

The Importance of Physical Education in the Health and Normal Development of Preschool Educational Institution Students

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ABSTRACT

This article presents the methods and instructions for further strengthening of infants and children of preschool age by introducing them to physical education activities and improving their health from the first period of development. Implementation of the above suggestions in the physiological condition of children and in the process of physical development will lead to high results. It is scientifically based on the fact that the child should not be brought up as a tender sprout from the early years, but should be exercised and trained, it is necessary to increase the activity of the growing organism, and it is necessary to strive first in order to learn to do something independently.

INTRODUCTION. Despite being in kindergarten and school, a child spends two-thirds of his life at home, in the arms of his parents. The issue of raising a child in a family is complex and multifaceted. In this matter, it is impossible to act in the same way, it is difficult to treat every child in the same way, it is impossible to give the same advice to everyone. When raising a child, parents should be knowledgeable, intelligent, patient, and treat each child individually. What is important in raising children? First of all, I would like you to answer this question in this way: everything is really important, and in child education, there is not a single thing that is unimportant, or even overlooked. But the most important thing is that the child should grow up healthy. Neither fullness, nor the quality of a wrestler, nor the redness of the cheeks can be a criterion of health by itself. The essence of health is harmony of physical and spiritual forces, balance of the nervous system, endurance, ability to withstand various harmful effects. Life will certainly put the child to any kind of tests. Whatever it is - a sharp change in temperature or an infection, physical stress or mental anguish, emotions - all a strong organism responds to it with appropriate reactions, fights for itself, and a weak one, being powerless to fight, will be defeated. It is much easier to raise a healthy child. Everyone knows that. He quickly learns all the necessary things and skills, adapts well to changing conditions, and correctly understands the demands placed on him. It is an important basis for the correct formation of health behavior, development of initiative, strong will, talent and natural ability.

LITERATURE ANALYSIS AND METHODS. So, what should be done for the child to be healthy? What to start with? Start with yourself. Take my word for it, it's not a joke. This is a very important, even necessary condition. "The health of the child largely depends on the health of the parents. Expectant parents should definitely visit a doctor, consult with him, and if they

have any chronic disease, they should be patiently treated until they get rid of the pain completely. In recent years, antenatal prevention is used, that is, diseases are prevented before the child is born. The information obtained in this way makes sure that a pregnant woman will come to a bright world by eating right, balancing work and rest, and protecting herself from various harmful effects. he can "manage" the development of his child," says doctor-pedagogue I.O.Studentkin.

A child's health is affected by the environment in which he grows and develops. The child's body is soft, bends and changes like a sprout. Under certain conditions, bad congenital characteristics may not be revealed and may be a source of serious diseases. Likewise, good buds can develop and improve or wither and disappear. A person comes to the bright world with a certain fund of endurance, tolerance, "ready" flexibility mechanisms. It can be considered as a gift given by the generous nature of the magician to every future child. However, in order to preserve this gift of nature, it is necessary to know it and use it wisely. For example, a baby's natural mechanisms for controlling heat are highly developed. In response to cold, a complex chain of reactions occurs that allows the body to quickly decrease heat release, and in response to warming, it increases. If these mechanisms are trained more and more frequently, increasing the load, they will work more and more reliably without oscillating: without this type of training, their adjustment will be significantly reduced. The child should not be brought up as a tender sprout, but should be trained, and the activity of the growing body should be increased. If you try to do everything for him, you will fall down, you will be disabled, you will not be able to do it, it will not help the child. To learn to walk cautiously, you need to fall at any time, to learn to do something on your own, you need to work and strive first. It is true that the child should be encouraged to be active within a certain limit, he should be assigned to work that he can afford, taking into account his physiological and physical capabilities. There are other side effects of parents. Some parents, having lost their minds to the concept of "dynamism of the century", rush to teach their children from the age of 2-3, to teach them math, foreign languages, and make them do gymnastics with dumbbells. It should not be done at all. Too early development of the same abilities will surely harm others. Sometimes it is not easy to make up for what was lost in childhood. You should never overdo it in child rearing. Raise the child in a calm, natural and reasonable environment. What should be done for this? There is such a method, which can be called universal for children in the first years of life, because it equally affects the strengthening of the child's health and proper upbringing. This is to follow the agenda. A clear routine is not something that can be forced on a child from the outside. Imagine nature, it lives in a certain rhythm, everything is the sunrise and sunset, the internal organs work in the same way. For example, listen to the accuracy of a healthy heart rhythm. Always put the child to sleep at the same time and at the same time, take him for a walk, bathe him. Doing this kind of work at one time creates the best conditions for the life activity of the organism. The child's appetite is good, he sleeps soundly, his soul is refreshed. A child who grew up under a reasonable regime is usually not capricious, if it is possible to express it in his brain, it is said that everything has its time, its place, its norm, as if it entered with mother's milk. understanding is formed. Compliance with the regime is not only necessary for the child. When the regime is followed, the family is busy, confused, everything is in its place, but in a family that does not know how to properly raise a child, everything is scattered and chaotic. We called the regime a universal tool because it really combines the most important requirements of hygiene and pedagogy, but universal is not everything. Neither the regime, nor the priceless hygienic care, nor the proper diet will automatically "develop" by itself. It is necessary to love a child and be kind, attentive, rich in feelings, and only a good, harmonious family can give it to a child.

