

**UNCONVENTIONAL APPROACHES TO THE PHYSICAL EDUCATION OF
PRESCHOOL CHILDREN**

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Abstract: *This article discusses the issues of proper organization of non-traditional approaches to physical education of preschool children. Where, for how long, with what tools, and in what parts the exercises are carried out, children are told in detail.*

Key words: *Children, preschool education, physical education, education, activity, non-traditional approach, health promotion.*

Introduction: Physical education is carried out for the purpose of arming with special knowledge, learning movement skills and abilities, improving body reflection in the child. Physical exercises are a system of special movements, a complex form of child activity used as a means of physical education. They are used to improve vital movement skills and help the child's spiritual growth and development. Physical exercises performed by children in individual or group interaction equip them with the experience of moral relations, which is the basis for the formation of the appropriate qualities of moral will. Sport is an important factor in not only physical, but also spiritual development. It builds will, strives for a clear goal, teaches to overcome difficulties with endurance and endurance. It cultivates feelings of confidence, pride and pride in the human heart. As our president noted, a nation with healthy, educated and selfless children will surely build its great future. Indeed, "nothing can make a country famous around the world as quickly as sports." "Sports make a person brave, tenacious and resilient." Physical condition is an indicator of the proportional physical development of health, physical and mental characteristics and abilities at one or another period of a person's life. Physical recreation (recovery) is a moderately organized process of movement activity, physical culture tools refers to the recovery of slightly reduced mental and physical work.

Physical development is the process of formation and change of the morphofunctional characteristics of the child's organism during the individual life and the psycho-physical qualities based on them. (indicators, chest size, stature, spine flexibility, heel size, dynamometry, etc.) means a set of morphofunctional characteristics. In a broad sense, it means the development of mental and physical characteristics (speed, strength, flexibility, dexterity, agility, endurance). Physical maturity (maturity) is a

measure of physical development. It implies perfect physical training and harmonious mental and physical development, fully responding to students' work and lifestyle of life activity. Physical fitness is manifested in maturity based on the biological reliability of the organism, high individual physical ability, and long life on the basis of strong health. as the main link of the process of educating and bringing people to adulthood, it acquires an important importance.

Physical culture is a component of the general culture of society, aimed at strengthening health and improving human physical abilities as a link of social activity, embodying material and spiritual values, active activity of a person in society, having a healthy lifestyle. It is a form of culture that is necessary for becoming physically mature. A unique feature of any culture is that it is built on a creative basis. It can be said with confidence that physical culture means creative activity aimed at changing and improving human nature through physical exercises. Physical culture is noteworthy for its focus on the "cultivation" of the human body. Therefore, it is important to develop the child's personality in all aspects along with the formation of body "culture". This or that illness of a person is a payment for the slow development in his psyche and body. From the moment a child is born, his freedom of development in society is limited. Limitation of freedom of activity leads to various diseases. In order to achieve health, it is necessary to adapt the child to the surrounding environment and help him live in harmony. Physical culture is a very broad concept and is closely connected with physical education.

Physical education is a pedagogical activity aimed at forming movement skills and mental and physical characteristics in order to achieve physical fitness. Physical education plays an important role in the formation of a child's physical culture, and serves as a means of imparting universal and national cultural values to him. The goal is to support the training of fully mature, well-rounded highly qualified specialists. For this purpose, the following tasks are solved, high moral, voluntary and physical qualities are brought up in students; - maintaining and strengthening the health of students; - physical education is organized taking into account the future professional activity of students; Engaging in physical education increases the body's functional capabilities, mental and physical performance, and the productivity of educational work. Skillful use of physical education aids the development of practical and other special intellectual qualities.

Movement activity is the basis of vitality and individual development of the child's organism. It obeys the golden law of health: "we spend and get". The individual development of the child is based on the energetic rule of

movement activity. Movement activity is the main factor of functional induction of recovery processes (anabolism). Based on motor activity, the child ensures his full physiological development. As a child of nature, man lives and develops because of his need for movement. This need is socially directed to him through the education system. It follows that movement activity becomes a biosocial condition. Effective research in the field of physical education depends on a number of objective and subjective factors. In this process, it is also important to be able to choose appropriate, acceptable, and at the same time effective methods. Scientific research methods are the methods of special examination and knowledge of the principles of training a person, providing him with deep and thorough scientific knowledge in certain directions, the internal essence, communication and laws of the physical training process, which determine the objective and subjective factors. Carrying out scientific research is a complex process that requires a certain period of time, has such characteristics as consistency, continuity, systematicity and a clear goal, and it is necessary to comply with a number of conditions for its effectiveness. They are:

- 1) correct formulation of the problem and clearly defined content of the work;
- 2) tasks are correctly defined based on the research objective;
- 3) an objective approach to the system of research methods;

Methods of formation of physical characteristics.

Game method. The game, which appeared in ancient times, was considered the most important form and method of preparing a person for life. In the system of physical education, the game solves all the tasks: educational, training, health. The game is the main activity of children of preschool age, through which the child is formed as a person. The game determines the extent to which children's future educational and work activities, attitudes towards people are formed. A child's cognitive activity develops on the basis of game activity, the better the child plays, the better he studies at school. Psychologists consider play to be the leading activity during kindergarten age. In the game, all aspects of the child's personality are formed by interacting with each other. Therefore, it is advisable to properly plan each game and training. The teacher should decide when to work with a large group and when to work with a small group (group of 6-8 children); - determining the time limits of the training (at what time you will work with the children and for how long). Only when the children have the opportunity to express their opinions during the training, their interest in the training and mutual confidence will increase.

Conclusion: In the process of organizing non-traditional approaches to the physical education of preschool children, physical qualities such as speed, agility, endurance, and flexibility are cultivated simultaneously with the development of movement skills. The expected result can be achieved if physical education training is always organized in a consistent manner.

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