

METHODS OF USING GAME TECHNOLOGIES IN PHYSICAL EDUCATION AND HEALTHY ACTIVITIES OF 6-7-YEAR-OLD CHILDREN IN PRE-SCHOOL EDUCATIONAL ORGANIZATIONS

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Annotation:In preschool educational organizations, forms of play play an important role in the activities, because play activities correspond to the child's nature. Not only interesting games for children, but also a way to model the outside world, the world of adults, and a way to model their relationships in society. In this process, the child develops a relationship scheme with peers. Physical education activities of preschool children: walking, running, jumping, climbing, It is aimed at mastering the basic types of movements such as crawling, throwing, hanging, maintaining balance and forming the correct technique, and in addition, special attention is paid to the development of coordination skills [8]. Today, the generally accepted way of developing this type of movement is to repeat the exercises (walking or moving in a circle, performing exercises as a team or individually, throwing and catching the ball to each other, etc.) .

Key words:Games, movement, agility, game, preschool children, physical development, musculoskeletal system, physical quality.

The practice of preschool educational organizations shows that physical education exercises for preschool children are performed in the same style and are used to a limited extent, which is related to the specific characteristics of children's mental development. Therefore, according to a number of experts, physical education training based on such principles often does not give the desired result. In the literature, there are reports about the effectiveness of using the game method during training, the essence of which is the mastery of certain types of movement through specially selected games [7].

There are also evidences of the successful use of sports games as a rehabilitation treatment for children with musculoskeletal disorders.[5] At the same time, the game method of conducting physical training is not yet widely used in preschool educational organizations. Its use is usually limited to the theme of "action games".

Purpose: The main goal is to form activities that contribute to children's health and a healthy lifestyle, to prevent diseases of the musculoskeletal system of children.

If there are certain conditions and a good material base in pre-school educational organizations, it allows to fully engage in improving the health of pre-school children.

In the era of developing technology, preschool educational organizations and at home, children spend most of their time in a motionless position (at desks, watching TV, computer, phone, etc.). This increases the static load on certain muscle groups and causes them to get tired. It reduces the strength and working ability of the supporting muscles, which has a negative effect on the development of scoliosis, flat feet, developmental delay, quickness, agility, coordination, endurance, flexibility and strength qualities.

During the stage of development and growth of children's body, deformations of the spine, legs and knees may appear due to various unfavorable reasons. They are congenital and acquired. These diseases appear as a result of injuries, infectious diseases, poisoning, damage to the nervous system, and metabolic disorders. The treatment of defects and deformations of the locomotor system is complex. It involves extensive use of physiotherapy procedures, massage, training, exercise and rest in combination with hygienic measures.

The ability to maintain the correct height affects not only the children's appearance, but also the condition of their internal organs and health. affects the work of the cardiovascular system and the respiratory system. Height and height are formed during the growth of children, and change depending on the daily schedule and the level of physical education. Correct height and height It is usually the normal position of a naturally standing person, and there is a slight natural curvature of the spine: The best way to detect a congenital malformation is to place the child in profile. In this case, the natural physiological curves are clearly visible. Too much or too little of the natural curves of the spine indicates a wrong position, which leads to spine dysfunction and other unpleasant consequences.

There are several types of stature: correct physiological and pathological (lordosis, kyphosis, bent and upright). The correct physiological state is distinguished not only by the harmony of proportions, but also by the child's physical endurance.

Taking these aspects into account and relying on the above points, it allows us to conclude about the importance of physical culture in the health and development of preschool children.

It is desirable to use game methods of conducting physical education and therapeutic physical education exercises in MTTs.

Games are the only interesting and favorite activity of children, which is widely used at all times and in all nations.

Game activity helps to develop emotional qualities and physical qualities, opens up opportunities for the child to expand and improve previously acquired skills.

In addition, the game requires children to demonstrate qualities such as initiative, community, the ability to coordinate their actions with their peers, thus creating the foundations of social relations.

Health and development games for children allow to set and solve interesting movement tasks of different complexity, strengthen the achieved health effect, get new feelings and increase their emotions. These games create an additional learning situation and help the child master the types of movements that are difficult to master.

Games that strengthen children's health, help to develop the virtue of volition, help children to express their feelings, resolve internal conflicts and increase their self-esteem. Role-playing in rehabilitative and developmental play allows children to feel physical responsibility, to experiment with different behaviors and to respond in socially acceptable ways to see what results. recreational and educational games help children to entertain, illuminate their imaginations, master cultural values and develop certain skills. For preschool children, play is a leading activity. The pleasure of playing games has a positive effect on children's psyche.

