

Achilova Soxiba Xamidovna

Teacher of the Kokand State Pedagogical Institute

Turgunboeva Qizlarxon

Student of the Kokand State Pedagogical institute

Annotation. This article describes technologies for the development of physical qualities of preschool children. Based on the conclusions drawn, proposals were developed.

Keywords: Exercise, Physical Education, Training, physical development.

Introduction

Physical education training is the main form of regular teaching of children to exercise. The importance of training is the formation of a culture of movements, the regular implementation of health, educational and educational tasks.

The training serves to educate individuals who are sociable, disciplined, able to act well in the environment, who are able to function quickly and confidently and towards the goal in accordance with the established task, as well as show moral qualities and creativity.

Physical activities are held in the building and outdoors in the fall, winter and spring. During the Summer, Games, exercises are held outdoors, on a physical education site.

In the "first step" program, the exercise prescribed for each age group constitutes the content of the training. In terms of content, it is imperative that the tasks remain clear and clear when conducting a variety of activities, follow the search when passing the program, and also take into account the age and peculiarities of children.

Discussion and results

The structure of the exercises ensures that the physical exercises are performed consistently by children. It is determined by the tasks set, the working capacity of the nervous system and the characteristics of the child's organism at each individual age stage. Control over the dynamics of the child's body and its psychology during training is considered one of the main tasks of the educator. These include:

Educational, educational and wellness tasks are equally important for each part of the training. Content and tasks of the training introductory part.

The first part of physical education training can vary according to the content of the tasks worn and the exercises in its main part.

The task of the introductory part of the training consists in creating an interest and emotional mood for it in children, checking the level of training of attention, clarifying certain movement skills, preparing the child's body for a somewhat intensive fast activity, which gradually takes place in the main part of the training.

To this end, children are offered familiar exercises and their options, which help to raise the right posture, prevent flat heel, are associated with aiming in space and in the team, do not require a lot of time to perform.

The composition of such exercises includes:

- deployment exercises: different deployments and re-deployments;
- walking and running, performed with different tasks;
- spread light running and later line up as a large and small round, column, etc.;
- walks of different appearance and with the aim of preventing flat heel: walking on the heel, on the tip of the foot, on a thick cord on the floor, on a ladder, etc.

The introductory part begins with the formation of children in groups of three to four and ends with their spread. The introductory part of the training serves to switch children to teaching all-inclusive exercises at the beginning of the main part of the training.

This part lasts from 2-4 minutes in small groups, from three to five minutes in medium groups, from four to six minutes in large groups.

The content and tasks of the main part of the training.

In this part of the training, in one case, the tasks of teaching children to all-inclusive exercises, and then to basic movements and raising physical qualities are determined; in another, the focus is on teaching basic movement exercises. It provides for the introduction of new movement material, the repetition of previously familiar exercises using various options, the improvement of movement skills in the strengthening phase. This is followed by rule action games that draw all children into intensive action.

In this case, complex tasks (introducing children with new material or performing very complex coordination exercises) are determined at the beginning of the main part, taking into account the continuity of the ability of children to work psychologically.

All-in-one exercises are performed by children with small items, flags, sticks, champignons, ribbons, threads. Such exercises and means have a positive effect on the improvement of the functional state of the children's organism.

Initially, exercises for the development and strengthening of the muscles of the arm and shoulder girdle are given in order to form the correct posture and regulate breathing. In the second place, exercises are given for the torso and strengthening the muscles of the back, as well as developing spine flexibility (bending forward, backward and to the sides, turning the torso). And in the third place there are those that strengthen the muscles of the abdomen and legs (squatting, lifting bent legs from the knee, etc.k.) exercises are given.

After that, the basic movements are transferred to training. In this, one of them will be new for children, and the other will be at the stage of learning and improvement.

The duration of the main part of the training, which is carried out with the training of all-inclusive exercises: in small groups from 15 to 18 minutes; in the middle group from 20 to 22 minutes; in the large group it lasts from 25 to 28 minutes.

