

**THE COMPETENCE OF THE EDUCATOR IN THE APPLICATION OF  
TECHNOLOGIES FOR THE ORGANIZATION OF HEALTH CARE WORK FOR  
CHILDREN OF PRESCHOOL AGE**

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**Abstract:** *This article addresses the issues of educator competence in the use of technology in the organization of health care for preschool children.*

**Key words:** *perfect man, education, upbringing, technology, dynamic pause, communicative games, eye gymnastics, breathing gymnastics.*

**Introduction**

Today, the organization of quality preschool education organizations is one of the main and urgent issues before the education system. Our goal is to create a quality education in the field of preschool education, introducing innovations and covering children who are not involved in preschool education on the basis of new peer-to-peer basis. With this, to bring preschool education to higher heights. Without the introduction of new ideas and new technologies of peer-to-peer, it is impossible to carry out quality education in all preschool organizations.

In order to ensure the healthy growth of children in pre – school educational organizations and their development as a spiritual, rational and morally perfect person despite the existing problems, the new process of education on the basis of preservation, preservation, strengthening the health of the boas requires strength, perseverance, intelligence and patience from all of us. Therefore, below we recommend health-preserving educational technologies for pedagogical workers of pre-school educational organizations.

**Modern health-preserving technologies:**

Such technologies have therefore been developed, from simple treatment and disease prevention to the transition to mustaham independent health, which is valuable for human life.

**The purpose of health-preserving technologies** - to bring the health of educators to a high level, to formulate in them the culture of a healthy lifestyle (valeology), the concepts of the child's protection of human health and life, to teach the child to move independently and effectively in the

solution of issues of a healthy lifestyle and to move safely in the first medical and psychological care, to

**Forms of health-preserving technologies:**

- physical education classes
- independent activities of children
- moving plays
- morning Physical Education(traditional, respiratory, sound)
- health-improving-haratli jimoni training minutes
- physical education after daytime sleep
- physical education included in conditioning activities
- physical education tours
- physical activities
- sports holidays
- health-improving treatments in ponds
- physics

**Health care technologies are conditionally divided into the following three groups:**

**1. Health and restorative technologies:**

**Stretching** - at least 30 minutes after eating, 2 times a week for 30 minutes in middle-aged groups, special exercises under the music in sports, music halls or well-ventilated group rooms. Loose slender and flat compensation is recommended for children.

**Dynamic pause** - during training, 2-5 minutes are recommended to all children to prevent children from getting tired when they are tired. Depending on the type of training, these exercises include eye Gymnastics, elements of respiratory Gymnastics and other gymnastics.

**Action and sports games** - as part of physical education classes, hiking, in the group rooms - low-mobility, medium-mobility and high-mobility are held every day for all young groups. In the kindergarten, we use elements of sports games.

**Relaxation (relaxant)** - in the desired room, children choose pedagogical - intensive technologies, depending on the situation and purpose. Can be conducted in all age groups. Bunda

uses calm classical tunes, sounds of nature. Or it is recommended to arrange special relaxation rooms in kindergartens.

**Gymnastics of fingers** - It is held every day, starting from small age groups. It is recommended to apply to all children, conducted individually or with half a group. Especially useful for children with speech problems. It is possible to spend it in the desired part of time (at the time of our own desire, at the time that suits us)

**Eye Gymnastics** - from a small age period, it is held daily for 3-5 minutes at a time of rest. Visual materials are used on the basis of display.

**Respiratory Gymnastics** - in physical-health activities of different forms. it is held in a cleaned, ventilated room. Before the conduct of pedagogical treatment, children are introduced to the nasal cavity giana with a certificate (before the exercise, clean the nasal cavity from the hilts, like a thorough floss).

**Refreshing Gymnastics** - every day after daytime sleep, 5-10 minutes are spent.

**Corriginal Gymnastics (elimination of defects)** - it is carried out in all types of physical-health-improving work. The form of transfer is transferred depending on the intended purpose and the number of children.

**Orthopedic Gymnastics** - in all types of physical-health activities. Yassitovon is carried out with children and with the aim of preventing defects in the musculoskeletal system.

### 1. Technology of teaching a healthy lifestyle:

**Physical education classes** - 2-3 times a week in the gym or Music Hall. The first young group is held in the room 10 minutes, the younger 15-20 minutes, the middle 20-25 minutes, the older 20-25 minutes. Before training, the room should be thoroughly cleaned and ventilated.

**Problematic games** (game training, game therapy) - in free time, the day can be spent in 2 half. Without time limits, according to the task of training. Training is conducted in the process of the game on an unconscious level to the child.

**Communicative games** - from young children older than 1-2 times 30 minutes per week. The training will be conducted according to a clear scheme and will consist of several parts. These include conversations, Etudes of various game actions, drawing and loy training.

**Exercises on the basis of parts “Health”** - once a week from a young age older than 30 minutes. It can be included in the training schedule as the development of cognitive activity.

In the morning, dotted self-scrubbing is performed. Before the increase in infectious diseases, it is held in spring and autumn at the time of exacerbation. It is passed strictly on the basis of a special methodology. It is recommended for children with respiratory diseases and prone to rapid edema. Visually, weapons are used. (based on custom modules).

### 3. Correction technologies

**Technology under the influence of music** - all types of physical-health exercises are carried out or individual exercises 2-4 times a month, depending on the set of tables, are used as an auxiliary tool: to prevent fatigue in children and to raise the emotional mood.

**Fairy tale therapy** - starting with a large young group of people 2-4 times a month for 30 minutes of training, the training is stemmed for psycho - therapeutic development. A fairy tale can be told by an adult or given as a story with a group, in which all the children tell a fairy tale, the rest of the children carry out the necessary action from behind the fairy-tale narrator.

### Conclusion

Only healthy children are attracted to all kinds of activities, they are cheerful, optimistic, are engaged in open communication with peers and educators. And this is a successful pledge to develop the personality of the child, all its features and qualities.

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