RESULTS AND DISCUSSION. Thus, raising a child is a tireless creative work of parents. Many worries and hardships await parents. They should be ready for it. Physical education of children from 3 to 6 months. In this period, children's vision, hearing, and perception are much improved compared to the period up to 3 months. They observe things around them, distinguish

familiar things. For this reason, it is necessary to give colored toys. At the same time, he begins to "develop" the basic movements, the child clearly stretches his hand towards something that attracts his attention, takes it, holds it. When the baby is 4-4 ½ months old, he can take toys from the hand of an adult. At first, he can't pick it up right away, he pushes it with his hands, and he can't pick up the toy. At the age of 5 months, children gradually put their hands boldly to toys, first they take them with both hands, then with one hand. Half-year-old children can hold one toy in each hand. All this is of great importance. Children learn to play, look at toys, try to pick them up, change their situations, learn new actions. The child now learns to sleep on his stomach: at 5 months, he can raise the upper part of his body, leaning on his straight arms. Standing in this position, it will be much easier and interesting for him to observe the things around him. At 6 months, babies are crawling, resting on their hands and knees: this position prepares them for crawling. Rolling over before crawling also teaches the child to crawl, the child learns this completely when he is 6 months old (he can roll over on his stomach when lying on his back and vice versa). When the child is 4 months old, he tries to roll over for the first time, first on his side, then on his stomach. If the child is used to holding the toy, this action works very well. The desire to get the same toy prompts the baby to roll over and grab the toy. All this strengthens leg and arm muscles and abdominal press. At the age of raising children from 6 to 9 months old, new tasks appear before parents: it is necessary to organize the daily routine by putting the child to sleep three times during the day, the child gradually understands speech, begins to mix with people. , will play things better and prepare for crawling, which is the first stage of independent walking. From this period, the baby will obey your requests to sit, lie down, "clap". Now it is possible to organize the first games ("clapping", "playing hide and seek", "catch, catch"), the baby's speech is gradually developing, moving from certain sounds to saying syllables. The baby crawls happily. Crawling helps to strengthen all muscles and develop coordination of movements. A 9-month-old baby learns to stand independently and hold the support with only one hand. Children of 9-10 months can be asked to bring the toy (of course, if the child knows its name). ("take care of the teddy bear", "feed the kitten", etc.) Then his actions will be more and more diverse. Children put the people in a pyramid, put the cubes on top of each other. Such actions of the child will be much longer. When children are 10-11 months old, they can easily move from one support to another. Children learn to walk independently when they are 12 months old. Healthy children easily adapt to changes in humidity, heat, heat and cold, they are less likely to catch colds and other diseases. Exercise and physical training strengthen the nervous system, allow the development of muscles and bones, improve the work of the heart, lungs, digestive and excretory organs, blood composition and metabolism. It makes the body resistant to cancer-causing factors. The following principles (principle) should be followed when applying the healing procedures: early initiation, gradualness and consistency. It is necessary to take into account the unique characteristics of the child. It is possible to use recreational tools and everything, but it is necessary to throw away the wrong thoughts that have settled in the brain, not to surround children, and not to be afraid of fresh air. It is necessary to ventilate the house 4-5 times a day, and in the summer always open the window. Because window panes do not transmit ultraviolet rays necessary for the growing organism. This light is an important factor controlling the synthesis of vitamin D in the body. As a result of lack of vitamin D, bones become brittle, lag behind in growth and development, resulting in rickets. If attention is paid to this disease, bone deformation (skewness) is observed. It is absolutely forbidden to smoke in the room where the child is sleeping. It causes an increase in the level of damage to the developing lungs. Changing diapers, clothes, undressing the baby before bathing - these are the first air baths, the first conditioning procedures. The air temperature for a nursing child should be at least 22 °C when taking an air bath at home or on the street. After the child gets used to it, the temperature can be 20 and 18 °C when taking an air bath. Air baths should be conducted carefully: the initial period should not exceed 2-3 minutes. Gradually, the period is extended and reaches 15 minutes for 6-month-old children, and 20-25 minutes for 6-12-month-old children.

