



**TECHNOLOGIES FOR THE USE OF STATIC-STRETCHING EXERCISES IN THE DEVELOPMENT OF THE QUALITY OF FLEXIBILITY IN PRESCHOOL CHILDREN**

**Muminova Gulasal Bakhodirovna**

Kokand State Pedagogical Institute

**Annotation.** Today, the trend of using various means of physical education of preschool children in the direction of wellness is increasingly developing. In this regard, the problem of finding tools and methods in front of specialists that allow children to master and achieve a high level of physical fitness in a short period of time due to the increasing number of problems and increasing difficulty of physical activity is being put forward.

**Keywords:** flexibility, play, static, preschool organization, preschool children aged 6-7 years, physical education training.

As a rule, the following are different areas of gymnastics – rhythmic gymnastics, aerobics, breathing exercises, types of Oriental Wellness, fitball Gymnastics, complexes of specially selected physical exercises for the Prevention of diseases of the musculoskeletal system, healing Gymnastics, point massage, static-stretching exercises, etc. IUS are all aimed at increasing the viability and functional capabilities of a preschool child and developing the functions of the body.

Every year there is an increasing number of children who often suffer from diseases, as well as cardiovascular diseases, obesity, gaddikomat and other diseases of the musculoskeletal system.

All movements are performed due to mobility in the joints of the spine and the child's body. The lack or lack of this mobility reduces the level of strength in the body, negatively affects the development of speed and agility abilities, often causing damage to muscles and joints.

To educate the physical qualities and physical abilities of children, the development of the quality of flexibility is of particular importance, since this age is considered the optimal time, and the plan in Targeted Exposure is limited by the age limit.

Flexibility is the ability of children to perform stretching movements with a large amplitude. Flexibility ensures freedom of movement, lightness, ease, the child's ability to concentrate his body strength, so that these exercises are used in combination with relaxing movements. Children who do not have enough flexibility will have the ability to muscle agility during movement. Children without flexibility spend a lot of energy and get tired quickly.

It is best to start developing flexibility in children at the age of 6-7 years. By this age, the musculoskeletal system is well developed and its flexion is at a high level. Usually, the mobility of large joints gradually increases until the age of 13-14 and stabilizes until the age of 16-17.2 for this reason, in order to maintain the child's natural elasticity, it is necessary to start special training from the age of 5-7, otherwise, a decrease in the elasticity of the body is inevitable.

<b>78</b>	ISSN 2319-2836 (online), Published by ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW., under Volume: 12 Issue: 10 in October-2023 <a href="https://www.gejournal.net/index.php/APJMMR">https://www.gejournal.net/index.php/APJMMR</a>
	Copyright (c) 2023 Author (s). This is an open-access article distributed under the terms of Creative Commons Attribution License (CC BY). To view a copy of this license, visit <a href="https://creativecommons.org/licenses/by/4.0/">https://creativecommons.org/licenses/by/4.0/</a>



In this regard, the search for effective ways to strengthen the health of the child, correction of deficiencies in physical development, prevention of diseases and increased activity of movement as a powerful factor in the mental (intellectual) and emotional development of a person, taking into account these aspects, the issue of improving all basic actions and physical qualities becomes of urgent importance.

According to the authors, who directly developed one of the methods of static-stretching in physical education, static-stretching exercises are carried out with children in the form of play and training activities, and consist of slow movements that affect muscles and joints. Stretching exercises include a set of positions that provide the best posture for stretching certain muscle groups. Positions of modern stretching include yoga and other Oriental wellness exercise complexes.

Stretching is a good condition that gives a cheerful spirit and a great mood, ensuring a decrease in injury, body movement and flexibility.

The following tasks are assigned to this study:

– selection and testing of the working system using the stretching method in training aimed at developing the elasticity of children of older preschool age;

- To illuminate the effectiveness of the use of stretching in training for the development of elasticity in 7-year-old children.

Research methods were used to solve tasks from such methods as analysis of scientific and methodological literature, survey of specialists of preschool educational organizations, pedagogical testing, methods of Mathematical Statistics.

To determine the degree of development of elasticity in 7-year-old children, a pedagogical test was carried out, informative and most accessible tests were selected that do not require additional equipment to study the variety of tests:

The torso is bent forward from the shoulder, with the arms extended forward (measured in CM). The test assesses the elasticity, mobility of the muscles of the spine and thigh joints. Test procedure. Two straight, perpendicular intersecting lines were drawn to the ground. The child sits on the side (without shoes) so that his heels approach the AB line, but do not touch it. The distance between the ankles is 20-30 cm, the legs are vertical. Hands forward, palms down. The specialist presses the child's knees to the floor, preventing the legs from bending while bending. In three attempts, slow initial bends are performed (the palms move along the specified line). The fourth bend, which is taken into account and is done in 5 seconds. The results are taken into account where the tips of the fingers hit, the result is+and – accuracy 1 cm.can be up to. The pedagogical experiment lasted three months and consisted of three stages:

Primary-at this stage, the main test and monitoring of the degree of development of elasticity in children 7 years old was carried out.

