

## USAGE OF MOVING GAMES TO DEVELOP PHYSICAL SKILLS AND ABILITIES OF PRESCHOOL CHILDREN

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### ABSTRACT

The methodology of conducting mobility games among pre-school children and the content of the mobility games used in the physical trainings are highlighted in this article.

**Keywords:** Pre-school children period, the physical development of child, skills and qualifications, mobility games.

### INTRODUCTION

The primary and most important part of pre-school education is the system. Raising a healthy gene pool, mature staff, first of all, starts with this system. However, until now, this system has been devastating. Over the past 20 years, the number of public preschool educational institutions has dropped by 45 percent. As a result, only 33% of preschool children are covered in kindergarten. This figure is 99 percent in Denmark, 97 percent in Japan, and 95 percent in South Korea. In preschools, educational programs on social, personal, emotional, speech, math, physiochemical, physical and creative development of children are not introduced. In general, kindergartens have become "institutions for the child when they are at work"<sup>1</sup>.

The Republic of Uzbekistan is characterized by the fact that children's coverage exceeds 39%, and preschool preparation for children of 5-7 years is a result of the development of preschool education in our country. There are more than 7,140 state and non-state preschool educational institutions functioning in the country, where 2 699 499 preschool children are educated<sup>2</sup>.

The Article 11 of the Law of the Republic of Uzbekistan "On Education" states that "Pre-school education aims to shape a child's personality in a healthy and mature state till attending the school. Pre-school education is provided in kindergartens and other educational institutions irrespective of the type of property from the age of six to seven years." A number of decrees and resolutions have been assigned in our country on the importance of pre-school education to the level of public policy and the development of the system's activities, raising the pre-school education process to world standards, and the development of physical, intellectual potential of children from pre-school age.

The Decree of the President of the Republic of Uzbekistan from December 29, 2016 "About measures on further improvement of system of preschool education for 2017-2021" № 2707 "About organization of the Ministry of preschool education of the Republic of Uzbekistan"

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<sup>1</sup>The report of the video-conference devoted to an analysis of the reforms in the system of preschool education and determination of the future tasks on December 19, 2017, under the chairmanship of the President of the Republic of Uzbekistan ShavkatMirziyoev

<sup>2</sup>Appendix 1-3 of the Decree of the President of the Republic of Uzbekistan from May 8, 2019 "On approval of the Concept of development of preschool education of the Republic of Uzbekistan until 2030" PQ-4312.

from September 30, 2017 serve as a basis for further reforming and a completely different appearance. Also, the Decree of the President of the Republic of Uzbekistan No. 5368 of March 5, 2018 "On measures to radically improve the system of public administration in the field of physical education and sport" identifies the priorities of educational institutions in the development of mass sports and selection of talented youth, in it physical fitness and physical fitness through physical exercises and physical exercises by trainers in primary gymnastics and mobility games as well as the formation of interest in sports, education and sports ability of young generation has been assigned. As you know, the development and growth of the child is an ongoing process. During this period, we can observe the development of his personality, the first occurrence of events and objects, the desire to find meaning in it, the interests and emotions. The appropriate requirements for the physical training of children, the healthy and harmonious development of the baby from the first years are the main requirements of the time.

Providing the children with the physical development laws and their initial activities, the scientific approach to the development of the content and methods of the educational process, the systematic hygiene, the training of the skills needed to stamina, endurance; solve some of the most important issues in different occupations and activities, such as independent thinking, upbringing, and physical training. Monitoring existing scientific research and teaching and learning tools can be seen in the fact that the technique of using mobility exercises in physical education and skill development in pre-school age have not been studied as a separate research object yet. Each stage of life has its specific stages in terms of developmental characteristics and needs. When the child grows up, physical activities, the order of basic movements plays an important role in this process, and it will contribute to physical development of the child's personality, if these processes are organized systematically with the help of appropriate, mobility games.

## LITERATURE REVIEW

A number of scientific works have been carried out in the country. In particular, T.S.Usmonhodjaev, F.A.Kerimov, X.A.Meyliev, O.A. Safarov, Sh.A.Pulatov, A.Pulatov, A.A.Assulov, D.J.Sharipova, G.Zh.Tulenova, M.M.Masharipova, G.Salimov, S.Tajiboev, R. Yuldasheva's research is focused on the fact that her work is incomparable. Foreign experts include: D.V. Mendjeritskaya, M.V.Vavilova, N. Lebedeva, A.V.Keneman, D. Khuxlaeva, M.F. Litvinova, V.G.Frolov, G.P. Yurko, L.I.Penzullaeva, A.Akieva, G.Osokina, Y. Andreev and B. B. Chumakov, A.K.Bondarenko, A.I. Matusik, G.Landret; Scientists such as S.L.Crogh have also contributed to the broader dissemination and development of this industry<sup>3</sup>.

**The purpose of the research work** is to develop a technique for the use of mobility games in the development of physical abilities and skills in pre-school children.

**Methods of research:** literature analysis, pedagogical survey, questionnaire, pedagogical experience, mathematical-statistical methods.

