

METHODOLOGY FOR IMPROVING THE PHYSICAL FITNESS OF PRESCHOOL CHILDREN

Rustamov Akbar Askarovich,

Bukhara State Pedagogical Institute

Teacher of the Department of physical education and sports

[*akbaraskarovich93@gmail.com*](mailto:akbaraskarovich93@gmail.com)

Annotation: This article shows the features and stages of Organization of the field of formation of the physical development and healthy lifestyle of schoolchildren 5-6 years old. Preschool children, a number of issues related to changes in physical activity depending on their age and gender, their comprehensive maturation using exercise, action games and walks, improved physical development and health levels, strengthening of physical qualities present in the child, improved levels of physical fitness are revealed. Also, when teaching the main types of movements, methodologies and practical recommendations for giving physical loadings and preventing their exhaustion have been developed, taking into account their age characteristics.

Keywords: Preschool organization, preschool age, physical education, physical activity, physical qualities, training, preschool age, special physical exercises, health, action games, personality, abilities, conditioning, loading.

Introduction. Today, measures are being taken to cooperate with foreign countries in the system of preschool educational organizations in our country. One of his achievements in applying this plan in practice is the development of a competently-oriented “first step” state curriculum for preschool educational organizations, as well as the approval and implementation of the state standard of preschool education and upbringing.

Both of these documents are one of the main directives for the purpose of ensuring high-quality education and upbringing of each educational person studying in preschool educational institutions, as well as various categories of pedagogical personnel in the management and preschool education system in the field of preschool education. Today, Sports and physical education are of great importance for children to increase physical activity, strengthen their general health and develop their spiritual world. Playing sports not only improves physical condition, develops agility, accuracy and reaction speed, but also develops social skills. Children are accustomed to teamwork, mutual respect and friendship through sports, and are also a key factor in the strengthening of patience and will towards the correct acceptance of competition and success.

The development of modern methods and techniques aimed at increasing and developing physical activity for preschool children, as well as the establishment and strengthening of cooperation with parents, remains one of the current issues. In children of this age, the high biological need for physical activity and the fact that this need is not always fully satisfied or that insufficient conditions have been created to deal with is the reason for their decreased activity of movement. Parents should always support the physical activity of children at home, as well as actively participate in the physical education process. The development of the preschool system is not

limited only to the quality of the educational process, but also directly depends on the promotion of physical activity and a healthy lifestyle.

Gaining experience in the following types of children's activities, including performing exercises aimed at the development of physical qualities such as coordination and flexibility, are associated with the correct formation of the body's musculoskeletal system, the development of balance, coordination of movement, contributing to the development of large and small motor skills of both hands, as well as the formation of, mastering action games by rules; the formation of goal orientation and self-control in the field of physical activity; the formation of values of a healthy lifestyle, the assimilation of its elementary norms and rules (the formation of useful aspects in nutrition, physical activity) is necessary.

Movement activity is the development and improvement of successful physical and mental abilities of young children. It is a combination of different physical movements that are carried out through physical exercises that are performed independently, along with the movement we always perform. Movement is considered an integral part of human living organisms. This has played a very important role in the emotional development of the children's world, and at the same time remains an important component of the human body for its inextricable connection with the external environment.

The purpose of the study is to develop suggestions and recommendations for improving the methodology for applying special exercises in increasing the activity of preschool children.

Research methods: literature analysis, pedagogical observation, mathematical-statistical analysis, pedagogical research.

40 boys and 40 girls from 5-6-year-olds of preschool organizations 19-47 in Bukhara were selected for the experimental and control groups. During the period of pedagogical experience, the training processes of control groups (NG (n=20)) were organized according to the program approved in this organization. Training is organized in experimental groups (TG (n=20)) of 5-6-year-olds, which reflects the changing characteristics of physical fitness indicators (4.1.-4.2.- see tables).

The following dispersion properties of the options were calculated to form an idea of exactly what the individual test results, which were shown by 5-6 – year-olds of the research and control groups, were located at the limit: dispersion x , standard deviation σ , variation coefficient $V, \%$ the difference between the results was determined by the T-styling criterion.

