



PECULIARITIES OF PHYSICAL AND MENTAL DEVELOPMENT OF PRESCHOOL CHILDREN

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Abstract:

The main task of physical education of preschool children is to direct them to early education and to ensure their desire for physical activity.

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

Introduction

It is known that a child develops as a result of the influence exerted on him by adults, in the process of independent activity and under the influence of information coming from the environment. Children play a lot with toys, move and at the same time observe their surroundings, turn to their parents for various reasons, and happily carry out small tasks given by them.

The period from 3 to 6 years of age is a direct continuation of early childhood in terms of general sensitivity, which is carried out with the unstoppable ontogenetic potential for development. During this period, all motor skills in a child continue to develop and improve, but his interaction with the environment is still limited. Children gradually become independent, their body gains strength, and their movements become more precise, confident, and accelerated. The enrichment of life experience helps to improve movements with various household items and toys. Movements become more precise, conscious, and goal-oriented [68; p. 199]. Properly organized physical education in kindergarten children helps to develop thinking, memory, initiative, imagination, independence, and the emergence of basic hygienic skills. In preschool age, as in early childhood, the child's sensory experience is of great importance for the formation of clear ideas about the world around him. At this period, the game becomes the most important type of activity, but not because the child spends most of his time in the daily routine just playing



entertaining games, but because the game causes qualitative changes in the child's psyche.

The game of young children gradually becomes more complicated: life experience is gained in it, certain ideas are increasingly observed, creative imagination begins to manifest and develop. From year to year, verbal explanations and tasks from adults become increasingly important in the mental development of children. Physical exercises, active and sports games are one of the important means of raising a healthy child. When engaging in physical exercises with children, special attention should be paid to their health, appearance, mood, fatigue, appetite and sleep. It is advisable for each child, even if he is healthy, to undergo a medical examination 2-3 times a year. At the same time, it is recommended to record the child's height, weight and chest circumference, which, in turn, will allow him to grow correctly. The conditional periods of childhood are accepted as follows: The newborn period is the first 3-4 weeks of life. The child adapts to new conditions (in it, breathing occurs in the lungs, the digestive organs begin to function, and thermoregulation is established); due to the underdevelopment of the cerebral cortex, his nervous system is not yet mature, only unconditioned reflexes are expressed. Infancy is the first year of life. The functions of the central nervous system begin to improve; conditioned reflexes are developed; movements are formed; weight and height increase rapidly. The younger preschool period is the period from 1 to 3 years. Growth slows down a little, motor skills improve; speech is formed; the child acquires some hygienic skills. The preschool period is from 3 to 7 years. This period is also characterized by a slight slowdown in growth. The child's muscles are strengthened, the skeleton develops strongly. The child switches to an adult diet, and his resistance to various diseases becomes more stable. Development of children from 3 to 7 years. During preschool age, the foundation is laid for healthy and full-fledged physical development. Preschool children are characterized by insufficient body stability and limited mobility. The nervous system develops rapidly in them, the muscular system strengthens, and movements improve. Attention is significantly stabilized, simple labor skills begin to form in children.

Thus, the main problems of innovative additions to the structure and system of preschool children's physical education are: a) opportunities to use physical education tools to optimize the conditions of children's mental development



process; b) formation of age-related characteristics of physical qualities and basic movements of kindergarten children; c) solving methodological problems of physical education in preschool educational organizations; g) organizational and substantive bases of training specialists in preschool physical education.

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