And when performed without all-inclusive exercises, its duration is 8-12 minutes in small groups, 12-15 minutes in the middle group, and 15-20 minutes in the large group.

The finisher of the exercise is

The post-game ending portion of the routine involves an intensive face walk that becomes increasingly slow. It helps with general excitatory work; in the process of walking, children can perform several breathing exercises. In some cases, walking can also be replaced by a low-action game involving all children. A walk or a replacement play ends the practice session. Ending Section: 2 to 3 minutes in the small group, 3 to 4 minutes in the medium and large groups.

The main purpose of education for preschool children is to educate the younger generation as a physically healthy, mentally mature, spiritually rich, comprehensively developed person and prepare for school education. The tasks of raising preschool children are to give physical, mental, moral, aesthetic, labor education and prepare regularly (to school) on the basis of national and universal values, taking into account their innate competence, interest, need and capabilities.

The purpose and objectives of physical education classes held in preschool educational organizations are the formation of various physical development skills and abilities in children, the development of physical qualities in them, such as strength, vivacity, agility, elegance. Regular physical activities have a positive effect on the growth and development process of children.

Physical development-the process of transformation of the forms and functions of the human organism is considered. The term "physical development" is used in a broad and narrow sense. When the term "physical development" is used in a narrow sense, it means anthropometric and biometric indicators, chunonchi: posture, height, weight, chest circumference, lung capacity, degree of vertebral curvature, Gaddi-the physical condition of the figure, distance between the tip of the shovel, indicator

of the tавон Dome measurement, strength of the right and left paw muscles, strength of standing posture, etc. And when the term "physical development" is used in a broad sense, physical qualities (flexibility, ability to balance, squint, strength, endurance) are also introduced into it.

Physical development is carried out through the means of morning badantarbia in the whole process, physical minute between workouts, as well as various games throughout the day.

Conclusion

One of the pressing problems at the present stage is children. increased attention to the development of the personality of the child is associated with the possibility of updating and qualitatively improving the preschool physical education system. The relevance of the chosen topic comes from the fact that among children from a theoretical and practical nature, there are discussions about how much physical qualities depend on innate factors and whether they need special development of preschool children. Now studying scientific heritage, socio-political activities and acquaintance youth charity of our above-stated ancestors is considered one of the main urgent objectives of the modern intellectuals.

It was this process that was proposed and introduced in practice, the creation of autonomous opportunities, conditions that determine the impact of effective factors, aimed at finding a methodological and scientific solution to the problem.

REFERENCES

1. Gulnora, I. (2023). EVALUATIVE VOCABULARY AND MEANS ITS MANIFESTATIONS. *Gospodarka i Innovacje.*, 32, 168-173.
2. Gulnora, I. (2023). STATEMENT OF THE LEARNING TASK AS A MEANS OF LANGUAGE DEVELOPMENT OF A YOUNGER STUDENT IN THE RUSSIAN LANGUAGE LESSONS. *Gospodarka i Innovacje.*, 32, 180-184.
3. Mamadzhanovna, I. G. (2022). Identification of gaps in students' knowledge of the Russian language. *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact factor: 7.429, 11(12), 189-192.
4. Mamadjanovna, I. G. (2022). MECHANISMS OF USE OF EDUCATIONAL METHODS IN TEACHING THE RUSSIAN LANGUAGE IN THE SUBJECT OF HIGHER EDUCATION. *ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW* ISSN: 2319-2836 Impact Factor: 7.603, 11(11), 71-73.
5. Mamadzhanovna, I. G. (2022). ANALYSIS OF THE SYNONYMIC ROWS OF THE VERB "SEE". *International Journal of Early Childhood Special Education*, 14(7).
6. Israilova, G. R. (2022). The Image of the House and the Family Thought in LN Tolstoy's Novel "War And Peace". *Zien Journal of Social Sciences and Humanities*, 10, 36-37.
7. Toshpo'latovich, Y. O. (2022). INTERPRETATION OF SMART TECHNOLOGY IN TECHNOLOGY LESSONS. *Open Access Repository*, 9(11), 23-31.
8. Yuldashev, O. (2021). РАСЧЁТ СИЛОВЫХ ХАРАКТЕРИСТИК ТЕХНОЛОГИЧЕСКОГО ПРОЦЕССА ОБРАБОТКИ ПОЧВЫ. *НАУКА И МИР*.
9. Toshpo'latovich, Y. O. (2022). THE IMPORTANCE OF USING NON-STANDARD TEST TASKS IN MONITORING STUDENT KNOWLEDGE. *Open Access Repository*, 9(11), 44-53.
10. Yuldashev, O. (2021). ЭКИШДАН ОЛДИН ТУПРОҚҚА ИШЛОВ БЕРИШНИНГ ЯНГИ ТЕХНОЛОГИЯСИ. *Agro protsessing*.
11. Yuldashev, O. (2021). ТУПРОҚҚА ИШЛОВ БЕРУВЧИ АГРЕГАТ ШАРНИРЛИ БОҒЛАНИШЛИ ҚОЗИҚЧАЛАРИ БЎЛГАН БАРАБАНИНИНГ КОНСТРУКТИВ ЎЛЧАМЛАРИНИ АСОСЛАШ. *Agro protsessing*.
12. Yuldashev, O. T. (2020). Development prospects of investment insurance product