The level of physical fitness of 5-6-year-old boys brought up by the Bukhara region preschool educational organization in the experimental and control groups was equal to the following results (4.1.- see table):

The control group of the study on the 10-meter run control test from where speed physical quality is determined in preschool children the average result in boys was 3.57 ± 0.51 seconds at the beginning of the study, while the difference in results was 14.2%, as well as the experimental group on the 10-meter run control test from where standing It demonstrated that the reliability level was $p > 0.05$.

Boys aged 5-6 showed the following result by the end of the study on the 10-meter run control test: the control group showed that the average result for this test in boys was 3.58 ± 0.49 seconds at the end of the study, the difference between the results

was 13.6%, the average result after the 10-meter run control test In this we can see that the degree of reliability is $p < 0.05$, that is, the degree of reliability is high.

In a 3x5 meter max run control test to determine the coordination and agility qualities of their 5-6-year-olds, Bukhara region preschool educational organization, the control group found that boys ' average at the beginning of the experiment was 7.78 ± 1.22 seconds, and the variation indicator was 15.6%, and the experiment group on the maximum run control test at 3x5 meters%, we can see that $t = 1.08$. It demonstrated that the reliability level was $p > 0.05$.

Boys aged 5-6 showed the following result by the end of the experiment on the 3×5 meter Maximon running control test: the control group showed that the average result for this test in boys was 7.70 ± 1.25 seconds at the end of the experiment, the variation indicator was 16.2%, and the experimental group on the 3×5 meter Maximon running control test In this we can see that the degree of reliability is $p < 0.05$, that is, the degree of reliability is high.

After the use of special exercises within the framework of the methodology, the results were stable and of high quality with a decrease in the variation indicator. At the end of the experiment, however, the results of the experiment group were significantly improved over the control group, indicating that the methodology was more efficient and that the results were statistically reliable.

4.1.- table

Dynamics of the level of physical fitness of 5-6-year-old boys brought up by the Bukhara regional preschool educational organization (n=40)

№	Specification	Test time	C G (n=20) $\bar{X} \pm \sigma$	V%	EG (n=20) $\bar{X} \pm \sigma$	V%	t	p
1.	10 M Cross Country, (s.)	E.H.	$3,57 \pm 0,51$	14,2	$3,65 \pm 0,65$	15,3	0,47	$> 0,05$
		E.E.	$3,58 \pm 0,49$	13,6	$3,29 \pm 0,31$	9,4	2,23	$< 0,05$
2.	Maximum run 3x5 m, (s.)	E.H.	$7,78 \pm 1,22$	15,6	$8,21 \pm 1,28$	15,5	1,08	$> 0,05$
		E.E.	$7,70 \pm 1,25$	16,2	$7,03 \pm 0,69$	9,8	2,09	$< 0,05$
3.	Jump from standing to long, (CM.)	E.H.	$84,62 \pm 19,21$	22,7	$80,03 \pm 19,04$	23,7	0,75	$> 0,05$
		E.E.	$87,98 \pm 18,67$	21,2	$98,49 \pm 10,09$	10,2	2,21	$< 0,05$
4.	Jump above the standing position, (CM.)	E.H.	$19,57 \pm 3,61$	18,4	$18,29 \pm 3,65$	19,9	1,11	$> 0,05$
		E.E.	$19,61 \pm 3,68$	18,7	$21,66 \pm 2,27$	10,4	2,12	$< 0,05$
5.	Throwing a Tennis ball, (m.)	E.H.	$10,28 \pm 1,84$	17,9	$9,52 \pm 1,89$	19,8	1,28	$> 0,05$
		E.E.	$10,32 \pm 1,91$	18,5	$11,47 \pm 1,34$	11,6	2,20	$< 0,05$

Note: s-second, CM-centimeter, m-meter.

The control group on the long jump from the place of stay in the pedagogical test conducted to determine the dynamics of the development of the quality of rapid strength of the preschool educational organization of our region of 5-6 years old was 84.62 ± 19.21 centimeters at the beginning of the study, the difference between the results was 22.7% , %, we can see that $t = 0.75$. In this, it was shown that the reliability level is $p > 0.05$.

A study on the long jump control test from where boys 5-6 years old stood showed the following result by the end: the control group found that the average result for this test in boys was 87.98 ± 18.67 centimeters at the end of the study, the difference between the results was 21.2%, as well as the experimental group on%, showed in practice that $T = 2.21$. In this we can see that the degree of reliability is $p < 0.05$, that is, the degree of reliability is high.

