

PROBLEMS OF PHYSICAL DEVELOPMENT OF PRESCHOOL CHILDREN AND JUNIOR SCHOOL CHILDREN

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ABSTRACT

The article tells about the problems that arise in the process of physical education and physical development of preschoolers and younger schoolchildren and ways to solve them, physical education in several schools and preschool educational organizations, the learning process was observed and the results were analyzed.

KEYWORDS: *Periodization, Physical Development, Preschool Age, Primary School, Age Characteristics, Physical Exercises, Anatomical And Physiological, Puberty, Scoliosis, Kyphosis, Growth Process, Physical Condition, Class Teacher, Educator, Load, Health Improvement, Physical Education, Sports, Active Games, Functional Growth.*

INTRODUCTION

Meaning: The physical development of a growing organism

It is necessary to observe the dynamics in time, to determine the individual characteristics of growth and maturity.

The theory of pedagogy and physical education says that the main form of education is a lesson or physical exercise. Although there are separate types of physical education lessons, their content and forms are inextricably linked and repeated.

Amendments and additions were made to the Law of the Republic of Uzbekistan "On Physical Culture and Sports", adopted on January 14, 1992, and its new version was approved.

The head of our state pays special attention to the development of the system of preschool education, which is the first and main part of the upbringing of the younger generation. This issue was discussed in detail at the meetings held on August 16 and October 19, 2017.

MAIN PART

Improvement of legal documents on the organization of the activities of general educational institutions, taking into account modern requirements for general secondary education and MSE, secondary specialized general secondary education, is decided by the Cabinet of Ministers in

order to ensure its inseparable connection with vocational education. The upbringing of children with disabilities in physical or mental development, who are in special conditions or in need of long-term treatment, is carried out in the following forms:

In a specialized school (boarding school) for children with disabilities in physical or mental development;

In a specialized boarding school of a sanatorium type;

In inclusive (harmonized) conditions in general education schools at the place of residence;

Alone at home;

In stationary conditions in medical institutions;

As can be seen from the above, sufficient attention is paid to physical culture and sports.

The purpose of the work: to analyze how physical education classes and lessons for preschoolers and younger schoolchildren are organized and who manages them.

RESEARCH RESULTS AND DISCUSSION

Physical and mental development is closely related to age. Each age corresponds to its own level of physical, mental and social development. Periodization is based on the identification of age-related characteristics, anatomical, physiological and mental qualities characteristic of a certain period of life. Growth, weight gain, the appearance of milk teeth, their change, puberty and other biological processes proceed with slight deviations in certain age periods.

Since the biological and mental development of a person are interconnected, age-related changes also occur in the mental sphere. Although not in a strict order, like biological and social maturity, the dynamics of a person's mental development manifests itself depending on age. It serves as a natural basis for illuminating the successive stages of human development and the process of preparation for adolescence.

In pedagogy, attempts were made to take into account the stages of youth development. There were even theories that claimed that the choice of methodology was correct, and even a 3-4-year-old child could master higher mathematics and other abstract concepts, learn any social experience, knowledge and practical skills. Actually it is not. If a child learns to pronounce even very complex words, this does not mean that he understands them.

The physical development of children occurs gradually, the adult body is more resistant to high loads compared to the previous period. But a very high load negatively affects the child's body. Even if the active motor apparatus is formed before the natural lines of the spine are formed, this may interfere with the further development of the child. Keeping such processes under constant control or even neglecting them leads to big mistakes. As a result, scoliosis, kyphosis and other disorders begin to be detected.

Genotypic data under the influence of environmental factors of physical development. When manifested in the phenotype, it reflects the processes of growth and development of the organism at certain stages of ontogenesis.

The process of physical education is considered to be a very complex process that determines the physical condition and growth process of the child throughout his life. For this reason, it is still

observed that physical education classes are organized by class teachers or group teachers in various educational institutions, and not by physical education specialists. This can lead to very complex changes in the child's body. As a simpler example, children's flat feet, X-O-shaped feet, curvature of the spine in the first years of a child's life, before the child can walk independently, early walking, walking and by the time of school age, heavy mats for long distances. Also an excuse to carry long distances.

Physical education classes should not be organized by persons who are not specialists in physical education (kindergarten teachers, class teachers). According to many people, the science of physical education is a simple science, not very complicated. But, if you think a little, we know that it is impossible to imagine a child's body without physical activity.

Studies show that in most preschools, physical education classes are conducted by teachers. This can have a negative impact on the body of students. A physical education instructor conducts a lesson with children, taking into account their age, gender and physical condition. If a non-specialist makes mistakes in feeding or delays play, this slows down the physical condition and development of the child.

