

Hozirgi taraqqiyot bosqichida jismoniy tarbiya va sport mashg'ulotlarini tashkil qilishning istiqbollari: muammo va yechimlar. Xalqaro miqyosidagi ilmiy amaliy-anjuman. 2022 yil 28-29 aprel

BOLANI MAKTABGA TAYYORLASHDA JISMONIY TARBIYANING O'RNI

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Kalit so'zlar: maktabgacha yoshdagi bolalar; Jismoniy madaniyat; aqliy rivojlanish; shaxs;

Аннотация:

Inson taraqqiyoti jismoniy, psixologik va ijtimoiy kamolot jarayoni bo'lib, atrofda voqelik ta'sirida yuzaga keladigan tug'ma va orttirilgan vositalardagi barcha miqdor va sifat o'zgarishlarini qamrab oladi. Jismoniy rivojlanish bo'yni o'zgarishi, vaznning o'zgarishi, mushak kuchining oshishi, sezgi a'zolarining yaxshilanishi, harakatlarni muvofiqlashtirish va boshqalar bilan bog'liq. Psixik rivojlanish jarayonida irodaviy, hissiy jarayonlarda, shakllanishda sezilarli o'zgarishlar sodir bo'ladi. aqliy fazilatlar va shaxsiy xususiyatlar [1]; Bolaning jamiyat hayotiga qo'shilish jarayonida amalga oshiriladigan ijtimoiy rivojlanishi uning xatti-harakati, boshqalarga munosabati, jamoa ishlarida ishtirok etish xususiyatlari va boshqalarda namoyon bo'ladi.

Роль физического воспитания в подготовке дошкольника

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Ключевые слова: дошкольники; физическая культура; умственное развитие; личность;

Аннотация:

Развитие человека представляет собой процесс физического, психологического и социального созревания и охватывает все количественные и качественные изменения врожденных и приобретенных средств, происходящие под влиянием окружающей действительности. Физическое развитие связано с изменением роста, веса, увеличением мышечной силы, улучшением органов чувств, координации движений и т. д. В процессе психического развития происходят существенные изменения волевых, эмоциональных процессов, в формировании психических качества и черты личности[1]; Социальное развитие ребенка, осуществляемое в процессе включения его в жизнь общества, проявляется в изменении его поведения, отношения к окружающим, в особенностях участия в делах коллектива и т. д.

The role of physical education in the preparation of a preschooler

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Key words: preschoolers; physical education; mental development; personality;

Annotation:

Human development is a process of physical, psychological and social maturation and covers all quantitative and qualitative changes in innate and acquired means that occur under the influence of the surrounding reality. Physical development is associated with a change in height, weight, an increase in muscle strength, improvement of the senses, coordination of movements, etc. In the process of mental development, significant changes occur, volitional, emotional processes, in the formation of mental qualities and personality traits[1]; The social development of the child, carried out in the process of his inclusion in the life of society, is manifested in a change in his behavior, attitude towards others, in the features of participation in the affairs of the team, etc.

In the first years of life, physical education is the basis for the comprehensive development of the child. In childhood, the foundation of health is laid and some important personality traits are formed. Success in any activity is largely determined by the physical condition of the child. The child's body

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reacts sharply to minor deviations from the norm in the environment, which is associated with its development and insufficient maturity of individual organs and systems.

The connections between somatic and mental processes are closer than in adults. Therefore, the solution of many pedagogical problems should be carried out with the obligatory consideration of the physical capabilities and condition of the child.

Physical education is a process of purposeful and systematic formation of a healthy, full-fledged person, his physical strengths and physical qualities, providing him with physical culture and striving for physical perfection.

Physical culture is a set of material and spiritual values of society that are accumulated, created and used for the physical improvement of people.

The content of physical culture is:

1. Personal hygiene, which includes skills at work and at home (neatness, neatness of clothes, cleanliness of premises), and habits of a hygienic regime (rational schedule of activities and rest, sleep hygiene, nutrition, etc.);

2. Hardening of the body in natural conditions of nature (air, sun and water);

3. Physical exercise.

Physical education is closely related to the age characteristics of children. In this regard, the specific tasks, content, methods and forms of organization of physical education in early preschool and school age, as well as the successive relationship between them, are determined. Physical education is especially important in early and preschool childhood when the most intensive development of the child's body occurs, when its main movements are formed, but at the same time the body is still very weak and vulnerable.

Physical education of preschool children is aimed primarily at protecting life and strengthening health, full physical development, the formation of motor skills and the development of physical qualities, the development of cultural and hygienic skills, the development of habits for an orderly rhythm of life.

Work on physical development permeates the entire organization of the life of children in the family and preschool institutions. Organization of the subject and social environment, all types of children's activities, taking into account the age and individual characteristics of preschoolers. In a preschool institution, the child's daily routine provides for physical education classes, outdoor games and entertainment, separate tempering procedures, during which climatic conditions are also taken into account. The main form of teaching children to move is recognized as classes conducted by a physical education instructor (or educator). At the same time, a significant place in the system of physical education is occupied by outdoor games, which are widely used in the classes of a teacher-defectologist, in other classes (music, rhythm, theatrical activities), as well as during walks conducted by the teacher. Physical education classes solve both general and correctional tasks. The classes include physical exercises aimed at the development of all basic movements (throwing, walking, running, crawling, jumping) [2];. A wide variety of educational affairs of the physical culture direction allows solving the problems of moral, mental, aesthetic and labor education in a complex.

The work takes place in different forms: physical culture and health work in the daily routine (morning exercises, outdoor games, physical exercises for a walk), independent motor activity of children, active recreation (physical culture leisure, holidays, days of health). Taking into account the specifics of age, the tasks are defined in a more specific form: to help form the bend of the spine, develop the arches of the foot, strengthen the ligamentous-articular apparatus. To promote the development of all muscle groups, especially extensor muscles; the correct ratio of body parts; contribute to the improvement of the activity of the cardiovascular and respiratory systems, the proper functioning of internal organs, the development of the function of thermoregulation, the central nervous system, to train the processes of excitation and inhibition, their mobility), sensory organs [3]; Pedagogical work aimed at solving this problem includes the organization of the children's lifestyle, hardening procedures, special exercises for the development of movements. This area of physical education of children requires the educator to have constant contacts with medical workers, taking into account their recommendations, an individual approach to children, and conversations with parents. In physical exercises, children develop all mental processes (perception, thinking, memory, imagination, etc.), as well as mental operations (observation, comparison, analysis, synthesis, generalization, etc.). acquired knowledge and skills in their motor activity, showing activity, independence, ingenuity, resourcefulness.

The natural forces of nature (sun, air, water) increase the effectiveness of the influence of physical exercises on the child's body. During outdoor activities, with solar radiation, children experience positive

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emotions, more oxygen is absorbed, metabolism increases, and the functionality of all organs and systems increases. The combination of natural forces of nature with physical exercises increases the effect of hardening. Physical education, in turn, is an integral part of the education of the child's personality, which leads to excellent adaptation and preparation for the educational process at school.

Thus, we can say that the process of physical education greatly facilitates the adaptation to school and the comprehensive development of the child's personality.

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