

THE ROLE OF LEISURE IN DEVELOPING CHILDREN'S INITIATIVE AND INDEPENDENCE**Khamdamova Shakhzoda Makhmudovna**

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Annotatsiya. Ushbu maqolada ilk va maktabgacha yoshdagi bolalar rivojlanishiga qo'yiladigan Davlat talablari asosida maktabgacha yoshdagi bolalarni bo'sh vaqtlarida tashabbuslarini rivojlantirish vazifalarini hal etish va ularning yosh xususiyatlari hisobga olinish, ularning har tomonlama mustahkamligini rivojlantirish haqida ma'lumotlar beriladi.

Kalit so'zlar: Davlat talablari, kun tartibi, bedor yurish, ijtimoiy-hissiy rivojlanish, yirik motorika, mayda motorika, sensomotorika

Аннотация: В статье представлена информация о решении задач развития инициативы детей дошкольного возраста в свободное время с учетом их возрастных особенностей, развития их всесторонних сил на основе Государственных требований к развитию детей раннего и дошкольного возраста.

Ключевые слова: Государственные требования, повестка дня, бодрствование, социально-эмоциональное развитие, крупная моторика, мелкая моторика, сенсомоторные навыки

Abstract. This article provides information on solving the tasks of physical education of preschool children based on the State Requirements for the Development of Early and Preschool Children, taking into account their age characteristics, and the role of physical education tools in their comprehensive development.

Keywords: State requirements, agenda, wakefulness, socio-emotional development, gross motor skills, fine motor skills, sensorimotor skills

The state requirements are divided into five main areas of development for children from birth to 7 years of age. Each area of development is in turn divided into sub-areas, which consist of several requirements appropriate for each age group.

- physical development and the formation of a healthy lifestyle;
- socio-emotional development;
- speech, communication, reading and writing skills;
- development of the cognitive process;
- creative development.

The area of "Physical development and the formation of a healthy lifestyle" is divided into the following sub-areas:

- large motor skills;
- fine motor skills;
- sensorimotor skills;

When solving the tasks of physical education of preschool children, their age characteristics are taken into account. Rapid growth and development are a characteristic feature of the preschool child's organism. However, the formation of systems and their functions is not yet complete. Since the preschool child is very fragile, the following health-improving tasks are given priority:

Mode (routine). The mode (routine) of children's life is a certain sequence of waking, sleeping, eating, various types of activity, repeated every day in a certain sequence and rationally alternating. The routine should provide favorable conditions for development, therefore it changes depending on the age of the child, his health, the characteristics of the work of adults, the family life and organization in which the child is brought up. The fact that the main components of the routine are consistent and constant over a certain period of time is its integral feature. The regularity of the routine is based on the rhythm of natural phenomena, the rhythm of the body's activity. This is manifested in the rhythm of waking and sleeping, changes in body temperature, breathing, heart rate, the rhythm of the digestive tract, etc.

A rational routine:

- 1) is built on the basis of the optimal ratio of waking and sleeping, during which tasks are redistributed between the sections of the cerebral cortex, the information received is processed;
- 2) is built on the basis of the ratio of mental and physical work, taking into account the rhythm of digestion.

Deviation from the routine is immediately reflected in the child's mood, as well as in his behavior.

Hygienic conditions. In our society, physical education is based on the state's concern for motherhood and child, the constant improvement of living conditions of the population, and the growth of material well-being. For the proper physical development of children, it is necessary to create hygienic conditions (buildings, playgrounds, equipment, clothing - headgear, footwear), to strictly follow a scientifically based regimen of children's lives (which includes rational nutrition, development of movements and measures to strengthen the body).

It is necessary to maintain order in the group. The room should not have heavy and thick curtains, carpets, soft furniture, or any unnecessary things that block light. All equipment must meet the educational requirements, the height and body structure of children, and meet the special standards set by the Ministry of Preschool Education. Children's tables and chairs should be quite durable and lightweight, simple in structure and easy to wash. Tables should be placed so that the light falls on the left side. Toys and visual aids should also meet hygienic requirements, be durable, harmless in color, and have a smooth appearance. The educator is responsible for the hygienic conditions of his group. The room should be ventilated after the children go for a walk or to music lessons, and the windows should always be open, regardless of the season.

Playground of a preschool educational organization. There should be a separate area separated by bushes for each age group. The playground should have a place for developing children's movements (a flat area), a place for games with sand, water, building materials, a place for creative games and games with various toys. The playground should have equipment that develops movements: climbing walls (three-, four- and six-sided), a beam for balance exercises, a hill, the necessary equipment for jumping, throwing exercises. All this should be suitable for the age and strength of the children, sturdy, durable, and beautiful. There should be paths for children to ride bicycles on the playground of a preschool educational organization. There will be covered porches to protect them from rain and sun. The playground should always be neat and

tidy. The playground of the preschool educational organization will be equipped with benches, toys necessary for playing, sandboxes, various ship and airplane models, ladders. In winter, it is necessary to build snow slides, ice paths, and snow structures.

Children's nutrition. When a child sits at the table with a good appetite, conditions are created in his body that contribute to good digestion of food. A good appetite helps to develop independence, cultural and hygienic skills, and the ability to behave correctly at the table. The most important thing is to ensure that children have a good appetite from a young age. Some children may eat more than they should, some less than they should. Therefore, the child should be given a norm of food based on their age. However, you should not force the child to eat until the end, forcing always reduces the pleasure of food, makes it difficult to digest, and sometimes the child may refuse food altogether. The main criterion for a child's proper nutrition is his harmonious physical development.

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