist the person as a child the combination of improvement. The effectiveness of the action, the children often put the effort depends on the characteristics of the task. One of the components of the activity itself, the implementation of the action may take place in a variety of different conditions. In one condition, the goal of the task can be if other means remain in the condition and because of this, the structure can change the topography of 69 out of business.

Psixik which lies at the basis of the child's active and psixik of the movement process (attention, memory, thought, and imagination, and h.k.) mutual dependence illuminated in the work of many other scientists. For Example, A.S.Dvorkin and yu.K.Chernishenkoning research attention, memory, thinking, imagination developed using physical exercises and games. Scientists psixik related to the age of two in the stage of the growth rates of the process – from 3 to 5 under the age of 4 and has determined that there is a maximum under the age of 4. Just the ability to make perception of development is the most comfortable for 5-6 years.

Cognitive development in preschool age children in the process of physical training tools and methods.V.Starodubtseva, and e.A.You can see korotkovaning research. The children's cognitive (attention, memory, thinking, imagination, speech), which is leading the development of the influence of the component is shown. The significance of physical exercise be applied to two elements: the combination of didactic games in the form of the action performed activities consist of and exercise. As a basis for walking, running, jump, review, review chirmashib cast to rise with exercise fulfilled the inclusion are obtained. When they do, pre-school age children to know that lies in the basis of the intellectual development of orientirlangan created conditions for the development of different types of movements. Koordinasiyalarni sensomotor improvement, speech, imagination, memory and attention tasks for the development of a workout supplement was used.

Therefore, the development of educational games and exercises included in the process to know the process to promote the development psixik not only the child, but also the quick action they see, remember to be conscious of itself through motorika will rebuild.

Person – was due to constant development of the system since it will not be out of the relationship dynamics, which is located from the survey. Pedagogy in the form of moral education is one of the small dimensions of the person. Different emotional outlook of children who come to kindergarten, aspiration and different at the same time, skills, and opportunities also will be different. As a result, caregivers and peers respond to the

requirements of each of them gives himself and the shape of the relation to self. Therefore, before taking out the relationship of the level of the child, to teach it to tengdoshi to be in a relationship as a person of social importance, the prevention of problematic situations, which is associated with the development of imagination, the emotions that arise in response to the enrichment of the perception of the people should focus on.

Social manners for children of preschool age and culture of the formation of pedagogical methods used in the process of the variety of different forms and the most important role to play, the game will focus on the activities. Pre-school pedagogy education of the children of all the requirements, interests and 70, with the help of the game in the way of communication be organized and qoniqtirilishiga priority should be sought. Thus, the form of particular importance will impress harakatli important person games.

T.S.Blotsishinaning research, the need to enter into contact with the child to him who put his tengdoshi harakatli games and exercises listed in the system (children pulled from the game on other participants, each participant who agreed to achieving visible results without the demand function to the game performance, the role of the game, which is clearly visible usual). The rules of friendship relations in the formation of joint play activities, the action led to mutual action when the task of the method of assessment by caregivers of the participants under the influence of conduct of the game passes. It all, the moral improvement of the children ensures that high effect develops.

O.V.Kozireva of preschool age children social manners for the formation of "Druzya Spartiashki" ("Spartiashkaning friends") worked out the program of the game called it then, if a certain game spartiancha modifikasiyasi them psixik characteristics of the development of children's physical and adaptasiya implied. The main directions of modifikasiya adapted and are the following:

- organization and conduct of the action of the game based on spartiancha;
- in - game competitions, with the winners of the competitions and defeat do not apply to the combination of binding games;
- stimulate themselves; children who improve previous results
- national and folk traditions associated with the game, which is doing so finds distraction whom the contest application.

The quality of the activity of the person irodaviy and effort in the process of the development of the child's conduct aroused particular interest in the problem of ixtiyoriydir of scientists. E.A.Included on the program of physical education in kindergarten sagaydachnayaning any type of research – gimnastik, develops a general, basic mobility and action sports games in the performance of their size, complexity, intensity and duration with qiyinlashtiriladi. Compounding the way they bring exercise is done with the following challenges:

- asi in the same workout (I rise, to sit, rise, rise, jump and so on.k.) gradually increase the number of repeated courses;
- cyclical exercise (running, walking, etc.) gradually increase the duration; - the level of intensity to perform different exercises, which often can be carried to the side change (slow, a little faster, at a fast pace for a certain amount of sit-stand);
- do exercises to change the terms and conditions (or the ones with the individual in a way, aggravating or vositalarsiz with them).

Irodaviy quality of the formation and development of children of preschool age at the time of independence, special attention is paid to study the problem. This feature integrated quality as the person before him out of the job description – business action and action to represent the

level of mastering the whole structure of the experience creativity in a mutual link between the ability to scan with an independent manner. The activities in action (action a, harakatli games) to be the primary manifestation of independence, the aspirations of the movement of children associated with the active affairs general. Teachers atmosphere of team work, positive emosional position generates a children themselves peace, from chekishmaydi success.

Nurturing the child's independence while performing physical exercise, providing a number of conditions (internal and external) to create qilianadi recommended:

physical exercise, trying to relate to the person having experience of ideomotor see in the image collect information about the content;

- technique mastering physical exercise etalon;
- mastering the action model of the same variety, the children, give them their “”the moment you can choose the formation of the nest;
- get the price, thought and physical exercise performance comparison of the results of the goal;
- their actions and to control and to predict the movements of the partner.