“Unit-Linked”. International Finance and Accounting, 5, 1.

13. Toshpo‘latovich, Y. O. (2022). THE REPLACEMENT OF TECHNOLOGICAL EDUCATIONAL WORK IN GUIDING SCHOOL STUDENTS TO CHOOSE THE RIGHT PROFESSION.

14. Toshpo‘latovich, Y. O. (2022). REGARDING THE ORGANIZATION OF WOODWORKING TRAINING IN A NON-TRADITIONAL WAY.

15. Yuldashev, O. (2018). IMPORTANT FEATURES OF EVALUATING EFFICIENCY OF TAX PREFERENCES. International Finance and Accounting, 2018(4), 40.

16. Venera, K., & Firdovuskhon, Y. (2021). Technology of Formation of Skills of Folk Crafts and Home Work at Technology Lessons. JournalNX, 7(03), 227-230.

17. Юсуфходжаева, Ф. М. (2019). Методы и формы обучения по методике преподавания труда в педагогическом вузе. Актуальные научные исследования в современном мире, (3-4), 146-149.

18. Mukhtorovna, Y. F. (2022). GAS PROCESSING TECHNOLOGY. Galaxy International Interdisciplinary Research Journal, 10(2), 110-114.

19. Yusufxodjaeva, F. M. (2018). Tarbiya usullarini to ‘g ‘ri tanlashning ta’lim jarayonidagi ahamiyati. Sovremennoe obrazovanie (Uzbekistan),(1), 52-59.

20. Mukhtorovna, Y. F. (2022). LEARNING THE TECHNOLOGY OF COLLECTIVE CREATIVE WORK IN PRACTICE. Open Access Repository, 9(11), 175-179.

21. Mukhtorovna, Y. F. (2022). TEACHING OF TECHNOLOGY USING INTERACTIVE METHODS. Open Access Repository, 9(11), 169-174.

22. Muxtorovna, Y. F. (2022). MAKTAB YOSHIDAGI O’QUVCHILARGA BO’SH VAQTLARIDA QIZIQISHLARI BO’YICHA SHUG’ULLANTIRISH. PEDAGOGS jurnali, 4(1), 290-294.

23. Yusufxodjayeva, F. (2023, March). TEXNOLOGIYA DARSLARIDA O’QUVCHILARGA GAZLAMALARGA ISHLOV BERISH TEXNOLOGIYASINI O’RGATISHDA “BBB” TA’LIM TEXNOLOGIYASIDAN FOYDALANISH. In E Conference Zone (pp. 12-17).

24. Tolibjonovich, M. T. (2021). Eastern Renaissance And Its Cultural Heritage: The View Of Foreign Researchers. ResearchJet Journal of Analysis and Inventions, 2(05), 211-215.