<b>79</b>	<b>ISSN 2319-2836 (online), Published by          ASIA PACIFIC JOURNAL OF MARKETING &amp; MANAGEMENT REVIEW.,          under Volume: 12 Issue: 10 in October-2023  <a href="https://www.gejournal.net/index.php/APJMMR">https://www.gejournal.net/index.php/APJMMR</a></b>
	<b>Copyright (c) 2023 Author (s). This is an open-access article distributed under the terms of          Creative Commons Attribution License (CC BY). To view a copy of this license,          visit <a href="https://creativecommons.org/licenses/by/4.0/">https://creativecommons.org/licenses/by/4.0/</a></b>



Conduct training using formative – static-stretching exercises.

Finisher-at this stage, control of the level of repeated testing and development of elasticity was carried out in 7-year-olds. End.

The results of studies to determine the degree of development of elasticity have shown that most children have a low to medium level of development of elasticity.

Accordingly, we selected and tested a set of exercises for the development of flexibility with the help of static-stretching exercises in training. Training took place in the gym in the second half of the day, with children on the carpet, in light clothes, without shoes (in socks), the duration of training is 30 minutes (the same time, the preparatory part is 5 minutes, the main part is 15-20 minutes, the final part is -5 minutes). It was carried out twice a week for three months.

The training structure consisted of three parts:

1) the first part of the training (introductory part) is preparation, its purpose is to warm up the body and develop the general; 2) the second part (main) includes a set of exercises for the development of flexibility; 3) the third part (final) – mobile, sedentary, musical and rhythmic games.

At the control stage of the experiment, a repeated test of the degree of development of elasticity was carried out to obtain information about the results of the study. To determine the effectiveness of the use of static-stretching exercises for the development of flexibility in 7-year-olds, a histogram was compiled, in which a comparative analysis of the results of the initial and final Test was carried out.

Also, in the spine and pelvic arthropod mobility test, control tests of the degree of development of flexibility were carried out. Based on the results of primary and control tests, it was decided to determine the reliability of the differences in the student's t-test, that is, to prove the effectiveness of an experimental program consisting of selected static-stretching exercises in the development of flexibility.

When summed up, preliminary data and analysis of the final results showed that the average value of all indicators increased. The average value grew by 35.6 percent. Having determined the average values in the reliability of the differences in the student's t-test, the reliability of the differences ( $t=2.1$ ) was determined. As a result of experimental testing of exercise complexes for the development of flexibility through static-stretching exercises in children aged 7 years, it was noted that all children's results improved and positive dynamics. When calculating the reliability values of the differences in the student's t-test, physical education is calculated for the development of elasticity through static-stretching exercises, higher than the limit value, which gives us information about the reliability of the differences between primary and control tests, which allows us to interpret the effectiveness of the selected technique for the comfortable development of flexibility.

## References

<b>80</b>	<b>ISSN 2319-2836 (online), Published by ASIA PACIFIC JOURNAL OF MARKETING &amp; MANAGEMENT REVIEW., under Volume: 12 Issue: 10 in October-2023 <a href="https://www.gejournal.net/index.php/APJMMR">https://www.gejournal.net/index.php/APJMMR</a></b>
	<b>Copyright (c) 2023 Author (s). This is an open-access article distributed under the terms of Creative Commons Attribution License (CC BY). To view a copy of this license, visit <a href="https://creativecommons.org/licenses/by/4.0/">https://creativecommons.org/licenses/by/4.0/</a></b>