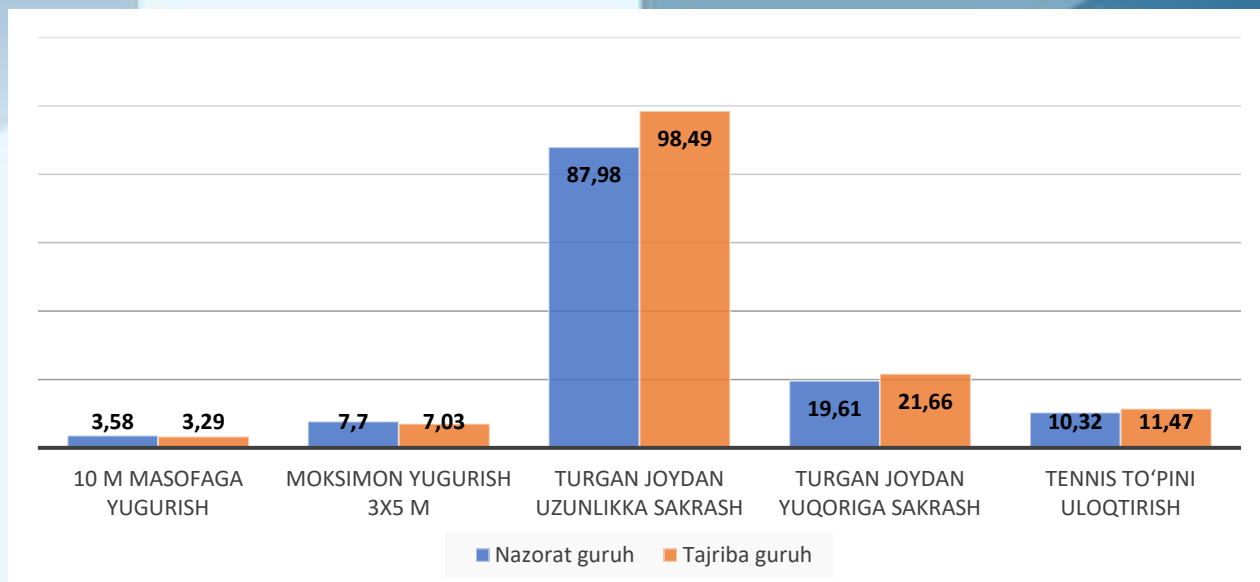
Preschool organizations showed that the results of pedagogical testing of 5-6-year-old boys jumping above their standing position: the control group for jumping above the standing position in the pedagogical test performed the average result of boys was 19.57 ± 3.61 centimeters at the beginning of the experiment, while the variation indicator was 18.4%, and the experimental group for %, we can see that $t = 1.11$. In this, it was shown that the reliability level is $p > 0.05$.

By the end of the study on the above-standing jump control test of foster boys, the results were as follows: the average result for this testing in boys was 19.61 ± 3.68 centimeters at the end of the experiment, the variation indicator was 18.7%, and the average result was 21.66 ± 2.27 centimeters by the end of the experiment after the experimental %, showed in practice that $T = 2.12$. In this we can see that the degree of reliability is $p < 0.05$, that is, the degree of reliability is higher than the ratio.

When the results in the experiment and control group were compared comparative, the statistical differences between the indicators reliability after the methodology was applied in the experimental group boys, the results were stable and of high quality with a decrease in the variation indicator. At the end of the experiment, however, the results of the experiment group were significantly improved compared to the control group, indicating that the methodology developed was more efficient and that the results were statistically reliable

The control group for the 150-gram tennis ball throw test, which determines the dynamics of the development of accuracy and hand strength in preschool children of our work, found that the average result in boys was 10.28 ± 1.84 meters at the beginning of the study, and the difference in results was 17.9% , and the experimental group for the 150-gram%, we can see that $t = 1.28$. In this, it was shown that the reliability level is $p > 0.05$.

Boys 5-6 years old showed the following result by the end of the study on the 150 gram tennis ball throwing control test from where they were standing: the control group showed the average result on this test in boys was 10.32 ± 1.91 meters at the end of the study, the difference between the results was 18.5%, and the experimental, the difference between the results was shown in practice at 11.6 %, $t = 2.20$. In this we can see that the degree of reliability is $p < 0.05$, that is, the degree of reliability is high.



