



Conducting Sports Holidays in Pre-School and Primary Educational Institutions

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***Abstract:** Physical education has been a structural and important part of national culture at all stages of society's history. In particular, the peoples living in the territory of Uzbekistan regarded it as a criterion of spiritual and physical perfection.*

***Keywords:** Physical education, sports holidays, primary educational, physical fitness, competition, sport.*

Physical education and military art were also developed in the 14th-15th centuries. Amir Temur's policy raised the essence of physical education to a higher level, as in all spheres of society. During the period of Timurids, special attention was paid to the physical education of the military. Competitions were held in wrestling, archery, equestrian sports.

During the period of the former union, the Republic of Uzbekistan suffered great losses. Attention to the national games, which are a school of strength, speed, and training, is waning. This has led the local population to move away from physical education. This affected the physical development and physical fitness of the local population, as well as their health. Especially for young children.

Children's physical fitness has decreased significantly, both in boys and girls.

In the era of independent Uzbekistan, great attention is paid to this issue. For example, presidential decrees and decrees on physical education and sports can serve as proof.

The decision on "Development of children's sports in the Republic of Uzbekistan" and the introduction of an additional second specialty (primary school teacher and physical education teacher) in the faculties of "Primary education and sports and educational work" and "Preschool education and children's sports" - children's sports. This will certainly lead to the rise of the sport much higher. However, it is necessary to start the formation of physical training, skills and abilities to participate in competitions from the youngest kindergarten age. Unfortunately, this is not given enough attention in kindergartens.

What sports competitions can be held in kindergartens and how to prepare for them? What should be considered and taken into account?

District and city championships: football, 10-20 m. to fast running, relays, cycling, sports competitions, fun starts, 4x10 m. included in the program of running and various competitions. These competitions are based on the calendar of competitions from above (district, city, republic) or teachers and educators start their training.

Such preparations are carried out in physical education classes, in the course of physical education held in the daily routine, and also through games at the expense of actions related to the competition. For example, a relay game, or "Who will jump the farthest?", "The best sniper", "Mocky-like run" and others.



Children 3-4 years old like to ride a tricycle very much, 5 years old and above can be taught to ride a two-wheeled bike. The value of riding a bicycle is that the child spends a lot of time in the air and strengthens the muscles, especially the leg muscles. In addition, it develops the ability to maintain balance, develops coordination skills, and the qualities of courage and bravery.

Kindergarteners and elementary school students will also enjoy the walk. During a walk, children's interest in nature and the environment increases, their bodies are exercised, and their curiosity develops. Such walks last 15-20 minutes for 3-4-year-old children, 5-6-year-old children can cover larger distances without getting tired and last up to 30-40 minutes, including elementary school students - up to 60-90 minutes.

Issues of improving the public education system, training, education and teaching methods of pedagogues have been and will remain a matter of state importance, as it is aimed at fulfilling the tasks of the national state program, as well as at the harmonious development of the individual.

The development of current technology, changes in reforms, according to the needs of the times, each person should have independent enrichment of his knowledge. Such skills and qualifications should be started from a young age. Therefore, the health, physical fitness, educational needs of young children, their worldview, etc. depend on the work skills of kindergarten teachers. One of them is to enrich children's daily routine with various activities. For example, holding sports holidays in preschool and primary educational institutions increases children's independent exercise, familiarization with sports, making friends and other skills, abilities, and movement. These are the goals. But in order to realize this goal, it is necessary to organize sports holidays, increase their effectiveness and conduct a lot of preparation.

As an example, the organization and holding of a sports holiday at school (in kindergarten) is described on the basis of experience. First of all, each sports event should be included in the plan, the plan is approved by the pedagogical council, and then the scenario for the sports event is written. The scenario is also discussed and approved in the pedagogical council. A working group will be created to prepare for this holiday. Because in order to increase the effectiveness of the sports holiday, the types of marching of children (marching along lines, marching in groups of 2-3-4 from the middle, marching diagonally, marching opposite diagonally from 2 sides, marching in formation, etc.), show the types of walking (walking on the tips of the feet, on the heels, walking on the inside and outside of the palm, walking like a soldier, walking with a big step, walking with the feet confused, walking with the knees high, etc.).

Running, relays, jumping, exercises with balls, learning and playing various games in order to determine and control the children's physical fitness, as well as the mastery of the materials learned in the training. Among these, performing mixed exercises in a competitive manner.

Such preparations are necessarily carried out on the basis of a prepared scenario-plan. When holding these holidays, you should not forget the service of referees and prepare them. Educators, students and parents can be involved as judges.

Sports holidays are not complete without music. Therefore, it is necessary to choose familiar and pleasant music for the youngest children. After that, it is necessary to prepare sports equipment and facilities used in sports holidays. The fact that they are colorful increases children's mood, interest, and emotional state. Then they have to decorate the sports hall and meet the sanitary hygiene students.

Parents should be invited to sports holidays. The preparations mentioned above take a lot of time.



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