

FORMATION OF PHYSICAL SKILLS THAT INFLUENCE THE MOVEMENT SYSTEM  
IN THE GROWTH AND DEVELOPMENT OF THE CHILDREN'S ORGANISM.

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"If you were to exercise regularly, there would be no need to take medicine"

*Abu Ali Ibn Sina*

**Abstract:** The formation of physical competence in school-age children consists in paying attention to the ontogenesis of the bone system, while establishing proper nutrition, and setting up timed physical norms for the daily routine.

**Key words:** physical activity, sports training, osteoblasts, microelements, school period, preschool period, balance, flexibility, embryonic development.

Our children are healthy, energetic, fit, cheerful, kind, proactive, able to manage their own behavior well, love physical education and sports, and are independent in their environment. a person of a child who can act, who is capable of studying at school and active creative activities in the future formation, physical education is the basis of all-round development of the individual. It allows to ensure the level of physical preparation necessary for children to study at school. summarizes the tasks of education in a complex way. Children who attract the attention of the educator in various forms of physical education organization , act consciously according to their age capabilities, successfully acquire movement skills, can find targets in the environment, and actively deal with the difficulties encountered Focusing on raising a child who is able to solve problems in a creative way will give one of the best results. Children are enriched by the new knowledge obtained as a result of research covering various aspects of child education through the continuous development of physical activities. This helps the development of the entire educational process. Our children spend a lot of time in kindergarten and schools. Thus, the theory of physical education of preschool children helps to improve the entire system of physical education. it consists of training the organism, proper organization of education and training.

Health care tasks of preschool children are aimed at strengthening their health through physical activities, protecting themselves by exercising their bodies, and increasing their resistance to various diseases. Since the development of the children's organism has its own characteristics, in order to express its tasks in a more precise form, it is focused on the formation of the curvatures of the spine, the improvement of the surface of the heel, and the improvement of the joint condition. to help in proper development, bone growth and weight regulation; it is necessary to pay special attention to the development of all muscle groups, paws, fingers, heel, neck, eyes, internal organs - cardiovascular, breathing, and especially weakly developed flexor muscles. to the alternation of the processes of excitation and inhibition, their mobility, as well as a movement analyzer, it helps to improve the sense

organs. Paying attention to the growth and physical activity of the child, even during the mother's pregnancy, the correct development of the bone system is contagious and paying attention to the birth of a healthy child from the genetic point of view has a positive effect on the physiology of the body [1,2,3,4,5,6,7,8,9,10,11,12,13,14,15].

**Influencing** the physical activity of preschool children has a positive effect on the effectiveness of the educational process. Because it is important to develop movement skills and abilities, develop agility, quickness, flexibility, balance, eye sight, proper posture, education of hygiene skills, assimilation of knowledge about body balance. will be makchi. Movement skills with the external environment it facilitates communication and helps to know it. If we give importance to the development and changes during the mother's pregnancy in the development of the child, during the development of the fetus, the bone tissue is formed later than other tissues, in the middle of the second month of life in the mother's womb, it is formed from individual cells-osteoblasts that arise from the mesenchyme. will be These osteoblasts produce intermediate bone material that acts as a scaffold. Bones do not develop uniformly during development. Some of them transform from connective tissue to bone or go through two stages. These are called primary bones. Other bones develop from the arch, or are called secondary bones, which pass through three stages in the development of the membrane, arch, and bone. The process of ossification is divided into four types: Legs appear at the end of the 4th week of fetal life in the form of side bones formed at the border of the ventral and dorsal parts of the fetus. At the beginning of the 6th week, the tips of these buds expand, and primary signs of fingers appear on their surface. As the bud grows to the height, first the stalk, then the thigh marks appear. At the end of the 6th week, the mesenchymal layers of the bones of the soles of the feet, shins, hips, and pelvis are clearly visible in the leg buds. In the 8th week of fetal life, this mesenchymal tissue hardens and turns into an uncle. All bones of the foot go through three stages of development. epiphyses and apophyses are ossified after the birth of a child. The growth of these bones is at the expense of one epiphysis. A newborn baby's legs will also have a hip belt and loose parts of the leg. Their structure will have its own characteristics in different young people. A newborn baby's legs are relatively short. Their feet are long and their hips are short. Depending on age, parts of the foot grow at different rates. During adulthood, the thigh grows 4.5 times, the calf grows 3.7 times, and the foot grows 3 times compared to a newborn child . Movement skills formed in children under the age of 7 serve as a basis for their further improvement at school and allow to achieve high results in sports in the future. In children, it is necessary to prevent diseases related to the bone system in time. One of such common and increased diseases is flat feet. Disturbance of the movement system is caused by a violation of the position of the foot and palm. causes related diseases [16,17,18,19,20,21,22,23,24,25,26,27,28,29,30].

