

The importance of physical education in preschool age.

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Abstract. This article discusses the role of physical education and the processes of its implementation in the development of the younger generation, which is the future of our country, into mentally and spiritually perfect people.

Key words: personality, education, quality, stage, maturity, health.

INTRODUCTION.

Thanks to the independence of the Republic of Uzbekistan, there is an all-round rise in all areas, fundamental socio-political and spiritual changes, a renewal in the system of universal human values, all personal needs, demands and interests of a person are being promoted to the first place, especially It is no secret today that the spiritual, moral and physical capabilities of the growing young generation are increasing. In this regard, an important direction of the complex and multifaceted problem of raising a new person is to inculcate in each person the culture of self-care about his health. In order to create it, the family, preschool organizations, school, secondary special vocational education system, community, health, physical education and sports system employees use all their energy and enthusiasm to bring to the mind of the child they should inculcate their love for physical education from a young age.

Physical education is very important in preschool age. Because at this age, physical development is at its most active stage, and the general condition of the body, the formation of the muscle and bone system continues. Through physical education, children are guided to a healthy lifestyle, positive changes occur in their behavior, and children achieve psychological stability.

attention and memory skills are processes aimed at increasing a person's ability to quickly receive, store and retrieve information. These skills are important not only in the educational process, but also in everyday life. The following methods and strategies can be used to develop attention and memory skills.

Through exercises, Speed reading and concentration, Meditation and breathing exercises, Games and logical tasks. In addition, physical activity and movement help to develop children's attention and memory skills.

Proper management of attention: - To maintain attention, it is necessary to organize the environment positively. Reducing noise and distractions can help improve focus.

development through exercise in preschool age is important for the physical, mental and social development of children. At this age, children are ready for curiosity, learning, action and interaction. The process of development through exercises in preschool education focuses on the following aspects:

Physical Development - Through physical exercise, children learn basic movement skills (running, jumping, crawling). These skills are important for children's future physical activities. **Increase muscle strength**: Various physical exercises (for example, ball games, sports activities) develop children's muscle strength and help strengthen the body. **Balance and coordination**: Exercises that

develop balance and coordination (eg, walking on a board, games) are important for preschoolers. These skills will help you be successful in future physical activities. **Mental Development** - Preschool games and exercises help develop children's attention and memory skills. For example, games aimed at remembering numbers or colors. **Balanced emotional state** : Through exercise, children learn to express their emotions. Sports games help reduce stress and improve mood. **Social Skills** : Playing in a group or participating in team activities builds social skills for children develops . It helps them learn to interact with others and actively participate in team work.

3. Games and Exercises - The following games and exercises can be used in the process of physical development for preschool children:

- **Action games** :

"**Ball kicking**" : Children throw the ball to each other and try to catch it. This game develops muscle strength and balance.

"**Small group games**" : For example, the game "Escape". In this game, children avoid each other and compete with each other.

- **Coordination and balance exercises** :

"**Walking Board**" : Children develop balance skills by walking on the board.

Move on corners " : Children learn coordination and balance by moving in designated directions.

- **Creative and colorful exercises** :

"**Learning Colors**" : **Children develop their color selection** skills by playing color games .

"**Jumping**" : By jumping over various obstacles, children improve their muscle strength and balance.

4. Planning lessons - When planning lessons for preschool children, it is necessary to pay attention to the following aspects:

- **Age-appropriate exercises** : **Exercises should** be age-appropriate and fun.

- **Conducting in the form of a game** : Conducting lessons in the form of a game increases the interest of children and facilitates learning.

- **High motivation** : It is important to create a stimulating environment for children and keep them interested.

Development through exercises in preschool age plays an important role in the formation of children's physical, mental and social skills. Games and physical exercises are elements that are fun, useful and facilitate the learning process for children . In the process of physical development, teachers and parents should support children's activities.

Speed reading and concentration skills are very important, especially in modern life, when reading and processing information. There are several strategies and methods for developing these skills :

1) Speed Reading

1. **Determine your purpose** : Before you study, determine why you are studying. This goal will keep you focused as you study.

2. **Develop sight skills** : When reading a text, try to see the whole sentence, not each word. This skill speeds up eye movement.

3. **Skimming and scanning** :

Skimming : Reading a text frequently to understand the general gist. In this you search for important words and phrases.

Scanning : Searching for specific information, such as numbers, dates, or names.

4. **Improve your reading speed** : Work on your own time to improve your reading speed by reading a variety of texts. To improve your reading speed, try to read within the specified time and compare the results.

5. **Re-reading** : After you read, reinforce your ideas by re-reading important points.

2) Focus on One Place

1. **Set environment** : Create a comfortable and distraction-free environment for studying. Avoid noisy places and create an environment that suits you.

2. **Set aside time** : Set aside time for study or work. During this time, focus only on studying or doing work.

3. Techniques :

Pomodoro technique : 25 minutes during intensive work take to go and then 5 minutes a break to do This method helps to increase concentration.

Remove distractions : Remove your phone, social media, and other distractions while studying.

4. **Setting goals** : Setting short-term goals during study or work. For example, planning "I will read this section".

5. **Meditation and breathing exercises** : Meditate or do deep breathing exercises to focus. It helps reduce stress and increase focus.

Speed reading and concentration skills are important for everyone. By developing these skills, you will be able to study more efficiently and understand information quickly. They can be strengthened by practicing regularly and trying new strategies.

Memory Development Methods. Memory development techniques may include the following techniques. Applying these techniques in daily life can help strengthen memory and retain information longer - **Acronyms and Abbreviations** - By reducing words or information to a few letters, it is easier to retain them in memory.

Rhythm and Songs Turn information into music to make it easier to remember. Rhythm and songs are powerful tools for memory development, making it easier to remember and retain information. It is easier for people to remember information through rhythmic and musical structures, because musical expressions and repetitions are stored deeper in the long-term memory part of the brain. This technique is often used by people of different ages, especially children. Chess, sudoku or other games that require thinking and memory help to strengthen memory. By using these methods, memory can be developed, and this contributes to life success and increasing the general intellectual potential. Physical education of preschool age educates children not only physically, but also mentally and spiritually, which is an important foundation for their further development. should correspond to the level of physical fitness. Such activities have a positive effect on the development of children, therefore, when planning lessons , it is necessary to take into account their peculiarities, safety rules and the form of the game . are processes that contribute to self-awareness and success in everyday life. By using the above methods and strategies, anyone can improve their attention and memory skills.

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