

THE ROLE OF PLAY ACTIVITIES IN THE PHYSICAL, MENTAL AND MENTAL DEVELOPMENT OF PRE-SCHOOL CHILDREN

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Abstract: Games are considered one of the main educational tools of folk pedagogy, and games have been developing and updating for centuries. Correct and effective use of game activities in preschool educational organizations increases the effectiveness of each type of activity, children's independent activities, and outdoor activities.

Key words: Physical, mental, mental, eventful - performance games, performance skills, mental process, thinking, imagination, memory, attention.

Game activity is one of the important tools in a child's life, in his physical, mental, and intellectual development. Through the game, children develop all mental processes such as thinking, imagination, memory, attention, and their knowledge about the environment expands. The correct and effective use of game activities in pre-school educational organizations increases the effectiveness of each educational activity, independent activity and outing activity. In order for the game to be interesting and meaningful for children, the educator should be familiar with the rules of the game and properly guide the game.

Through role-playing games, children get to know the everyday life, relationships, and ways of getting married. Children always imitate adults, a little girl caressing her doll repeats her mother's words, cradles her doll and sings, this is the only game that develops family skills in her. we can observe. In addition, children of preschool age play games such as "Doctor", "Barbershop", "Shop", "Builders", "Seamstresses", "Kindergarten", "School - school", "Guest-guest". positive feelings such as interest in profession, life activity, respect for others' work, harmony and kindness, sweetness are growing in the heart. Dramatize children's age-appropriate fairy tales, Russian folk tales "Turnip", "Bogursok", Uzbek folk tales "Emerald and Price", "Two Goats", memorize songs, poems, jokes. drawing exercises the child's memory, perception, ability to gather thoughts, vocabulary, speech activity, aesthetic culture, performance skills, self-confidence in children.

Action games require dexterity, agility, concentration, sensitivity from children. From the national folk games "Remember your name", "Blindfold", "White poplar, blue poplar", "Geese", "Bird's head", "Ball-stone", "Through "Jami" games, general movement activity is developed in children, independent activity, physical strength are increased, and the spirit of self-confidence is growing. Also, by playing with various toys, games with ropes, ropes, bicycles, etc., feelings of competition are awakened in their hearts. Ball games in particular greatly help children to develop all their body movements. Balls chosen for children should be bright in color, light, soft, and comfortable for children to play with. Teach children to crawl, slide, climb the rope, pass under the rope and so on in the sports rooms: "Mother hen and chicks", "Jump without touching the rope", "Get away", "Tug-of-war" By teaching children such games, they are trained to act according to a sign, play with a team, follow the rules, draw attention, and concentrate.

Through educational games, independence, activity, and creativity are developed in children. The game is played through demonstration, transitioning from simple to complex methods. During educational games, the educator activates the child's movement, develops the ability to act independently, and through the use of educational games, the child's thinking, speech, memory, i.e.,

the mental education of the child is founded. Through the educational game, children learn the properties of various things and the materials used in making them, compare them, and divide them into groups through the organs of hearing, sight, and feeling. Educational games are held in small groups as follows.

Games with toys - "What do bears need?", "Our little feet", "Dresses for Emerald".

Games that can be played on the table - "What goes where?", "Show me what I said", "Who has what in his hand?".

Verbal educational games - "Let's bathe the doll Lola Khan", "The doll Lola Khan came to visit", "Amazing bag", "Find the shape", "Find the color" games are included.

To activate the organs of hearing, smell, touch and sight, "Find the scent", "What tree's fruit?", "What's feather", "Find its fruit", "Find its mother", "Fruits and leaves", "Domino" ", "Wild and domestic animals", "What is needed for work", "What animal lives in this house", "Who or what is this?" it is appropriate to use such games. Through such games, children's imaginations such as fruits and vegetables, animals and birds, seasons, clothes, etc. are enriched and expanded, and the features of seeing, hearing, and remembering are developed.

The spirit of love for work is cultivated through the games "Aiting biz topamiz", "Topgan topagon", "Ashkovoq pishdi", "Mud game", "Gardeners" played in large groups.

The role of musical-educational games in increasing the feeling of love for music in children's hearts is incomparable. By showing and playing various musical instruments, the teacher introduces the sound of musical instruments, their structure and types. Through games such as "Find the sound", "What am I playing", "How is the bell ringing", the educator teaches children to distinguish the sound characteristics of voices and musical instruments. Through national games such as "Tapur-tupur kairagoch", "I threw a stone at the roof", "Play", "Numbers", "Fists and palms", "Yomghir" children move to the rhythm of music. Singing, clapping and mime movements are taught.

Such poems teach children to think independently and draw conclusions from life's images.

So, to sum up, the role of play in the life of children is incomparable.

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