1. Саидакбарова, М. (2018). "TARIXI MULUKI AJAM" ("ИСТОРИЯ ИРАНСКИХ ЦАРЕЙ") КАК НАУЧНО-ХУДОЖЕСТВЕННЫЙ ИСТОЧНИК. *Theoretical & Applied Science*, (12), 122-126.
2. Muhammadrahimovna, S. M., & Azamovna, K. F. (2022). FOLKLORE AND WRITTEN LITERATURE RELATIONS. *International Journal of Early Childhood Special Education*, 14(7).
3. SAIDAKBAROVA, M. (2018). Historical facts and poetic inventions in Alisher Navoiy's creative work. *Scientific journal of the Fergana State University*, 1(4), 106-108.
4. Saidakbarova, M. M., & Jo'Rayeva, R. A. (2023). SHOH BAHROM: TARIXIY SHAXS VA BADIY OBRAZ. *Academic research in educational sciences*, 4(Conference Proceedings 1), 168-173.
5. Muqaddas, S. (2022). INTERPRETATION OF ENLIGHTENMENT AND SPIRITUALITY. *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact factor: 7.429, 11(11), 405-409.
6. SAIDAKBAROVA, M. (2018). Historical facts and poetic fictions in the work of Alisher Navoi. *Scientific Journal of Fergana State University*, 1, 106-108.
7. Tohirovna, S. M. M. M. F. (2023). The Bobur is the true of the Renaissance ruler... *Journal of Modern Educational Achievements*, 5(5), 442-447.
8. Yakhyokhanova, O., & Muhammadrahimovna, S. M. (2023). Influence of the work of the Azeri poet in the works of representatives of the Kokand literary environment. *Journal of Modern Educational Achievements*, 5(5), 448-457.
9. Saidakbarova, M. M. (2018). Tarixi muluki Ajam. The history of Iranian kings") as the scientific-artistic source. *ISJ Theoretical & Applied Science*, 12(68), 122-126.
10. Кахрамон К. XIX ASR OXIRI VA XX ASR BOSHLARIDA TURKISTONDA XALQ SUDYA (QOZILAR) FAOLIYATIGA KIRITILGAN O 'ZGARISHLAR //Yosh Tadqiqotchi Jurnal. – 2022. – Т. 1. – №. 5. – С. 240-245.
11. Содиқович К. Қ. МУҲАММАД АЗИЗ МАРҒИЛОНИЙНИНГ “ТАРИХИ АЗИЗИЙ” АСАРИДА ҚОЗИЛАР ФАОЛИЯТИНИНГ ТАЛҚИНИ //Современное образование (Узбекистан). – 2020. – №. 11 (96). – С. 52-59.
12. Содиқович К. Қ. Тарих дарсларида Абу Али ибн Сино ёзган фалсафий қиссалардан фойдаланишнинг тарбиявий аҳамияти //Современное образование (Узбекистан). – 2018. – №. 1. – С. 29-34.
13. Karimov K. Turkistonda tarixan shakllangan qozilik mahkamalari faoliyatiga kiritilgan o 'zgarishlar //Qo'qon DPI. Ilmiy xabarlar. – 2020.
14. Karimov K. Turkistonda maхalliy boшқарув тизимида қозилик маҳкамалари фаолияти тарихидан //FarDU. Ilmiy xabarlar. – 2021.
15. Karimov K. XIX ASR OXIRI VA XX ASR BOSHLARIDA TURKISTONDA MUSTAMLAKA HUQUQIY TAKSANOMIYASI TOMONIDAN QOZILAR FAOLIYATIGA KIRITILGAN O'ZGARISHLAR //Interpretation and researches. – 2023. – Т. 1. – №. 1.
16. Каримов К. С., Хайруллаева В. Х. ДОЛЖНОСТНЫЕ ЛИЦА СУДЕЙСКИХ УЧРЕЖДЕНИЙ И ИСТОРИЯ ИХ ФОРМИРОВАНИЯ //Вестник КазНПУ имени Абая серия «Юриспруденция». – 2023. – Т. 71. – №. 1. – С. 8-14.
17. Karimov K. Qozilik mahkamalari hujjatlariga oid ayrim mulohazalar //Sohibqiron yulduzlari. – 2021.

