

# Factors Affecting the Physical Status and Health of Children

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## ABSTRACT

*Physical fitness is defined as the ability to perform various exercises with simultaneous manifestation of the optimal level of motor qualities - speed, strength, agility, endurance, flexibility, coordination. Different aspects of children's motor skills are assessed using a set of motor tasks, including the main types of movements: running, walking, jumping, throwing, climbing, as well as the results of special control tasks that determine the level of development of specific motor qualities.*

## INTRODUCTION

The analysis of the obtained experimental data characterizing the physical development of children of this age group allowed us to establish that they are statistically identical with the data of other authors. The analysis of correlations between the main indicators of physical development indicates a more harmonious development of children who attended preschool institutions.

This fact is explained by the fact that in the conditions of preschool institutions, a system of measures established in practice is carried out that positively affect the result of children's physical abilities, helping children to adapt to school conditions without unnecessary difficulties.

Movement is a natural need of a child's body. It is a biological irritant, a powerful means of active stimulation of the child's growth processes and the formation of all his organs and functional systems of the body.

## RESEARCH MATERIALS AND METHODOLOGY

Today, one of the main directions of the ideology of Uzbekistan is that a person's face, body, actions and behavior, as well as what he does should be in accordance with his perfection. Our country, which has brought up many great people in the world, is determined to bring up children who will rise to the level of greatness in the future, to introduce an education that will raise all citizens to the level of true perfection.

“There are processes that are important for the comprehensive development of sports and the further popularization of important aspects of training. The main focus on sports and its popularity is formed on the basis of human responsibility to society from time immemorial. At the same time, special attention is paid to physical culture and "Peace of Heart", which is one of its important stages. This is

evidenced by the fact that the main task of young athletes is to pay attention to peace of mind"[1, 371].

Physical culture is represented by a set of material, spiritual values. The first includes sports facilities, inventory, special equipment, sports equipment, medical support. The second includes information, works of art, various sports, games, complexes of physical exercises, ethical norms that regulate human behavior in the process of physical culture and sports activities, etc. In developed forms, physical culture produces aesthetic values (physical culture parades, sports demonstration speeches by others).

“Sport is part of physical culture. In it, a person seeks to expand the boundaries of his capabilities, this is a huge world of emotions generated by successes and failures, the most popular spectacle, an effective means of education and self-education of a person, there is a complex process of interhuman relations in it. Sport is actually a competitive activity and special preparation for it. He lives by certain rules and norms of behavior”[2, 45].

The development of motor skills is due to biological and social factors: the natural biological growth of the body is accompanied by an increase in the motor capabilities of the child, which is determined by social conditions, and the motor function acts as a component to which pedagogical influence is directed. The positive effect of physical exercise affects not only the increase in physical development and motor fitness, but also on the performance of children.

The effect of physical exercises is preventive, and to a certain extent, therapeutic in nature, when in the case of children's illness it is possible to suspend the disease process with various exercises. Studying the features of the physical development of children enrolled in school, overweight factors were found, while they have a significant decrease in not only motor activity, but also the adaptive capabilities of the body to physical exertion.

The study of physical fitness of children will reveal its dynamics under the influence of educational activities and purposeful pedagogical influences, determine the effectiveness of the means and methods of physical education used, identify the level of physical fitness contributing to the successful development of educational and physical activities.

At the same time, it should be noted that the analysis of scientific data characterizing the physical fitness of children of this age group suggests that the facts of a decrease in motor skills over the past decade have been revealed. The researchers developed and introduced into the practice of school physical education a variety of tools, forms and methods that allow to effectively improve various aspects of motor skills and, in general, the system of primary school physical education.

The problems of school physical education with primary school children are assigned to the organization of a rational motor regime. As a result of studying the effect of motor modes on physical fitness, an increase in motor skills in children was found. Daily walks with increased motor activity, complicated routes, provide a high increase in the results of physical fitness.

Considering the nature of the distribution of the main motor qualities in children by age, it should be noted that 6-year-olds are characterized by strength indicators. Experts note that girls at this age have a higher overall endurance index than boys. The general patterns underlying the development of children's motor qualities should be taken into account when organizing a system of physical education classes with children. It is known that the education of physical qualities in children of primary school age is an important pedagogical problem and it is connected not only with the anatomical and physiological characteristics of the body, but also largely depends on education and training. Based on the data characterizing the age-related features of the development of motor qualities and basic forms of movement, methodological teaching methods were developed, implemented in the course of physical exercises and sports entertainment.

