

THE IMPORTANCE OF PHYSICAL EDUCATION IN PREPARING PRESCHOOL CHILDREN FOR SCHOOL EDUCATION

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Abstract This article provides information on the importance of physical education in raising children, the goals and tasks of physical education, the views of experts on physical education, and the use of specific means of physical education in preschool education organizations.

Keywords: upbringing, education, physical education, strength, health, gymnastics.

The famous Greek philosopher Plato, speaking about happiness, said: "The first happiness for a person is his health, the second is beauty." Indeed, health is the source of all wealth. The descendants of a people with a healthy and spiritual lineage will also be healthy, strong, faithful and loyal, and this happiness will become a great factor in the glory and power of the Motherland. For such happiness of the people, a healthy generation is necessary.

The great sage Abu Ali ibn Sina said, "Physical training is a great way to maintain health," which is reminiscent of the saying, "He who exercises, his health is blessed."

D. Addison describes the endless benefits of physical exercise for health as follows: "As much as reading is necessary for the mind, so is physical exercise." Socrates the sage said: "With the help of gymnastics, I can correct the balance of my body."

The doctrine of physical education is a component of pedagogy. When describing various phenomena related to this area of pedagogical science, the

following basic concepts are used: "Physical education", "physical culture", "physical maturity", "physical development". "The concept of "physical culture" includes: 1) skills in work and life (orderliness, neatness of clothes, cleanliness of rooms) and habits related to the hygienic regime (rational order of activity and rest, sleep, food hygiene, etc.); 2) strengthening the body in natural conditions of nature (air, sun and water); 3) physical exercises.

Physical development is a biological process that represents the formation of the human body, a change in its forms and functions. Physical education of preschool children is aimed at preserving their life, strengthening their health, forming motor skills and providing full-fledged physical education, forming cultural and hygienic skills, and instilling the habit of living an orderly life. A healthy, physically strong child also has a high working capacity, easily adapts to conditions, and easily and quickly performs various tasks.

The process of a child's biological development is studied by a complex of natural sciences, the basis of which is the doctrine of I.M. Sechenov, I.P. Pavlov and their followers about the unity of the organism and the environment, the integrity of the organism, and the regulatory role of the central nervous system in its vital activity.

The peculiarity of the body of preschool children is that it grows and develops very quickly. At the same time, the formation of the functions and systems of the body is not yet complete, and accordingly, it is easily injured. Therefore, the following are the primary tasks in providing physical education to children:

Health-improving tasks. Strengthening children's health, harmoniously developing the forms and functions of the body, increasing working capacity, increasing resistance to various external influences, and ensuring longevity.

Educational tasks. The high receptivity and ability to easily adapt to changing circumstances, characteristic of preschool children, create the opportunity to implement a number of educational tasks, such as: forming the

necessary skills and competencies, developing physical qualities (agility, strength, endurance, speed, flexibility, balance, eye coordination), cultivating proper posture, hygiene skills, and mastering knowledge about physical education.

The child's motor skills (crawling, walking, running, riding a bicycle, etc.) are formed relatively easily and they facilitate the child's interaction with the environment. The child gets acquainted with the properties of snow, wind, and water by sledding. Initial knowledge related to physical exercises and hygiene skills is formed. In the process of engaging in physical exercises, it is necessary to consolidate the child's knowledge about natural phenomena, social life, animals, birds, and insects.

Educational tasks. It is necessary to cultivate in children a love of sports and interest in the achievements of athletes. When performing physical exercises, very favorable conditions are created for the development of positive character traits (organization, discipline, humility, cheerfulness, etc.) and moral qualities (honesty, fairness, sense of camaraderie, mutual assistance), the ability to work in a team, to take care of physical education equipment, to fulfill tasks responsibly, as well as to demonstrate expressive qualities (courage, determination, self-confidence, perseverance in overcoming difficulties, endurance, etc.).

The main means of physical education are:

Regime (routine). The regimen of children's life is a daily repetition and rational alternation of various types of waking, sleeping, eating, and activities in a certain sequence. The consistency and continuity of the main components of the regimen over a certain period of time are its indispensable features.

A rational regimen: 1) is based on the optimal ratio of wakefulness and sleep, during which tasks are redistributed between the cerebral cortex, and the information received is processed; 2) is based on the ratio of mental and physical work, taking into account the digestive process. Deviations from the regimen are immediately reflected in the child's mood, as well as in his

behavior.

Hygienic conditions. For the proper physical development of children, it is necessary to create hygienic conditions (buildings, playgrounds, equipment, clothing - headgear, footwear), to implement a scientifically based regimen for children's lives (which should include rational nutrition, development of movements and measures to strengthen the body). At the same time, constant supervision by medical personnel, the necessary preventive and therapeutic work are required.

Children's meals (breakfast, lunch, late lunch, and dinner) should take place in a relaxed atmosphere. Instilling cultural and hygienic skills related to eating in children requires adults to set a positive example.

Sleep. Sleep is important in the physical development of children. Sleep restores the strength necessary for the normal functioning of the large hemispheres of the brain. Deep, good, long-lasting sleep is the main means of preventing fatigue of the nervous system and the body.

Cultivation of cultural and hygienic skills and habits. Cultural and hygienic skills include maintaining a clean body, proper nutrition, maintaining order in the environment, and skills related to children's cultural relations with each other, with adults, and with each other. A special place is given to various games in the daily routine of a children's institution. In order to fully use the time, the educator must select toys and materials in advance and develop children's performance skills.

Walking provides ample opportunities for comprehensive educational work. During the walk, natural and social phenomena are observed, children's labor and play activities, and sports exercises are organized.

The following specific means of physical education are used in preschool educational organizations: 1) active games are held, the most important of which are given; 2) basic gymnastics (basic movements, general developmental and rowing exercises); 3) sports exercises (skating, skiing, swimming, cycling); 4)

children's tourism.

The harmonious use of these tools ensures comprehensive physical development.

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