18. Karimov K. ИСТОРИКО-ПРАВОВОЕ ИССЛЕДОВАНИЕ ДОКУМЕНТОВ О СОЦИАЛЬНЫХ ОТНОШЕНИЯХ КОЛОНИАЛЬНОГО ПЕРИОДА В ТУРКЕСТАНЕ //Абай атындағы ҚазҰПУ-нің ХАБАРШЫСЫ, «Юриспруденция» сериясы. – 2022.
19. Karimov K. Turkistonda mustamlaka davri ijtimoiy munosabatlarga oid hujjatlarning tarixiy-huquqiy tadqiqi //UzA IIm-fan bo'limi. – 2023.
20. Azamovna, A. G., & Nadjimitdinovich, Y. K. (2022). Description Of Historical And Geographical Places, Names Of Historical Persons In The Works Of Alisher Navoi.(On The Example Of" Majolis Un-Nafois"). *Journal of Positive School Psychology*, 110-117.
21. Alimova, G. (2022). The process of urbanization in the history of the countries of the world and the peculiarities of their development. *ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW* ISSN: 2319-2836 Impact Factor: 7.603, 11(12), 126-128.
22. Alimova, G. (2022). HUMAN AND HUMANITARIAN IDEAS IN THE PHILOSOPHY OF ALISHER NAVOI. *ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW* ISSN: 2319-2836 Impact Factor: 7.603, 11(11), 194-199.
23. Алимова, Г. А. (2022). АЛИШЕР НАВОИЙ АСАРЛАРИДА ТАРИХИЙ-ГЕОГРАФИК ЖОЙЛАР, ТАРИХИЙ ШАХСЛАР НОМЛАРИ БАЁНИ (“Мажолис ун-нафоис” асари мисолида). *Исследование Ренессанса Центральной Азии*, 3(2).
24. Bakhtiyarovich, U. D. (2022). IMPROVEMENT OF THE SYSTEM OF NATIONAL STRATEGIES IN THE PROCESS OF REFORMS IN THE SPIRITUAL AND EDUCATIONAL SPHERE OF THE UPDATED UZBEKISTAN. *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact factor: 7.429, 11(05), 99-102.
25. Хамрақулов, З. Й. (2022). Ҳуқуқшунослик фанларини ўқитишда замонавий таълим технологияларидан фойдаланиш. *Pedagog*, 1(3), 314-318.
26. Хамрақулов, З. Й. (2022). Ҳуқуқшунослик фанларини ўқитишда замонавий таълим технологияларидан фойдаланиш. *Pedagog*, 1(3), 314-318.
27. Khamrakulov, Z. (2022). PROBLEMS OF INCREASING LEGAL INFORMATION AND LEGAL LITERACY OF YOUTH. *Models and methods in modern science*, 1(16), 4-7.
28. Egamberdiyeva, T. U. A., & Qurbonov, J. A. (2020). Diagnostics of formation and development of intellectual culture among students. *Scientific Bulletin of Namangan State University*, 2(4), 512-519.
29. Akmaljonovich, K. J. (2019). The necessity of developing intellectual culture of students by the subject of philosophy. *European Journal of Research and Reflection in Educational Sciences* Vol, 7(12).
30. Qurbonov, J. A. (2019). Social-pedagogical content of intellectually cultural pointh. *Scientific Bulletin of Namangan State University*, 1(5), 437-442.
31. Akmaljonovich, K. J. (2021). The Content and Essence of the Concept of “Intellectual Culture”. *European Journal of Humanities and Educational Advancements*, 2(5), 15-18.
32. Akmaljonovich, K. J. (2022). Role Of Philosophy Education In Forming Intellectual Culture In Future Teachers. *Journal of Positive School Psychology*, 6(11), 1366-1371.
33. Акмалжонович, Қ. Ж. (2020). ТАЛАБАЛАР ИНТЕЛЛЕКТУАЛ МАДАНИЯТИНИ РИВОЖЛАНТИРИШДА ФАЛСАФА ФАНИНИ ЎҚИТИШНИНГ ПЕДАГОГИК ЖИҲАТЛАРИ. *Современное образование (Узбекистан)*, (6 (91)), 42-49.