As time grows, the range of activities that children encounter expands, and on this basis, games become wider and more diverse, and their content changes.

If the main content of games for small preschool children in MTT consists in getting to know and trying out adult things with the help of objects, then for children of middle school age, this is the restoration of relationships between people, and for older preschoolers, it is obedience to the rules associated with the accepted role in the game.

Among the various forms and methods used in the pedagogical process to improve the health of children, to form the social behavior and culture of preschool children, it is important to use games and play activities, taking into account their age characteristics.

In pre-school educational organizations, taking into account the age characteristics of children, games developed for healthy and developing children are first of all implemented as the most interesting and understandable activities, new forms of children's game activities. leads to an increase in the number of participants in the game, to the complication of real relations between them. "Playing together, children learn the language of communication, mutual understanding and mutual support, learn to coordinate their actions with the actions of others" The game has a great impact on the mental and physical development of preschool children. "shows. The situation of the game and the actions in it help to develop voluntary attention and voluntary memory, mental activity and imagination, sympathy and mutual obedience.

The development of healthy games as a part of pedagogical activity is first of all selected depending on the optimal physical and psychological development of the child, taking into account his individual characteristics, level of health and socialization requirements.

For this purpose, the formation and solution of all tasks is provided as follows, including:

ensuring the child's health by developing respiratory, cardiovascular and neuromuscular systems and stimulating metabolic processes in the body;

development of basic movement skills, based on the formation of optimal movement harmony of the statics and dynamics of the main forms of movements (walking, running, jumping, crawling and climbing, etc.);

to help develop basic physical qualities (strength, dexterity, speed, flexibility, endurance, accuracy, coordination). Each of them is a complex process. For example, coordination is the result of the joint interaction of the central nervous system and muscles in order to achieve the final result of movement.

To develop the quality of good coordination, it is necessary to have the ability to control the body, accept and process meaningful movements: the ability to direct (the ability to transfer voluntary and involuntary movements in the right direction); ability to react (ability to react quickly); the ability to maintain balance (the ability to keep the body in balance or restore its balance); rhythm ability (the ability to perform the movement in the appropriate rhythm); the ability to differentiate (the ability to perform a safe, accurate, economical action, at the same time, with the participation of the quality of power, moderation plays an important role). Therefore, the formation of each physical (movement) quality implies solving a number of specific problems;

strengthening the muscle corset and pelvic muscles, forming the correct figure, correcting deficiencies in the child's physical development;

formation of body balance and voluntary regulation of movements. This task includes a certain set of tasks: formation of the ability to target static and dynamic movements of the body; formation of muscle control of body parts; development of sensorimotor coordination, balance and vestibular stability; development of figurative movements; development of flexibility of muscles, etc.;

development of speech skills: to know how to breathe properly, to develop coordination of voice and volume, to form focused attention in one's senses when pronouncing sounds, to form the ability to change the height of speech, tempo and rhythm of speech, etc. .;

formation of graphic movement skills based on the development of kinesthetic foundations of movement.

Taking these aspects into account, it allows us to conclude about the relevance of the development of game technologies for physical education training in order to prevent disorders in the development of the locomotor system of preschool children, as well as the importance of the chosen topic for preschool children. shows its importance in improving the system of raising children in educational organizations.

In conclusion, the child's psyche is created from childhood in such a way that it is almost impossible to force children to perform any, even the most useful exercises purposefully. The child must be interested; he does something not because it is "necessary" and "useful", but because he likes it. Considering these aspects, it is advisable to use modified and adapted games aimed at improving children's health and preventing diseases.

It creates not only satisfaction from the right actions, but also joy and emotional uplift, which correspond to the needs of the growing organism. As a result of using games in harmony with DJT exercises, we not only treat children, but also contribute to their comprehensive physical and mental development, formation of necessary skills, coordination of movements, improvement of dexterity and accuracy qualities.

During children's play activities, unexpected and interesting situations often occur. It encourages children and parents to laugh heartily. A fun and cheerful environment allows him to focus more and enhances communication with children in an atmosphere of love, care and joy. It is a powerful healing agent.

The use of special games and training complexes developed in physical education classes at MTT contributes to the effective mastering of the curriculum by children and the formation of the correct technique for performing the main types of movements;

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