



Methodology for Organizing Health Gymnastics in Preschool Educational Organizations

Ziyatov Muhammad Namazovich

Samarkand State Medical University, Lecturer at the Department of Physical Education and Sports, Samarkand, Uzbekistan

Abstract

The physical development of preschool children is one of the urgent problems today [2]. Gymnastic exercises are of great importance for the physical fitness of preschool children. Through movement, the child learns to love, care for and understand the world. Fitness exercises include unlimited opportunities for the comprehensive development of children. physical exercise; has a positive effect on the development of the brain, cardiovascular, respiratory and other systems, in general, trains and strengthens the body [4]. Given these aspects, specialists are obliged to carefully and carefully treat children's health. In the process of completing all tasks in education, children should be directed to personal, physical and moral education, as well as to the acquisition of spiritual qualities and getting joy and pleasure from actions.

Keywords: health-improving gymnastics, physical culture, motor method, set of exercises, morning exercises, rhythmic gymnastics.

When organizing recreational gymnastics complexes, it is required to rely on the basic structural techniques and comply with generally accepted principles.

A variety of styles not only helps to improve the health of the body, but is also an important means of developing muscle strength, active joint mobility, proper growth and proper development of the musculoskeletal system.

Purpose: to strengthen the health and general physical fitness of children through gymnastics at physical education lessons in preschool educational organizations.

Tasks: To determine the main aspects and features of the influence of recreational gymnastics on strengthening the health of preschool children, on their physical development;

Development of a set of exercises to improve the development of physical fitness and increase the motor activity of preschool children

Prove the effectiveness of fitness tools and methods.

Gymnastics is a specially selected system of physical exercises, a set of methodological techniques used to improve health, develop physical fitness, improve children's motor abilities, strength, speed, speed of movement, endurance and other physical qualities [7, 11]. The volume of exercises used allows you to have a positive effect on the whole body and form separate muscle groups, regulate loads depending on gender, age and level of physical fitness.

Fitness gymnastics is a complete set of physical exercises that improve overall physical fitness, and includes very easy-to-perform movements. Thanks to integrative-developing exercises, motor abilities and physical fitness of children are maximally improved [8,10]. These complex exercises



allow children to improve their health and significantly increase the mobility of the musculoskeletal system and joints.

Fitness gymnastics is the most important sport in the physical development and body shaping of preschoolers. A set of exercises serves to form the correct figure, develop strength, coordination, physical skills, flexibility, as well as concentration and perseverance in training. Training is especially important for children with weak immunity, prone to frequent colds.

Classes with preschoolers are aimed at the formation of the main types of movements: the development of fine motor skills of the hands, the formation of balance, curiosity, cognitive abilities, physical activity and self-control.

Also during training, the following qualities develop:

Honesty;

Hard work;

Discipline;

Compassion;

mutual assistance;

The manifestation of creative initiative.

The main functions of the rehabilitation gymnastics program are:

Wellness;

Educational;

Educational;

Physical exercise is important for developing the habit of independently engaging in activities, as well as for accustoming to observing the daily routine.

It is considered one of the most useful directions in the development of harmony, rhythm, dynamics, charm and strength thanks to a variety of gymnastic programs, including elements of aesthetic, artistic and artistic gymnastics.

Currently, one of the simplest and most effective ways to develop the body of preschoolers in an optimal state is rhythmic gymnastics in the morning.

After a morning sleep, most children need some time, or rather several hours, to begin to adequately perceive all the events around them. Morning exercises restore the physiological processes in the child's body after waking up, activate the central nervous system and increase efficiency[12].

When doing rhythmic gymnastics in the morning:

the immune system is activated, which contributes to protection against negative environmental factors;

Significantly increases the overall performance of the child's body;

Basic motor skills are formed;

Prevents scoliosis and flat feet;

A desire to exercise regularly is formed.

A set of morning exercises for children 5-6 years old:



T/r	Description of the exercise	Norm	Organizational instructions
Preparatory part			
1.	Correct alignment	1-min	
2.	Walking: walking on the toes as usual - hands behind the head, walking on the heels - hands behind the head, walking with the knees raised - hands on the waist.	1-min	Hold the body straight and tap slowly. Breathing through the nose.
3.	Running in a circle as well as walking in a circle.	1-min	Walk slowly. Breathing through the nose
The main part			
1.	"Stretching up" I.s. - feet shoulder width apart Execution: raise the hand up - inhale lower the hand – exhale.	1-min 4-6 times	Looking straight, keeping the body straight, walking at a slow pace.
2.	I.s- feet shoulder width apart. hands on hips. Execution: bend the body to the right, bend the knee of the right leg (exhalation); Return to i.s-breathe. In this case, do it on the other side.	1-min 4-6 times	Walking straight, at a moderate pace.
3.	I.s.-Feet are shoulder-width apart, hands are above, fingers are connected. Fulfillment. Lean forward and lower your hands. Breathing while standing and raising the hand up.	1-min 6-8 times	The breath is in one breath The movement is fast
4.	"Slap from front to back" I.s.-Legs shoulder width apart, hands at sides. Clapping hands in front, clapping hands behind.	1-min 4-6 times	The breath is in one step, the movement is fast
5.	"Tick-tock" clock face I.s.-Legs shoulder width apart Execution: bending the body to the right and left	1-min 4-6 times	The breath is in one breath The movement is fast
6.	"Jumping bunnies"-I.s. Legs are in pairs. The arms are bent at the elbows, the palms are bent forward in pairs.	1 min min 4-6 times	Slowly
7.	"The stick is up." I.s.-feet shoulder-width apart, stick above, and lowered. Execution: raising the stick up, hands in front of the chest - breathing; stick down – exhalation.	1-min 4-6 times	Slowly
8.	"Stepping on a stick." I.s. - keeping the legs together, stretching the arms forward. Execution: bend the knees, put the feet together, move the stick back and forth with the palms of the feet.	1-min 4-6 times	The breath is in one breath The movement is fast
9.	Crow. I.s. - put your hands down with your legs together. Execution: while inhaling, the hands are spread wide, and while exhaling, they are lowered, a loud "Karr" sound is made.	1-min 4-6 times	Keeping the body straight, at a medium pace.
10.	"Train". I.s. - legs together, hands down. Execution: the arms are bent at the elbows, they move in a circular	1-min 4-6	Keeping the body straight, at a medium



	motion like a train. running in slow motion.	times	pace.
11.	"The boat." "I.s. lies on his stomach, hands stretch to the ground. Execution: It is necessary to raise the shoulders and hands and move from above to the back.	2-min 4-6 times	Hands, feet and knees are straightened
12.	"Higher and higher." D.x. - stick in front, hands down. Execution: raising and lowering the stick, then raising and lowering forward, forward - up-down and finally, the highest and down.	2-min	Moderate pace, even breathing
The final part			
1.	I.s.- Cross your legs. Keeping the body straight, inhale through the nose, stretch up, then exhale through the mouth and lower the hands. Repeat the exercise.	1-min 4-6 times	
2.	Walk slowly.	2-min	Walk slowly. Holding the trunk straight, hands on the waist.

When comparing the indicators of the beginning and end of the teaching experience, evaluating the data obtained on the development of the quality of flexibility in the experimental group (Table 2), an increase in the results of all indicators was observed.

Pre-experimental and post-experimental results of the experimental group ($M \pm m$)

Tests	Experimental group	
	September 2022	December 2022
Writing by bending a gymnastic stick	9,5±1,6	8,3±1,5
Forward from the gymnastic bench	11,1±0,7	12,4±0,5*
Bridge condition, cm	28,3±1,4	22,5±1,1*
To stand in a spade, cm	34,2±2,0	28,4±1,8
Writing with legs bent	10,1±1,1	7,1±1,1

asterisk on the right* -reliable differences of indicators in the group compared to December 2022 were noted. * - $p < 0.05\%$.

Table 2. Percentage increase in indicators of physical fitness of children aged 5-6 years for the experimental period.

The results of a comparative analysis of physical indicators, readiness of children aged 5-6 years showed the following: - the average result of the experimental group at the beginning of the experiment (September 2022) was 9.5 ± 1.6 cm and at the end of the experiment (December 2022) after repeated testing the results improved by 8.3 ± 1.5 cm. As a result, the average result of the children of the experimental group in this test increased by 12.4%. During the experiment, the correct standardization and distribution of new sets of exercises contributed to the improvement of performance indicators.

2. In the test "standing from the gymnastic bench: bend forward":

- the average result of the experimental group at the beginning of the experiment (September 2022) was 11.1 ± 0.6 cm, and at the end of the experiment (December 2022), when the test was repeated, the result improved to 12.3 ± 0.6 cm. 0.4 cm. As a result, the average result of the children of the experimental group in this test increased by 11.4%. By evaluating the data obtained, the reliability of the differences was revealed, as well as a trend towards an increase in the indicators in this test.



