

Methods Usage of Moving Games to Develop Physical Skills and Abilities of Preschool Children

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Abstract: *The methodology of conducting mobility games among pre-school children and the content of the mobility games used in the physical trainings are highlighted in this article.*

Keywords: pre-school children period, the physical development of child, skills and qualifications, mobility games.

1. INTRODUCTION

The Article 11 of the Law of the Republic of Uzbekistan "On Education" states that "Pre-school education aims to shape a child's personality in a healthy and mature state till attending the school. Pre-school education is provided in kindergartens and other educational institutions irrespective of the type of property from the age of six to seven years. "A number of decrees and resolutions have been assigned in our country on the importance of pre-school education to the level of public policy and the development of the system's activities, raising the pre-school education process to world standards, and the development of physical, intellectual potential of children from pre-school age.

The Decree of the President of the Republic of Uzbekistan from December 29, 2016 "About measures on further improvement of system of preschool education for 2017-2021" № 2707 "About organization of the Ministry of preschool education of the Republic of Uzbekistan" from September 30, 2017 serve as a basis for further reforming and a completely different appearance. Also, the Decree of the President of the Republic of Uzbekistan No. 5368 of March 5, 2018 "On measures to radically improve the system of public administration in the field of physical education and sport" identifies the priorities of educational institutions in the development of mass sports and selection of talented youth, in it physical fitness and physical fitness through physical exercises and physical exercises by trainers in primary gymnastics and mobility games as well as the formation of interest in sports, education and sports ability of young generation has been assigned. Resolution of the President of the Republic of Uzbekistan from December 29, 2017, № 2707 "On measures to further improve the system of preschool education for 2017-2021", Resolution of the President of the Republic of Uzbekistan 3261 of September 9, 2017 "On measures to radically reform the system of preschool education"; 3305 of September 30, 2017 and Decree No. 5198 of the President of the Republic of Uzbekistan of 30 September 2017 "On measures to radically improve the system of preschool education", further reforming the system of preschool education and has

acquired completely different appearance. As you know, the development and growth of the child is an ongoing process. During this period, we can observe the development of his personality, the first occurrence of events and objects, the desire to find meaning in it, the interests and emotions. The appropriate requirements for the physical training of children, the healthy and harmonious development of the baby from the first years are the main requirements of the time. Providing the children with the physical development laws and their initial activities, the scientific approach to the development of the content and methods of the educational process, the systematic hygiene, the training of the skills needed to stamina, endurance; solve some of the most important issues in different occupations and activities, such as independent thinking, upbringing, and physical training. Monitoring existing scientific research and teaching and learning tools can be seen in the fact that the technique of using mobility exercises in physical education and skill development in pre-school age have not been studied as a separate research object yet. Each stage of life has its specific stages in terms of developmental characteristics and needs. When the child grows up, physical activities, the order of basic movements plays an important role in this process, and it will contribute to physical development of the child's personality, if these processes are organized systematically with the help of appropriate, mobility games.

2. LITERATURE REVIEW

A number of scientific studies have been conducted on the methods and methods of physical training in pre-school institutions of the Republic and in abroad. In particular, scholars working at higher and secondary specialized educational institutions such as T. Usmonhodjaev, D. Sharipova, G.Tulenova, M. Masharipova, G. Salimov focused on various aspects of the problem of physical education of children. Other aspects of the topic are also striking on the basis of scientific researches of scientists of independent countries commonwealth such as A.Akieva, G.Osokina, Yu. Andreev and B. Chumakov. T.Usmonxo'jayev, Sh.Pulatov, A.Pulatov, A.Rasulev (National and mobility games); K.Makhkamjonov (Nation's

mobility games for youngsters); F.Khodjaev (1001 active games); G. Salimov (Efficiency of development of physical qualities of pupils aged 7-10 on the basis of mobility games), O.Safarov (Uzbek national children's games), F.Kerimov (Mobility games with elements of single wrestling), K.Rahimkulov (National games), R.Yuldasheva (The educational and didactical significance of the Uzbek national mobility games), Litvinova M.F. (Russian national mobility games), Frolov V.G., Yurko G.P. (Physical training in the open air with children), Mendjeritskaya D.V., Glazyrina L.D.(Physical training with pre-school children), Lendret G.L. (Generalized and expanded physical training variational program for pre-school education institutions), Penzullaeva L.I. (Physical trainings for 5-6 year-old children) as well as scientific literatures and research works are priceless.

3. ANALYSIS AND RESULTS

The methodology for the usage of mobility games in the development of physical abilities and skills in pre-school children has been developed and put into practice. According to this, the department of pre-school education and preschool evidence were formed. Based on the experience of physical skills and abilities of pre-school age children: A calendar plan and methodical manual with pedagogical and methodological, organizational recommendations in pedagogical (preschool, methodologist, educator, music director, physical training teacher) of summer health care: A complex of summer, national and mobility games for preschool children; A set of documents for physical education for pre-school education providers; Department of physical development of the upbringing child program;

A methodology for the development of physical abilities and skills for 3-7 years old children pre-school have been developed and introduced.

The scientific and practical significance of the research is that the results of pedagogical questionnaire, surveys, current research, results of anthropometric indicators and pedagogical experience increase the physical skills and abilities of younger children by means of mobility games, resulting in physical skills and capabilities (large, small and sensomotorics) the method of mobility games was developed.

4. CONCLUSION

- Determining the physical development criteria for pre-school children will help to choose the exercises and mobility games that should be performed in the future.
- Anthropometric control of pre-school children according to their age can be helpful while increasing physical training skills and experiences, also while holding mobility games.
- By permanently using the method acquired as a result of researches one can achieve the

development of child's physical skills and experiences.

4. Conducting and carrying out the seminars and methodological assemblances on putting the methods of developing child's physical training abilities and experiences into practice serve as a tool of spreading and implementing them into practical usage.

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