
**THEME: THE HISTORY OF THE FORMATION AND DEVELOPMENT OF THE METHODS OF
THE PHYSICAL DEVELOPMENT OF CHILDREN IN SENIOR PRESCHOOL AGE**

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ANNOTATION:

This article contains information about the physical development of senior preschool children. There are also opinions of scientists on the physical development of children are considered in this article.

Keywords: physical development, Decree of the President of the Republic of Uzbekistan, tasks of physical culture, contribution of scientists to the history of physical development.

INTRODUCTION:

Preschool age is an important stage in the physical development of the child. Because child's body is formed intensively at that time, so it is necessary to pay a special attention to hygiene skills and carry out hardening procedures with children. The usefulness of the physical development of children of senior preschool age depends on their possession of various movements. Educators need to diversify exercises. Also it must be remembered that the skeletal system of a preschooler is very mobile and fragile.

Physical development has a beneficial effect on the psychological development of the child. Moving regularly helps child to develop the will to overcome difficulties, how to be independent and, of course, he learns the world around him. Moreover, during the game, children develop dexterity, speed and endurance.

Active exercise for a child helps to strengthen musculoskeletal system, cardiovascular system, and it improves immunity. The effectiveness of physical

development largely depends on the correct selection of pedagogical methods. Healthy children tend to be active because they find a source of joy on this.

These days, families and kindergartens pay an attention to the physical development of children. The main purpose of the physical development of children is to preserve and strengthen their health. So in order to reach this, parents and educators need to solve the following tasks:

- Teach children to set goals and achieve them;
- Form their ideas about sports;
- Teach them outdoor games, while observing the rules;
- Educate them in hygiene skills.

V.A. Sukhomlinsky said that their spiritual life, mental development, faith in their own strength depend on the health, cheerfulness of children.

Unfortunately, today's children spend more time with their phones. Due to the lack of physical activity, they have a sedentary lifestyle. Which, in turn, leads to various diseases, such as kyphosis of the spine. From an early age, parents should teach children a healthy lifestyle. At this age, the child develops posture and strengthens all types of muscles. The child has an interest in a healthy lifestyle.

The President of the Republic of Uzbekistan Sh.M. Mirziyoyev pays a special attention to the development of a healthy lifestyle in preschool education. In the Decree of the President of our country "On measures for the widespread introduction of a healthy lifestyle and the further development of mass sports" under No. 6099 (October 30, 2020), he paid attention to a

healthy lifestyle of the population of Uzbekistan. The President of Uzbekistan Sh.M. Mirziyoyev paid attention to ensuring the formation of a stable immune system against diseases in every citizen through regular physical education and mass sports and the formation of healthy lifestyle skills. Moreover, in the Decree, special attention was paid to: compliance with sanitary and hygienic rules as an inseparable part of a healthy lifestyle at the level of the family, mahalla, preschool educational and general educational institutions.

Starting from 2022, the Health Paths program will be implemented for walking and cycling in the cities of Nukus, Bukhara, Nurafshan, Samarkand, Termez, Khiva, Shakhrisabz and Kokand, and also from 2023 - in all major cities of the republic, on TV channels in order to form among young people, in particular among children of preschool age, the concept and interest in physical culture and sports of television sports competitions "From childhood to sports", "Morning gymnastics" which hold in general education schools between classes - "Do with us, do as we do, do better than us!", "Funny starts", "Aerobics for adults", "Initial yoga classes", "Give up excess weight!", between families - "Dad, mom and I are a sports family!".

The problem of physical development and health promotion of children was found in many historical sources. The issues of the relevance of the physical education of children are raised in the "Teachings of Vladimir Monomakh" (1053-1126), "Domostroy" by Archpriest Sylvester Medvedev (1641-1691), "Citizenship of Children's Customs" by Epiphanius Slavinetsky, "General Institution for the Education of Both Sexes of Youth" by I. I. Betsky (1704-1795), "A brief instruction, selected from the best authors, with some physical notes on the upbringing of children from their birth to adolescence" by N. I. Novikov (1744-1818).

In the 70-90s of the twentieth century, content of physical exercises, especially for preschoolers, was clarified and substantiated as a result of research using modern natural scientific methods

1. The features and conditions were specified that ensure the successful mastering of the elements of basic movement technique by preschoolers of different age groups: walking, running, jumping, throwing, and climbing.
2. The features of the development of physical qualities in preschoolers were studied.
3. The possibilities of children in mastering sports exercises, outdoor and sports games were studied.
4. A methodology of teaching preschooler's general developmental exercises was worked out.

The theory of physical education of preschool children was undertaken in the 20s of the twentieth century. In those years, preschool institutions needed personnel with the necessary knowledge, skills and abilities of physical education of children.

A huge contribution to the development of physical education of preschool children was made by the works of V.V. Gorinevsky (1857–1937), L.I. Chulitskaya-Tikheeva (1868–1938), E.A. Levi-Gorinevskaya (1889–1956). The authors advised to introduce physical education in preschools as early as possible.

An important role in the development of movements was assigned to outdoor games. The ideas, which was put forward by scientists, laid the foundations of physical culture and health work with children. In the 70-90s, specialists from the Research Institute of Preschool Education of the Academy of Pedagogical Education of the USSR (T.L. Bogina, E.I. Vavilova, M.Yu. Kistyakovskaya, T.I. Osokina, N.T. Terekhova, E.A. Timofeeva, A. D.Udalaya), researchers of Ukraine (E.S.Vilchkovsky, G.V.Shalygina), Armenia (O.G.Arakelyan), Belarus (Z.I.Ermakova, L.V.Karmanova,

V.N.Shebeko, V.A. Shishkin), Latvia (S.Ya.Laizane), Lithuania (Yu.Yu.Rautskis). As a result, the tasks in the field of physical education of children were clarified, new teaching methods were proposed, and physical education manuals were created.

In 1998, the Republic of Belarus published the first textbook for schoolchildren of general educational institutions and schools "Methods of physical education in preschool institutions" (authors: V.N. Shebeko, V.A. Shishkina, N.N. Ermak), which involves the study of theoretical methodological aspects of the problem of physical education of children. The textbook is based on the results of modern research and best practices of preschool institutions.

According to surveys, movements of senior preschoolers become more conscious, so they try to find out why it is necessary to do this and not otherwise, they begin to evaluate their movements and their comrades. The tasks of physical culture include the preservation of its health-improving value, the formation of posture and learning the technique of movements. The main task is to educate children to play outdoor games, responsibly following the rules. They pay an attention to the education of organization, discipline and mutual assistance.

Taking everything into account, it could be concluded that the physical development of

older preschool children plays an important role in their lives. Also, it is advisable that the physical development of preschool children should be under the control of parents and kindergarten teachers. Parents and educators should educate children in the habit of physical activities and outdoor games. Eventually, the main purpose of physical education of preschool children is health promotion.

LITERATURES:

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- 2) A. G. Gogoberidze, O. V. Solntseva. "Preschool pedagogy with the basics of education and training methods for bachelors." 2013.

INTERNET RESOURCES:

- 1) <https://www.lex.uz>
- 2) <https://tapatulkin.ru/fizicheskoe-razvitie-detey-doshkolnogo-vozrasta>
- 3) <https://nsportal.ru/detskiy-sad/zdorovyy-obraz-zhizni/2017/09/24/fizicheskoe-razvitie-detey-doshkolnogo-vozrasta>
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