



# **USING NEW METHODS IN THE PRESCHOOL EDUCATION SYSTEM**

Gulasal Tursunaliyeva

Student of the Department of Physical Education and Sports in Preschool and Primary Education, Chirchik State Pedagogical University

## **Abstract:**

The development of the preschool education system involves creating new methods to solve the problems of increasing the physical activity of children from birth to preschool age and developing their physical qualities.

**Keywords:** Preschool children, raising a healthy child, physical education, development, mental preparation.

## **Introduction**

In order to expand the coverage of children of early and preschool age with quality preschool education in the Republic of Uzbekistan, a five-year State Program and Roadmap for the Development of Preschool Education in the Republic have been developed. The Ministry of Preschool Education has been established to fulfill state tasks for the development of preschool education. In the preschool education system, measures are being implemented that provide for foreign cooperation in accordance with the UNICEF annual plan for 2018. One of the achievements of this plan is the development of the competency-oriented State Curriculum for preschool education “First Step”, as well as the update of the State Requirements for the Development of Early and Preschool Children, approved by the Ministry of the Republic of Uzbekistan. These two documents are the main documents used as guidelines for the management of preschool education and various categories of teachers in the preschool education system and for ensuring high-quality education for each child studying in MTEs. The special importance of the “First Step” program as a state curriculum is that it includes pedagogical goals of education, provides a structure for the child’s learning throughout the day, and also ensures that teachers understand which most important aspects of a child’s development they should focus their attention on.



The “First Step” program is a document that fully covers and regulates the entire preschool education system. The “First Step” program is designed to ensure the same quality of preschool education for different groups of children. The program helps teachers understand and learn how to create a stimulating learning environment for children and how to involve parents in education.

This curriculum is developed based on best international practices and South Korean experience. The main goal of the “First Step” curriculum is to form a person capable of continuous development throughout his life. The main feature of this modern pedagogical system is to instill in children an interest in reading. This means that special attention should be paid to getting children interested in the educational process. Today's children, regardless of where they live, are constantly faced with changes and innovations in the social, political, environmental, scientific and technical and industrial spheres. As a result of these reforms, relations in society and the set of vital professions are also changing to a certain extent. Such processes require children to constantly master new things, to study and learn throughout their lives. The main goals of the Program are to teach children to independently replenish their knowledge and adequately adapt to the ongoing renewal processes. This program seeks to create in children the basis of vital qualities and skills to solve modern problems. For this, every teacher must constantly search and study.

The program is intended for children from three to six years old, and is based on the combination of scientifically based and empirically proven methods with families and associations, taking into account their interests, in order to individually and uniquely shape the life conditions of each child. The program is designed to meet the specific educational needs of each child and requires respect for different cultural traditions. Physical education classes should correspond to the program of the preschool educational organization and state requirements, as well as the age of the children. Preparation for physical education classes should be organized at a high level and qualitatively (hygienic conditions, equipment, ensuring the safety of children, their general condition, etc.), the correct distribution of the parts of the class, the introductory part: preparing the body for exercises, the variety of exercises according to their direction, the main part: the correct distribution of general developmental exercises, for the muscles of the shoulders and arms, for the torso, back, waist, spine, for the muscles of the legs, abdomen, heels, the ability to control the physical load, controlling the correct

posture of children and correct breathing, playing an active game (explaining the conditions of the game, its compliance with the basic movements, compliance with the rules of the game), the final part: quiet games, performing breathing exercises, encouraging children at the end of the class, determining tasks for the next class based on the results of the class, and working with children who require separate training.

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