The most dangerous thing is that the health of the child may not be able to withstand physical exertion, that is, you can give physical education to a child with one disease, or you cannot give physical education to a child with another disease. In some cases, children who have been ill will not be able to exercise. In such processes, it is necessary to work in cooperation with the ECE nurse.

In addition, it is not enough to know the above in order to organize physical education classes for preschoolers, and they should be moderate. An inexperienced guide or educator needs to clearly know the boundaries of high and low loads, and it is very difficult to determine the results of these loads, the result of which will be known later, in the process of growth of the organism. But the child differs from adults in its fatigue and quick recovery. The physical development of children can be facilitated by imitating various animals, usually to music, for this it should be based on the optimal age, that is, after the child reaches a certain age, the game loses the level of interest, it seems simple and easy for the child, the child wants to play more complex games. This is a positive state and means that the child is physically developed.

After training, children who have learning difficulties during training or who have a low level of proficiency will need to get help from their parents. After preschool, educators should group the child with additional activities and direct him to this activity (dancing, swimming, gymnastics). Not only by sending their children to training, but they can also work out together at home, and parents go to training with their children and understand how important physical education is.

Another important point that you should pay attention to is that the temperature in the room where the child works is recommended in the region of 18-22 ° C. Because a high temperature can increase the baby's heart rate and cause tension. In addition, the human body heats up after a lot of movement, so it is recommended that the room temperature be lower than body temperature. You can not exercise at a certain time according to the schedule, in no case before bedtime, before meals and after. Exercises should be gradually lengthened, light and simple exercises should be performed to complex ones, all muscle groups should be worked during the exercises.

Never force a child; on the contrary, you should be interested. It takes not only time, but also patience. If a child is forced to go to training, he quickly gets tired and feels bad during training and slows down physical development. For this reason, the teacher is required to be able to interest the child in activities; anyone can easily interest others in their field and concentrate their attention. This shows that a physical education specialist can organize physical education classes and prepare for school lessons.

Health is largely determined by the correct location of all organs of the body, their functional activity, and the absence of susceptibility to any diseases. Normal physical development is those morphological and functional changes that naturally occur with the growth of the structure and functions of the body at this age, a very complex, but nevertheless normal anomalous course of development, these are some changes that externally reflect the process is evaluated by indicators. The indicators are height, weight and chest circumference. It depends on their body weight, density and shape. The physical strength of children can be assessed based on the interdependence of these factors.

Some descriptive somatoscopic features include muscle condition, level of fat accumulation, normal shape, puberty and physiometric features, lung vitality, spinal strength, and lung enlargement.

At primary school age, the structure of tissues continues to form in children. The growth rate slows down somewhat compared to the previous period, but at preschool age, body weight increases. Its height increases by about 4 cm every year, and its weight increases by 2 kg.

Therefore, this age is called the rounding period. Active physical activity contributes to the growth and development of bone and muscle tissue. Stimulates the child's body during the school period, increases the protective properties of internal organs and sensory organs. By increasing the number of leukocytes and their ability to absorb pathogenic microbes, the body's resistance to the effects of adverse environments, such as heat, cold, lack of oxygen, high atmospheric pressure, toxic air mixtures, etc., increases. It should be noted that growth, development, health primarily inherits certain physical data from parents.

Basically, a proper balanced diet and a rational lifestyle are the decisive factors. In itself, the goal of ensuring the high vital activity of children is increased. In modern conditions, without regular, specially organized physical exercises, even children living in good conditions cannot achieve the level of physical fitness that children of an average and developed level can achieve. Motor activity of children of primary school age should also be average.

The aforementioned physical development and education of physical maturity can only be observed with the organization of physical education specialists. But now we are seeing that physical education lessons in primary schools are conducted by non-specialists. It is clear that this will lead to a very sad situation. Because the child is at that stage of development when he is interested in all kinds of sports and thinks that he is ready for any appearance of clothing. During such a period, frivolity and unconscious training by a non-specialist can lead to negative consequences.

In schools, we can often see that primary school teachers, whose specialty is "Primary Education and Sports Training", conduct physical education lessons for primary school students. Care must be taken with vigorous exercise, as the energy resources of the body an important part includes

the processes of growth and development, and muscle activity is associated with high energy costs. In the theory of physical education, classroom lessons are taught as the main form of the educational process of pedagogical activity. This, in turn, is mainly concerned with the science of physical education. Although there are separate types of physical education classes, their content and forms are interconnected and repeated.

CONCLUSION

In elementary school, as well as in the preschool period, physical activity and weights are determined depending on age, gender and health status. There is almost no difference between physical education in primary school and physical education of preschool children, but the time of physical education classes and the complexity of the exercises given increase.

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