In the process of formation of movement skills in children the ability to easily master slightly more complex movements and various activities involving these movements is formed. The benefits of exercise when children are young about the importance of physical exercises and their techniques it is important to give rules about the method of conducting, active games and physical exercises, and proper nutrition . They should know the names of inventories, the rules for their storage, the correct use and care of clothes and shoes. The acquired knowledge allows children to engage in physical exercises very consciously and fully, to independently use the means of physical education in preschool educational institutions and in the family. Physical in the process of doing exercises, it is necessary to strengthen knowledge about natural phenomena, social life, animals, birds, insects [31,32,33,34,35,36,37,38,39,40,41,42,43,44].

When the embryo is 2 months old, points of ossification begin to form in the diaphysis of the bone. After the child is born, the secondary bone turning points begin to form. After that, the ossification process accelerates. Children's bones differ in size, proportion and composition from adult bones. Bones develop in 2 ways. If the ossification points are formed from mesenchymal tissue, from which proper bone develops, it is called *primary ossification*. For example, this is how some bones of the braincase develop. Some bones develop from stem cells, which is called *secondary ossification*. For example, the diaphysis of long tubular bones begins to develop from the cells of the bone at the base of the bone. In this case, the bone grows at the expense of osteoblast cells. During fetal development, bone tissue is formed later than other tissues, in the middle of the second month of life in the mother's womb, from individual cells-osteoblasts that arise from mesenchyme. These osteoblasts produce intermediate bone material that acts as a scaffold. Bones do not develop uniformly during development. Some of them (the bones of the roof of the skull and the face) turn from connective tissue into bone or go through two stages. These are called primary bones. Other bones progress from the arch or go through three stages (membrane, arch, bone) and are called secondary bones. The process of ossification is divided into four types [45,46,47,48,49,50,51,52,53,54,55,56]:

Legs appear at the end of the 4th week of fetal life in the form of side branches (buds) formed at the border of the ventral and dorsal parts of the fetus. At the beginning of the 6th week, the tips of these buds expand, and primary signs of fingers appear on their surface. As the bud grows to the height, first the stalk, then the thigh marks appear. At the end of the 6th week, the mesenchymal layers of the bones of the soles of the feet, shins, hips, and pelvis are clearly visible in the leg buds. In the 8th week of fetal life, this mesenchymal tissue hardens and turns into an uncle. All bones of the foot go through three stages of development. The diaphyses of these bones are ossified during the period in the mother's womb, and the epiphyses and apophyses are ossified after the birth of the child. The growth of these bones is at the expense of one epiphysis. A newborn baby's legs will also have a hip belt and loose parts of the leg. Their structure will have its own characteristics in different young people. A newborn baby's legs are relatively short. Their feet are long and their hips are short. Depending on age, parts of the foot grow at different rates. During adulthood, the thigh grows 4.5 times, the calf grows 3.7 times, and the foot grows 3 times compared to a newborn child. The weight of the skeleton is 5-6 kg, and it makes up 10% of the total body weight in men and 8.5% in women. The skeleton performs musculoskeletal, protective and biological functions [57,58,59,60,61,62,63,64,65].

In conclusion, we can say that we can see the correct development from the ontogenesis of the basic movement organs.

**- Although flat feet (ploskostopia) in children does not seem like a serious disease, various complications arise. When he grows up, he cannot walk for long, gets tired quickly, and feels severe pain in his calves.**

- In order to prevent flat feet in children, it is necessary to start the treatment from the first days of the child's birth. It is necessary to exercise the muscles of the child's feet and massage them lightly [66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,89,90,91,92].

-Do physical exercises every two hours and don't forget to take a small break after every 45 minutes of work in front of the computer.

Even if you play sports outside of work, don't avoid office fitness. A simple 15-minute workout in the morning after you get to work will keep you going throughout the day. It also makes your movements easier. It also improves the activity of all members of the movement and increases their work capacity.

Exercise improves blood flow to the brain by delivering oxygen and nutrients to brain cells.

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