4.1.- figure dynamics of the level of physical fitness of 5-6-year-old boys brought up by the Bukhara regional preschool educational organization at the end of pedagogical experience

After the use of specific exercises on the methodology, the results were stable and of high quality with a decrease in the variation indicator. At the end of the experiment, however, the results of the experimental group were significantly improved over the control group ($t=2.20$, $p<0.05$). The results of the members of the control group practically did not change during the experiment. This indicates that they do not have a significant development of hand strength. Spontaneous growth or development was not felt in this group. The results of the experimental group were much higher than those of the control group, which practically demonstrated the high efficiency of the methodology in the development of the qualities of hand strength.

According to the results of the study, special exercises and action games are an effective tool for the development of children's movement activity in preschool educational organizations. Correctly selected pedagogical methods and physical training will help to significantly improve the speed, agility, strength and coordination of children. The role of educators and coaches is very important in this process, and their work on the basis of a scientific and methodological approach ensures a high level of development of children's physical fitness. For this reason, it is recommended to systematically conduct physical education in preschool institutions and use modern methods.

The results of the study showed that the increase in the level of physical fitness of children depends on the correct approach of educators and coaches, as well as their methodological skills. To organize effective physical education training, the following are important:

Regular training system-action games and special exercises should be held at least 2 times a week.

An Individual approach-exercises should be selected depending on the level of individual development of children.

Extensive use of action games – the effectiveness of exercise in the form of a game, which is interesting for children, is high.

Bibliography:

1. O‘zbekiston Respublikasi Prezidentining 2023-yil 11-sentabrdagi PF-158-sonli “O‘zbekiston-2030 strategiyasi to‘g‘risida”gi Farmoni.
2. O‘zbekiston Respublikasi Vazirlar Mahkamasining 2020-yil 22-dekabrdagi 802-sonli “Maktabgacha ta’lim va tarbiyaning davlat standartini tasdiqlash to‘g‘risida”gi qarori .
3. M.X.Tadjiyeva, S.I.Xusanxodjayeva “Maktabgacha yoshdagi bolalar jismoniy tarbiya nazariyasi va metodikasi”. Toshkent. “Iqtisod-moliya” 2017
4. D.N. Raxmatova, L.Z. Xolmurodov, L.B. Sobirova “Maktabgacha va boshlangich ta’limda jismoniy tarbiya nazariyasi va uslubiyati” Toshkent “Ozkitobsavdo” nashriyoti” 2020
5. F.Xo‘jayev “Maktabgacha ta’lim tashkilotlarida o‘tkaziladigan harakatli o‘yinlar” Toshkent – 2022 y
6. O.V.Goncharova “Yosh sportchilarning jismoniy qobiliyatlarini rivojlantirish” O‘zDJTInashriyot-matbaa Toshkent-2005
7. Кобяков, Ю.П. Модель здоровья человека как структурная основа теории здоровья / Ю.П. Кобяков // Теория и практика физической культуры. - 2006. № 1.-С. 23-25
8. Рунова, М.А. Двигательная активность ребенка в детском саду : пособие для педагогов дошкольных учреждений, преподавателей и студентов пед. вузов и колледжей / М.А. Рунова. - М. : Мозаика-Синтез, 2004.-256 с.
9. Rustamov A. A., Ikromboyev A. Methodology for Teaching Preschool Children to the Main Types of Movement in the Medium of Action Games //International Journal of Formal Education. – 2024. – Т. 3. – №. 1. – С. 103-107.
10. Askarovich R. A., Asadbek I. MECHANISMS FOR THE DEVELOPMENT OF PRESCHOOL CHILDREN THROUGH THE MEANS OF PHYSICAL EDUCATION //Proximus Journal of Sports Science and Physical Education. – 2024. – Т. 1. – №. 4. – С. 51-55.
11. Asqarovich R. A. YOSH GANDBOLCHILARDA KUZATISH VA DIQQATNI RIVOJLANTIRISH //INTEGRATION OF SCIENCE, EDUCATION AND PRACTICE. SCIENTIFIC-METHODICAL JOURNAL. – 2022. – Т. 3. – №. 9. – С. 148-153.