Physical education is the main form of physical education. There were several directions in the practice of improving the methods of physical education of younger schoolchildren, where the

conditions of classes changed, non-traditional teaching methods were used, etc. The structure of physical education classes in educational school institutions traditionally consists of three parts: introductory- preparatory, main and final. If the planning of the preparatory and final parts in the theory and methodology of physical education of children does not cause disagreement, then it is advisable to dwell on the structure of the main part of the classes in more detail.

Physical education is the basis for the growth of your child healthy and cheerful, resilient and harmonious. Physical exercises allow the kid to get a boost of energy for his rapid development, get to know his body and feel his capabilities, know the joys of victories and cultivate a competitive spirit.

Physical education of preschool children has its own characteristics. It is aimed not only at strengthening the baby's body and the physical development of preschoolers – his skills and abilities, but also the formation of personality. The intellectual and mental development of the crumbs, the development of creative abilities also depends on how the physical skills of the child are developed. Pay attention to the physical education and physical development of the baby, and you will have a comprehensively developed child.

The principles and methods of physical education depend on the age of the child. For example, physical education classes with children 4-5 years old differ from classes for three-year-olds, and exercises for two-year-olds depend on the characteristics of the physical development of children up to a year old.

The physical development of children is necessarily paid attention to in physical education classes in kindergarten. However, physical education in the family is no less important. The foundation for good health, plasticity, strength and dexterity should begin to be laid already in the first year of the baby's life. Physical education classes and exercises should be regular at any age.

One of the main tasks in the context of the updates carried out in the field of education in Uzbekistan is to improve the health of the younger generation. The new model of education, together with the formation of knowledge, skills and abilities of students, more precisely, first of all, sets itself the goal of developing a healthy personality. "While the Republic of Uzbekistan is working on building a democratic rule of law and the formation of a civil society, it is important that in the Republic of Uzbekistan the formation of a comprehensively developed, free personality has its main considers it as one of the tasks. Focused on achieving the goals in the field of education, it is one of the main tools for conducting public policy and solving this problem"[3, 23].

Today, an important component of the socio-economic policy of our state is the comprehensive effective development of physical education and sports. The policy of the state in the field of physical education and sports is aimed at improving the nation, the formation of the need for a healthy lifestyle in the population, the education of a healthy, physically strong generation. Physical perfection-the harmony that a person has historically acquired as a condition level of physical development, health, physical fitness being, it must comply with the requirements of society in the most optimal way.

## **RESEARCH RESULTS AND DISCUSSION**

Physical development – the content of the human organism, its Biological that represents a change in forms and tasks is the process. Physical development biological life cones-environment and unity of the organism, to qualitative changes in quantitative changes it is carried out in the manner in accordance with the regular passage. Already married changing conditions, including methods of physical education, significantly increasing the level of functionality of the organism, physical development indicators can be changed.

In the process of physical education, the following tasks are solved:

1. Wellness. The health-improving tasks include the optimal development of physical qualities inherent in a person; strengthening and preserving health; including hardening of the body; maintaining a high level of overall performance for many years.
2. Educational. Educational tasks include the formation of vital motor skills and abilities; the formation of sports motor skills and abilities.
3. Educational. Tasks for the formation of a person's personality: promoting the development of moral qualities, the development of intelligence.

When checking the physical fitness of children, the organization of classes strictly complies with the requirements of cleanliness, hygiene and safety. Classes are held outdoors, as well as in a specially equipped gym. The main purpose of physical education of children during preschool education is the formation of various skills and abilities in children, the development of such physical qualities as strength, freshness, the realization of dexterity, ingenuity. Regular physical activity has a positive effect on the process of growth and development of children, increasing their creative abilities.

When constructing schedules for the preliminary distribution of the material, which is made up according to the concentric (spiral) method, most authors suggest: the inclusion of two to five basic motor actions in classes, considering that the main task of classes is the implementation of educational tasks, i.e., training in the correct performance of motor actions.

## **CONCLUSION**

Based on the above points, we think it is advisable to draw conclusions and recommendations as follows:

- The results of the above studies allowed us to solve a number of important issues related to the problem of improving the health of 6-year-old children in preschool educational institutions and first-year students at school under the influence of improving the effectiveness of physical culture and wellness work.
- The experimental data obtained confirmed the great effectiveness of systematic physical exercises during the day using a variety of forms, means and methods of teaching, taking into account the data of physical development, physical fitness of children 6-7 years old, relying on the didactic principles of accessibility and individualization, the teacher, having the information, uses the opportunity to correctly choose effective forms and means of physical fitness work.
- The development of children of senior preschool institutions of children of primary school age is characterized by a continuous and uneven process of changing the data of physical development and physical fitness. In this age (sensitive) period, children have potential, favorable biological opportunities for the development of motor abilities, which should be remembered by educators and teachers with a methodically competent approach to the organization of the pedagogical process in order to obtain an effective result.

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