

WAYS TO APPLY PHYSICAL EDUCATION IN THE FAMILY

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Annotation. *The family is a key stage in the spiritual and physical development of children. For this reason, the duty and responsibility of parents to their children will be incomparably greater. In this case, it is the duty of every parent to have information, concepts, as well as theoretical and practical knowledge about the daily routine and physical activity.*

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In order to develop sports in our country, decrees and resolutions have been developed, which have laid a solid foundation for the development of physical culture and sports, as well as the formation of a healthy generation. Awakening of love for physical education and sports in everyone begins with the family. Most importantly, physical education and sports serve as one of the foundations of a healthy lifestyle in order to increase the opportunities and potential of young people, their physical and spiritual development. Regular physical activity and sports stimulate the child both physically and mentally, his whole body develops in harmony.

Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated February 3, 2019 No 118 "On approval of the Concept of development of physical culture and mass sports in the Republic of Uzbekistan for 2019-2023" The organization of development and introduction of forms and mechanisms is a priority "[1,2,3,4,5,6,7,8].

The health-improving and educational functions of physical education include:

- You will be in a good mood all day;
- your work will be productive, your creative activity will be strong;
- The nervous system is balanced, calm, thoughtful;
- forms feelings of activity, initiative, hardship, courage, friendship;
- Regular exercise leads to the formation of hygienic skills;
- Your body fat is reduced, you become compact, agile, agile;
- Your muscles will contract and your body will be beautiful and graceful;
- Improves blood flow in the arteries, improves the flow of oxygen and nutrients to the body and organs;
- Increases the body's defenses;
- You will be younger, more handsome, hardworking and healthy than others.

Among the physical wellness methods, morning exercise is important with its mass.

The family is a key stage in the spiritual and physical development of children. For this reason, the duty and responsibility of parents to their children will be incomparably greater. In this case, it is the duty of every parent to have information, concepts, as well as theoretical and practical knowledge about the daily routine and physical activity. It is the parents' responsibility to play games with children, to control their play independently, to observe and know the processes of physical growth,

especially to choose games based on the age and physical condition of children and their health. In this case, it is necessary to follow the following:

- Monitoring the health and physical development of children attending kindergartens together with the staff of educational institutions and providing additional exercises and games at home for gifted children;

- Check the health and physical development of children who do not attend kindergarten at home with the help of outpatient doctors;

- It is advisable for parents to master the first tests, such as knowing the heart rate (every minute: how many beats in 10 seconds multiplied by 1 minute to 6), checking the respiratory status, determining the amount of blood pressure.

"Physical education is a long-term pedagogical process aimed at improving the morphology and function of the human body, the formation of vital motor skills, abilities, theoretical knowledge and practical skills associated with them, as well as the development of motor skills" [9, 10,11,12,13,14,15,16].

It is possible to increase the physical development of children in the family and arouse their interest in sports, to create the following conditions in the upbringing at the level of opportunity:

- Collect balls of different shapes and weights;
- making ropes or ropes to replace them; chamberak to girls;
- Purchase of rubber dumbbells;
- delivery of compact and decent clothes;
- installation of small stairs in the yard or porch;
- Establishment of a sports corner.

On this basis, depending on the age of the children, it will be necessary to perform exercises and develop motor skills (agility, alertness, balance and other qualities).

From the earliest childhood (before 1 year of age and beyond), it is important to engage in active play and ensure that they are performed in moderation. This is because through most games, all natural movements (getting up, starting to walk - 7-9 months) allow for free walking, slow running, hanging, pulling, throwing balls, kicking, and so on. different games serve as an important factor in starting to play games (1-2 years).

Whatever the action game, it raises the emotional level of all children in performing them. This has a positive effect on the growth of cheerfulness.

It is also important to educate children mentally and morally through action games. [17,18,19,20]

In children, balls and other objects, toys, and greed are much stronger, that is, the judgment of "mine" is stronger, and even tries to "own" others. These negative features cannot be eliminated, but can be reduced. To do this, it is necessary to form a sense of camaraderie, friendship when children (along with others) play. Parents should use good manners in this way, not by slander, insults, harassment. For example, you will need to use more phrases like this is your brother, your good friend, he will give you his toys too.

If the above-mentioned activities are carried out purposefully and continuously, children will be able to develop physically, mentally and independently, to think, and will be able to study well and well in school.

The child should be taught to sit and crawl, as well as the table, leaning against the walls, more toys when he starts to walk, reaching for small balls, holding, shooting. At the same time, children's abilities such as mobility, speed, agility, estimation, balance are formed and improved day by day. More importantly, through games and a variety of exercises, children's body parts help them perform

natural movements freely and well. As an example, the following practical activities can be shown, namely: For 4-7 year olds:

Walking: walking on tiptoes, heels, external and internal footprints. Exercises such as stretching the arms to the side, lifting them high, placing them on the shoulders, and holding the waist include sitting half-sitting, following the right and left sides, walking in confusion, walking backwards, and walking with the eyes closed.

Running: over the line, on a narrow road, running on straight roads with short, wide, high steps; running with the legs in pairs (inside the bag), running with the legs swinging forward, backward, and sideways.

Kicking the balls, catching, throwing, putting in the basket. Passing (throwing) and catching the ball between the children, moving the ball in a curved shape, throwing away, throwing the stuffed ball away with one or two hands.

Jumping: standing on the ground with legs crossed and written, arms raised, clapping behind, jumping on narrow paths or lines; jump forward, backward, sideways, with pairs of legs. Jumping on one leg and jumping in pairs, jumping on the other leg; jump from a height to the ground, jump from a height (40-50 cm), jump on a rope with one foot, in pairs and step by step; run and jump high.

Crawling and pulling: crawling with elbows resting on a chair or compact mattress; walking on knees; crawling and crawling through the girdle; climb the steep stairs and descend the steep stairs; rope, climbing and descending stairs; sitting back or leaning on your hands and knees on the floor; hanging on a rope, squeezing the legs, stretching movements, etc.

The use of mixed movement games in children's play in pairs and groups, as well as in the process of family play, is very effective and plays an important role in the development of all qualities and physical qualities.

The conclusion is that the physical education of preschool children and its targeted implementation in kindergartens and families is the most complex and responsible pedagogical process. In order to make the training interesting and meaningful, it is important to equip playgrounds, gyms, swimming pools and modern equipment. In addition, the organization of educational processes at the required level, the activities of staff of educational institutions in monitoring and evaluating the health of children is also a priority. Life demands that the role and responsibilities of the family in the upbringing of children attending kindergarten or living at home through healthy exercise should be in line with the requirements of the times. [21,22,23,24,25].

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