3. In the "Bridge" test:

- average result of the experimental group at the beginning of the experiment

(September 2022) to 28.3 ± 1.4 cm, and then at the end of the experiment (December 2022) the result improved to 22.5 ± 1.1 cm. As a result, the average result of the children of the experimental group in this test increased by 19%. By evaluating the data obtained, the reliability of the differences was revealed, as well as a trend towards an increase in the indicators in this test. The presence of reliability indicates the correct selection of exercises for children in this group, as well as the need for the timely introduction of a new, experimental, developing complex of flexibility in additional physical education classes.

In the test "Standing on a shovel":

- average result of the experimental group at the beginning of the experiment

(September 2022) 34.2 ± 2.0 cm, and at the end of the experiment (December 2022) the result improved to 28.4 ± 1.8 cm. As a result, the average result of the children of the experimental group in this test increased by 16 %.

In the test "crossed legs" sitting on the floor: the average result of the experimental group at the beginning of the experiment (September 2022) was 10.1 ± 1.1 cm, and at the end of the experiment (December 2022), when repeating the test, the result improved by 7.1 ± 1.1 cm.

As a result, the average result of the children of the experimental group on this test increased by 23%. The experiment showed that children in the group had positive dynamics and increased their maximum results, striving for their development.

Summary

1. Fitness gymnastics is one of the important motor activities in the development of preschool children. This has a direct positive impact on the physical fitness of children. The formation of the correct physical development in preschoolers is one of the leading directions in the system of physical education and rehabilitation.
2. In the period from 3 to 7 years, the child's body and all its systems undergo intensive (intensive) growth and development. This age is the most acceptable (optimal) time for the development of physical qualities by means and methods of recreational gymnastics;
3. Fitness gymnastics ensures the normalization and stabilization of all functions of the child's body, increases motor ability, forms immunity from various external factors, increases a high level of motor culture, discipline, strength and self-esteem confidence.
4. Morning classes of various types of gymnastics, such as artistic, recreational gymnastics, generally affect the harmonious development of the child. Forms the quality of flexibility, develops proper growth, the need for regular physical training and the desire to improve exercises and movements;

Literature

1. SH.M. Mirziyoyev «Buyuk kelajagimizni mard va oliyjanob xalqimiz bilan birga quramiz» 2018 T:
2. O`zbekiston Respublikasining «Jismoniy tarbiya va sport to`g`risidagi qonun»gi. , - T.:O`zbekiston. 2015 4-sentyabr
3. SH.M. Mirziyoyev O`zbekiston Respublikasida jismoniy tarbiya va ommaviy sportni yanada rivojlantirish chora tadbirlari to`g`risidagi 2017-yil 3-iyundagi PQ-3031-son qarori.



4. Jismoniy tarbiya va ommaviy sportni rivojlantirish to'g'risidagi Konsepsiya 2019 13-fevral.
5. Haydarov B.T., Ibroimova G.X. "Jismoniy tarbiya nazariyasi va metodikasi" (Maktabgacha ta'lim tashkilotlarida) "SamDU" nashri o'quv qo'llanma. 2020 y.
6. Haydarov B.T., Eshtayev A.K. Ibroimova G.X. "Maktabgacha ta'lim tashkilotlarida gimnastika mashg'ulotlarini o'tkazish usullari" "SamDU" nashri o'quv-uslubiy qo'llanma. 2019 y.
7. Haydarov B.T., Ibroimova G.X. "Maktabgacha ta'lim tashkilotlarida Jismoniy tarbiya nazariyasi" "SamDU" nashri darslik. 2020 y.
8. Назарова А. Г. Игровой стретчинг. Методическое пособие для работы с детьми / А. Г. Назарова — СПб, 2010–35 с.
9. Achilov A.M. Akramov J.A. Goncharova O.V. "Bolalarning jismoniy sifatlarini tarbiyalash". T.: O'zbekiston, 2004 y. 5 b.
10. Goncharova O.V. Yosh sportchilarning jismoniy qobiliyatlarini rivojlantirish. T.: O'zbekiston, 2004 y. 27 b
11. A.B.Xuxlayeva D.B. Keneman Makatabgacha tarbiya yoshidagi bolalar jismoniy tarbiyasi 1988.
12. Tadjieva M.X. Xusanxodjayeva S.I. Maktabgacha tarbiya yoshidagi bolalar jismoniy tarbiya nazariyasi va metodikasi: 2017.18. b. Toshkent "IQTISOD-MoEshtayev A.K. Gimnastika o'quv uslubiy qo'llanma
13. Kerimov.F., Umarov.M. Sportda prognozlashtirish va modellashtirish. Darslik. Tosh.2005