



Principles and Simple Laws of Choreography in Kindergarten and Children's Folklore of the Surkhandarya Region

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Annotation: Each choreographic lesson should have a certain structure. First, a warm-up is carried out and the muscles are warmed up. Then you repeat the learned movements, and only after that show the children new dances. Surkhandarya is an ethno-folklore region that has retained elements of archaic culture since, at least, Kushan Bactria. The history and culture of the Turkic and Iranian peoples are intertwined here, so the bulk of the population is fluent in the Uzbek and Tajik languages, which to a certain extent is reflected in folk art.

Keywords: folk art / Surkhandarya - ethno-folklore region / laws of choreography / principles of choreography / meanings of dance.

Choreography literally means “dance recording”. This concept appeared when people began to take shorthand dances - quickly record movements with conventional signs. Later, the meaning of the term changed, and choreography began to mean "the art of dancing." Now choreography includes everything that is related to dance - for example, such varieties as ballroom, modern and folk dances.

At preschool age, children are most receptive to music and dance, so it is important to pay attention to choreographic classes in preschool. They develop the child from different sides:

Choreography is a great alternative to sports. Dancing strengthens the child's muscles, develops flexibility and forms the correct posture.

The child becomes liberated in the dance, moves more freely and learns to express his emotions through the body - in movements and facial expressions. The liberated free state, which the child learns to experience in dance, is transferred to life. The child becomes more self-confident and communicates more freely with peers.

Every dancer is a creator. He improvises, inventing new movements in the moment, and embodies them in dance. Similarly, in life, the child becomes able to come up with new ideas and innovative approaches.

The child learns to move to the beat, he develops a sense of rhythm and an ear for music.

The studies of N.A. Bernshtein and V.M. Bekhterev prove that the movements of children to music affect the mobility of nervous processes, which means they contribute to the development of the child's brain.

In order for choreography to bring the described benefits for children, you need to set clear goals for classes.

In children 3-4 years old, coordination of movements is still poorly developed. They walk, waddling from one foot to the other, run a lot and jump clumsily. The main task of dance classes for the younger group is to teach kids to hear when the melody begins and when it ends, and to



combine dance movements with it. They learn to walk rhythmically, stomp their feet alternately, perform exercises and movements with objects in their hands (ribbons or balls), spin in pairs.

Children 4-5 years old have already formed posture, they know how to walk calmly and rhythmically, they know some dance moves in pairs and with objects in their hands. Now they need to learn how to change movements to the beat of music, memorize the rhythm of melodies. Children are trained to perform elements of folk dances, such as transition from heel to toe or squats. Also at this age, the child's improvisations to music should be encouraged.

Children 5-6 years old love to improvise on their own. They come up with their own dance moves, show interest in performing. At this age, classes are aimed at working out individual movements and their consistent execution. Children learn to change the speed and nature of the movements, listening to the rhythm of the music and interact with the rest of the dancers. Their movements become more plastic and expressive.

At the age of 6-7 years, children have good control over their bodies and can easily move to any music. In the classroom, they learn to show the subtleties of movements. For example, switch from a regular step to a solemn march and back. They master more complex transitions and sets of movements, leg raises, half-squats with a foot under the heel.

Dance classes should include different types of exercises so that children develop harmoniously.

Children are more involved in the lesson if they not only move silently, but also sing songs or play a scene. You can pick up a song, the words of which are easy to show with movements. Children sing a song and move at the same time. For example, on the line "Let's go dig potatoes", the children begin to step to the rhythm of the music, and then imitate the movement of a shovel.

Choreography classes should be regular. It is important to gradually increase the complexity and duration of dance movements. For example, a child will not immediately remember the whole dance. Learn individual movements and gradually combine them into a common composition.

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Acquaintances of children of senior preschool age with an echo of the ancient era are labor songs and calendar and ritual songs, as well as songs related to the making of the first furrow, tillage, sowing, harvesting, threshing - "kush haidash", "maida", "yozi", "Shokhmoylar", "Oblo baraka", performed by men solo or solo-group method without musical accompaniment, are emotionally elevated. Information has been preserved that calendar-ritual songs existed in the original genres, including "Sust Hotin", which accompanies the rite of making rain in a solo-group performance. Among the calendar songs to this day there are various songs associated with the celebration of Navruz - these are "Boychechak", "Yil boshi", "Navruz keldi". The songs "Yo Ramazon" or "Yo Rabbim" are a kind of folk music with cheerful, cheerful intonations that play a big role in the aesthetic development of the child.

In dance classes, children learn not only to hear music, to move rhythmically and perform certain movements. But they also strengthen muscles, learn to think creatively, analyze their actions,



memorize the sequence of movements, fantasize and express their emotions through dance. The task of educators is to properly organize dance classes and involve children in a variety of ways.

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