Thus, children in particular “a child trying ideali orientirlovchi” appears (T.E.Tokaeva) and they, action, and other kinds of activity that you can undergo to get this personal conduct it is important to find its own place. Experience independent performance actions favorable conditions for the formation of V.A.Shishkin revealed in the work of:

- physical education-the organization of the game environment;
- allocation of time to the activities of the independent movement in the order of the day (in the morning at the time of receiving the children, training them in the usual range, at the time of travel, sleep after dinner and the family at the time in kindergarten caregivers on the child activity boosting the action of special (immediate term expression) method to know (each refers to the place of the child to be tried, to attract the arms of the children in the place of physical education of children in the activities of the movement and the combination of different levels of mobility. b).

Using ixtiyoriydir development to conduct physical exercises and games, children activities associated with external or internal movement directed to the formation he believed his personal, as a result, self-management ability arise. 72 N.V.Fenogenovanning research, the series has built such work clearly. In the first stage, the mutual action of the capacity of children to learn. This “merry-go-round”, “Bubble”, “Karavay” and other in-game distraction assist. The participants of this game on the role of their actions, but not the content of the activity is on kelishtirish, and will represent topqirlik ixtirochilik. The game-then the development of distraction, action-role harakatli used games, leading the children from the mutual actions of repeated actions in them, not only followed, but his words and deeds the reaction is also compared to the response. Children then, scan through the rules without defining the method of summarizing is orientirlanishi personal learn to work on the plan. To do this, applied sports games (basketball, football, etc.).

The person, their self-assessment of important components such as the formation of particular work should show revealed the possibility of using physical exercises and games. L.I.Research bershedovani the formation of their own assessment of the ability of self children of preschool age in the process of sports training and sports, through the activity of the game, it focused on educational objectives and orientation of their activities by way of murakkablashtirilgan which has to be carried out at the expense included. Based in scientific

research have been applied harakatli wide range of games and sports in children, movement activities focused assessment of the methods to realize a group forms, supports the independent evaluation of the activities of their peers by children; children personal action activity, its strong and weak sides of the mean term in the expression of self-evaluation supports dolzarblashtirilgan.

Children's action by the creation of material culture of the business to the position of the stand from the introduction of domestic and foreign authors in the development of new works that have been the problem of the absolute and feel anglangan. According to this approach, children are ready for physical education, hard, formed of the elements is not considered in the end system, but it is an open structure to be changed. This, children, problems at the level of perception that can be shown and led to allows access to the active (L.D.Glazirina, E.A.Sagaydachnaya, T.S.Yakovlev V.N.Shebeko).

E.Ya.Stepanenkovaning work harakatli the game in action activates the creativity of children of the same variety be applied a combination of physical exercise and movement as the main factor and solve the task assignment expression to apply their tools to assist. Children, teachers are attracted to the leading role of the structure of the game under options, organize them in a way that is independent of the will learn how to. The highest level of children's creativity – familiar works of art on the action harakatli think of new games to find. The orientation of the game in the creative activity of children previously thought emosional control of the game-imaginative methods is determined by 73. Task – emosional respects to the image of the game in a positive relationship, children, joint cooperation relations and experiences to make sense of the game is to form gradually in creative mode.

In recent years, the abilities of technology to enhance the creativity of children of preschool age psixofizik (in theater) training method – the atmosphere, the conditions, the environment, dive into to enter the active cutting included. Psixofizik going to dive into the methods of training and applying the children to learn to even break the set up, allows you to create large quantities of information adopters of psychological readiness.

Thus, pre-modern physical exercise in physical education of children of school age, the child not only physically, but also as a person are considered in the context of development tools.

Literature:

1. SH.M. Mirziyoyev “Buyuk kelajagimizni mard va oliyjanob xalqimiz bilan birga quramiz” 2018 T:
2. O`zbekiston Respublikasining “Jismoniy tarbiya va sport to`g`risidagi qonun”gi. , - T.:O`zbekiston. 2015 4-sentyabr
3. SH.M. Mirziyoyev O`zbekiston Respublikasida jismoniy tarbiya va ommaviy sportni yanada rivojlantirish chora tadbirlari to`g`risidagi 2017-yil 3-iyundagi PQ–3031-son [qarori](#).
4. Jismoniy tarbiya va ommaviy sportni rivojlantirish to`g`risidagi Konsepsiya 2019 13-fevral.
5. Ziyatov Muxammad Namazovich, Shermamedova Qohira Texronovna (2023) THE IMPORTANCE OF PHYSICAL EDUCATION AND SPORTS IN THE SCHOOL EDUCATION SYSTEM. International Journal of Advanced Research in Education, Technology and Management, Published in Volume 2, Issue 8, 2023, 96-100
6. Ziyatov Muxammad Namazovich, Shermamedova Qohira Texronovna (2023) SPECIFIC ASPECTS OF ORGANIZING PHYSICAL TRAINING AND SPORTS



EVENTS IN THE HIGHER EDUCATION SYSTEM International Journal of Advanced Research in Education, Technology and Management Published in Volume 2, Issue 8, 2023, 91-95

7. Murodov Muzaffar Shermamatovich, Normaxmatov Ilxom Zayniddinovich, Axmedjanov Shuxrat Boltayivich, Ziyatov Muxammad Nomozovich, Sattarov Qarshiboy Norkulovich, & Khusainov Shamshidin Yalgashevich. (2024). Proposals On Innovative Solutions Of Organizing The Architecture Of Multifunctional Sports Facilities. Journal of Advanced Zoology, 45(S2), 131–135. <https://doi.org/10.53555/jaz.v45iS2.3852>