The procedure can be performed 2 times a day. Children who are not used to cool and cold weather should be undressed gradually: first, their arms and legs are stripped, then they are stripped to the waist, and finally the little one is completely naked. During the summer, air baths should preferably be held outdoors under an umbrella or in the shade of trees, because the diffused sunlight contains a lot of ultraviolet rays. Water cooling is very useful. The child is rehabilitated by taking hygienic baths, bathing, washing his feet, as well as rubbing the body with a wet towel and pouring water over him. Water training is started slowly and carefully. From the age of 3-4 months, the child can be rubbed with a wet towel. Before starting this procedure, it is necessary to consult a doctor, after which it is necessary to prepare the child's skin by rubbing it with a wet towel. For this, a piece of dry cotton or a soft woolen cloth is rubbed every morning on the child's body, hands and feet until they are red. After 1.5-2 weeks, you can switch to wiping with water. A cotton towel is soaked in water and squeezed, first the child's hands, then the chest, stomach, back, and legs are wiped. Immediately wipe the wet part of the body with a cotton towel until the skin turns red. The child should be covered with a blanket everywhere, except for the place where the body is wiped. You can also add a teaspoon of salt or a tablespoon of alcohol to a glass of water. Usually, when the child wakes up in the morning, the body is wiped. The duration is 5-6 minutes. Water temperature should be 32-33 °C. Then gradually, every 5-7 days, the water temperature is lowered from 1 °C to 30 °C. Even if the water in the hygienic bath is not too hot, the temperature of the water should be 36.5-37.5 °C for children under 6 months, and 36 °C for older children. After the bath, water should be poured over the child, the temperature of this water should be 1-2 °C lower. Over time, the temperature of the water poured over the child will be lowered by 2-3 °C. Starting from the age of 10-11 months, the face, neck and hands should be washed in the morning and in the evening with colder water up to the elbows (water temperature must not be 18-20 °C). The child is taught to take a walk in the cold air in the room by gradually opening the window. It is very good if the child is put to sleep in the open air. Let the child play and laugh happily while training. If the child is restless or cries during training, it means that the training is being conducted incorrectly. Exercise is good for all children, especially children with disabilities. The type of training for such children is chosen in consultation with the doctor, and the dose of the given treatment is gradually increased. If the child gets sick, is very restless (gets nervous, can't sleep well, cries, etc.), training is stopped. It is useful to massage the child from the 1st month of life (with light stroking), and from the 2nd month, gymnastics is done, but before that, it is necessary to show the child to a pediatrician (pediatrician or family doctor) and agree with him how to perform this procedure. Massage and gymnastics are always done at the same time every day, 30 minutes after the child has finished eating. Duration of classes is 5-12 minutes. Each exercise is repeated from 4 to 6 times. Children aged 1.5 to 3 months can be prescribed the following set of exercises, which are based on massage (stroking) and unconditional reflexes. Hand massage (1); foot massage (2); back massage while lying on the stomach (3); abdominal massage (4-5); exercises for the soles of the feet (6-7); writing the spine while lying on the side (8); while massaging, you should gently rub your hands from the edge to the center. For example, the hands are rubbed from the child's paws to the shoulders, the inner and outer surfaces of the wrists and shoulders, the legs are rubbed from the palms of the feet to the elbows, the inner and outer surfaces of the thighs and calves, over and under the knee cap, without touching the knee joint area. When the child is 3-4 months old, the physiological tension (tonus) of the flexor muscles decreases. In fact, taking into account the above considerations, we consider it permissible to make the following suggestions:

1. A child who grows up in a reasonable regime is usually not capricious, if it is possible to express it in his brain, everything has its time, its place, its norm, just like it comes with mother's milk. , the concept is formed.
2. A child's health is affected by the environment in which he grows and develops. The child's

body is soft, bends and changes like a sprout. Under certain conditions, bad congenital characteristics may not be revealed and may be a source of serious diseases.

3. Life will certainly put the child through trials no matter what. Whatever it is, whether it is a sudden change in temperature or an infection, physical stress or mental anguish, emotional excitement, a strong organism responds to it with appropriate reactions, fights for itself, and a weak one, being powerless to fight, will be defeated. It is much easier to raise a healthy child. Everyone knows that. He quickly learns all the necessary things and skills, adapts well to changing conditions, and correctly understands the demands placed on him. It is an important basis for the correct formation of health behavior, development of initiative, strong will, talent and natural ability.
4. It should not be forgotten that any type of exercise has its own standard. Taking into account the age of the child, we recommend the above suggestions for children of kindergarten age and even for all layers of our society who participate in childcare.

Conclusion, implementation of the above suggestions in the physiological condition of children and in the process of physical development will lead to high results. The child should not be brought up as a tender sprout, but should be trained, and the activity of the growing body should be increased. If you try to do everything for him, you will fall down, you will be disabled, you will not be able to do it, it will not help the child. To learn to walk cautiously, you need to fall at any time, to learn to do something on your own, you need to work and strive first. It is true that the child should be encouraged to be active within a certain limit, he should be assigned to work that he can afford, taking into account his physiological and physical capabilities. There are other side effects of parents. Some parents, having lost their minds to the concept of "dynamism of the century", rush to teach their children from the age of 2-3, to teach them math, foreign languages, and make them do gymnastics with dumbbells. It should not be done at all. Too early development of the same abilities will surely harm others. Sometimes it is not easy to make up for what was lost in childhood. You should never overdo it in child rearing. Raise the child in a calm, natural and reasonable environment. What should be done for this? There is such a method, which can be called universal for children in the first years of life, because it equally affects the strengthening of the child's health and proper upbringing. This is to follow the agenda. A clear routine is not something that can be forced on a child from the outside.

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