### Analysis and results

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<sup>3</sup>Usmonhodjaev T.S. National and mobility games. T: 2015.,Usmonhodjaev T.S. Physical Training in Preschool Educational establishments: T., 2006, Litvinova M.F. Russkienarodnyepodvizhnyieigrы. M.: 1985, Frolov V.G. Yurko G.P. Физкультурныезанятиенавоздухедостмидошкольноговозраста.М.: 1983, Usmonhodjaev T.S. FF Khojaev. Mobility games.T.: 1992, Usmonhodjaev T.S. 500 mobile games. T.: 2016, Usmonhodjaev T.S. Meliev X.A Physical training. T.: 2003, Mahkamjonov K.K. I.Gulamova. National mobility Games for children. T.6 1990, Mendjeritskaya D.V. Vospitatelny o detskoyigre.M.: 1984, Glazyrina L.D. Физическойкультура - дошкольникам. М.: 1999, Lendret G.L. Igrovaya therapy: isochronous otshoseniy. M.: 1998, Maxkamjonov K.K. and head. Generalized and expanded physical training variational program for pre-school education institutions. T.: 2006, Penzullaeva L.I. Physical trainings for 5-6 year-old children. T.: 1992, Karimov M.K. Physical Training in Children's Nursery school: 2004, Yuldosheva R. The educational significance of the Uzbek folk games T.: 1992, Azizova R. Method of teaching sports and mobility games. T.: 2010, Rahimkulov K. National mobility games.T.: 2012, Kerimov F.A. Mobility games with elements of single wrestling. Crogh S.L. Educatingyoungchildren. USA 1996.

Monitoring can be seen in the fact that pre-school age children are not studied as a separate research object. In the age group of children aged 5-7 years, the physical development of children aged 5-7 years was investigated by running, jumping and throwing exercises. The following results were obtained: running (10 m) - 5 boys aged 2,8-2,1, 2.6-2.0, which can be traced in Table 1 by the results of the age group. Recommended games for children of pre-school age (3-4 years) to develop their physical abilities and skills and these motion-free games are aimed at promoting a particular type of movement. Experiments: Recommendations and methodical instructions on planning of educational process of teachers of preschool educational institutions during summer health season; a complex of games for children of preschool age; a set of documents for physical education for preschoolers; Department of physical development of the "Bolajon" program; 3-7 years old children of preschool age have developed and put into practice the technique of mobile games aimed at developing their physical abilities and skills.

Table 1

**Physical development indicators for children aged 4-7 years  
(n = 24)**

m/ p	TestExercise	Sex	4 age		5 age		6 age		7 age	
			E.G. n=24	C.G. n=24	E.G. n=24	C.G. n=24	E.G. n=24	C.G. n=24	E.G. n=24	C.G. n=24
1.	Running (10m.) (sm)	Boy	3,0-2,3	2,5-2,1	2,6-2,1	1,6-2,1	2,5-1,8	2,5-1,8	2,3-1,7	2,0-1,0
		Girl	3,2-2,4	3,0-2,1	2,8-2,2	1,8-2,2	2,7-1,9	2,7-1,9	2,6-1,9	2,2-1,0
2.	Long jumping from where you are (sm)	Boy	64,0-91,5	54,0-71,5	82,0-107,0	63,0-97,0	93,0-130,0	75,0-100,0	110,0- 135,0	100,0- 115,0
		Girl	60,0-88,0	50,0-70,0	77,0-100,0	70,0-90,0	90,0-110,0	90,0-100,0	95,0- 107,0	90,0- 100,0
3.	Throwing (150rp.sand bag.) (sm)	Boy	125,0-205,0	105,0-190,0	165,0-260,0	145,0-190,0	215,0-340,0	200,0-280,0	300,- 400,0	320,- 370,0
		Girl	110,0-190,0	95,0-170,0	140,0-230,0	110,0-200,0	175,0-300,0	155,0-290,0	240,0- 350,0	220,0- 300,0

In the age group of children aged 5-7 years, the physical development of children aged 5-7 years was investigated by running, jumping and throwing exercises, and the following results were obtained: running (10 m) - 5 boys - 3.0-2.1, 3,2-2,2, which can be traced in this table by the results of the age group.

## CONCLUSION

When guiding the trainer (guide) game in pre-school educational institutions, children should be able to better understand the content, terms, and conditions of the game, and be able to properly share roles. In preparing children to play the motion, they also focus on improving their health, improving their performance and developing their skills. It is also important to consider all the conditions for organizing the game and to select the game-friendly equipment, to equally share the number of participants, and to track and guide the game progressively. The exercise games that are used in physical education are primarily aimed at strengthening the basic kind of activity. For example, training in throwing and throwing exercises is given to the balls with a ball ("Ball Mill", "Ball Game", "Give a Name"), resulting in a child's skillful skill, skill, and skill and the ball game will help them to strengthen their skills. In summary, the organization of outdoor games and the use of the regional context, taking into account the age and physical capacities of the pupil, is based on the form and purpose of the pupil, which is instrumental in the comprehensive development of preschool children.

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