34. Акмалжонович, К. Ж. (2019). Талабалар интеллектуал маданиятини ривожлантиришнинг фалсафий-педагогик жихатлари. *Современное образование (Узбекистан)*, (10 (83)), 3-9.
35. Akmaljonovich, K. J. (2022). Objective and Subjective Socio-Pedagogical Factors for the Formation of Intellectual Culture in Future Teachers. *American Journal of Social and Humanitarian Research*, 3(12), 148-151.
36. Юлдашева, М. М. (2017). Жамиятда ёшларнинг турли иллатлардан асрашнинг самарали йўллари. *Молодой ученый*, (4-2), 59-60.
37. Юлдашева, М. М., & Каршиева, Ш. В. (2017). Ёшларимизнинг маънавий-ғоявий шаклланишида интернетнинг роли. *Молодой ученый*, (4-2), 58-59.
38. Юлдашева, М. М. (2017). Мамлакатимизда ижтимоий-иқтисодий ва демократик ислохотларнинг амалга оширида миллий ғоя ва миллий тафаккурнинг ўрни. *Молодой ученый*, (4-2), 56-58.
39. Юлдашева, М. М., & Тобиров, О. К. (2016). РОЛЬ СМИ В ЖИЗНИ ОБЩЕСТВА. *Ученый XXI века*, 29.
40. Юлдашева, М. М., & Тобиров, О. К. (2016). СЕМЬЯ И ИДЕОЛОГИЧЕСКАЯ ДИСЦИПЛИНА ПОВЫШЕНИЯ ЭФФЕКТИВНОСТИ СИСТЕМЫ ОБРАЗОВАНИЯ. *Ученый XXI века*, 17.
41. Юлдашева, М. М., & Аъзамов, Б. М. (2016). Бузғунчи ва вайронкор ғоялар ва уларнинг характерли хусусиятлар. *Молодой ученый*, (3-1), 63-64.
42. Юлдашева, М. М., & Каршиева, Ш. В. (2016). Ёшларнинг маънавий-мафкуравий хуружларнинг объектига айланиб қолиши сабаб. *Молодой ученый*, (3-1), 64-65.
43. Юлдашева, М. М., & Рузиматов, У. С. (2015). РОЛЬ МОЛОДЁЖИ В ФОРМИРОВАНИИ СИСТЕМЫ ИДЕОЛОГИЧЕСКОГО ИММУНИТЕТА. *Ученый XXI века*, (12).
44. Urinboyev, D. (2019). Thoughts About Stratagema Of Western And Eastern Thinkers. *Scientific Bulletin of Namangan State University*, 1(4), 147-151.
45. Bakhtiyorovich, U. D. (2022). Features of the manifestation of strategems and the relationship between them. *ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW ISSN: 2319-2836 Impact Factor: 7.603*, 11(11), 96-100.
46. Bakhtiyarovich, U. D. (2022). IMPROVEMENT OF THE SYSTEM OF NATIONAL STRATEGIES IN THE PROCESS OF REFORMS IN THE SPIRITUAL AND EDUCATIONAL SPHERE OF THE UPDATED UZBEKISTAN. *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429*, 11(05), 99-102.
47. Baratbayev, B. B. (2021). Structural Directions Of Modern Concepts Of National Development Models Of Uzbekistan And Russia. *The American Journal of Political Science Law and Criminology*, 3(01), 15-20.
48. Ravshanov, F., & Baratbaev, B. (2021). Structural Directions of National Development Models of Uzbekistan and Russia. *INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY RESEARCH AND ANALYSIS*, 4(01), 64-67.



49. Baratbaev, B. B. (2020). STAGES OF DEVELOPMENT OF NATIONAL MODELS OF DEVELOPMENT OF UZBEKISTAN AND RUSSIA. *Journal of Central Asian Social Studies*, 1(02), 21-32.
50. Баратбаев, Б. (2020). METHODS OF FORMATION OF MODELS OF NATIONAL DEVELOPMENT IN UZBEKISTAN AND RUSSIA. *МЕЖДУНАРОДНЫЙ ЖУРНАЛ КОНЦЕПСУС*, 1(4).
51. Baratbaev, B. (2020). PROCESSES OF ORGANIZING NATIONAL DEVELOPMENT IN THE CONDITIONS OF THE INDEPENDENT REPUBLIC OF UZBEKISTAN AND THE RUSSIAN FEDERATION. *East European Scientific Journal*, 2(11 (63)), 10-13.
52. Баратбаев, Б. (2021). Россия тараққиёт моделини амалга тадбиқ этиш сиёсати ва унинг натижалари. *Общество и инновации*, 2(1/S), 194-202.
53. Баратбаев, Б. (2021). Политика реализации модели развития России и ее результаты. *Общество и инновации*, 2(1/S), 194-202.
54. Davronovich, M. A. (2022). HUMAN PHENOMENON IN THE DEVELOPMENT OF NEW UZBEKISTAN. *ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW ISSN: 2319-2836 Impact Factor: 7.603*, 11(11), 40-42.
55. Davronovich, M. A. (2022). PHILOSOPHY OF THE CONCEPT OF HAPPINESS IN UZBEK AND ENGLISH. *ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW ISSN: 2319-2836 Impact Factor: 7.603*, 11(11), 37-39.
56. Davronovich, M. A. (2022). PHILOSOPHICAL VIEWS OF RENE DEKART IN THE WORK "THE FIRST PHILOSOPHY". *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429*, 11(06), 176-180.
57. Azizjon, M. (2022). COVERAGE OF ISSUES OF RAISING THE SPIRITUALITY OF A PERSON IN THE PHILOSOPHICAL VIEWS OF ABU MANSUR MOTORIDI. *Yosh Tadqiqotchi Jurnal*, 1(5), 422-428.
58. Davronovich, M. A., & Kholmirezayevich, M. I. (2020). THE DEVELOPMENT OF SMALL BUSINESS AND ITS SOCIO-ECONOMIC AFFECTS. *MODERN VIEWS AND RESEARCH*, 33.