

Theory and methods of physical education of preschool children

Ochilova Nazira Umarovna

Educator of the 19th preschool organization of Kattakurgan city of Samarkand region.

Annotation: This article is based on the curriculum of the subject "Theory and methods of physical education for preschool children. training, movement games, sports games, and training.

Keywords: Effective tools, complex, gifted child, movement skills.

Introduction: The theory of physical education of preschool children is a science that teaches the general laws of the formation of physical education of the child at the same time he studies the laws of physical education of children under 7 years of age and, accordingly, the general laws of management of the child's development in the process of education and upbringing.

Main part: The theory of physical education of children, studying each age group, summarizing scientific data and practical experience, defines the tasks of physical education, their essence, very effective means and methods of organizing the whole process of physical education. Healthy, energetic, hard-working, cheerful, kind, enterprising, able to control his movements, loves physical education and sports, is able to move independently in the environment, to study at school and The formation of a gifted child's personality in relation to future active creative activity is an important task that determines the special importance of physical education as the basis for the comprehensive development of the individual.

it is also important to address educational tasks in the process of physical education of preschool children. including: formation of motor skills and abilities, development of physical qualities (agility, speed, flexibility, balance, visual acuity, strength, endurance), proper posture, hygiene skills, mastering the knowledge of physical education.

due to the plasticity of the nervous system in children, their motor skills are relatively easy to develop. Many of them (crawling, walking, skiing, cycling, etc.) are used as a means of movement in everyday life. movement skills facilitate communication with the external environment and help to get to know it: the child crawls closer to the objects of interest and gets acquainted with them; children who can ride a bike can easily perceive snow and wind; and the properties of water for children during swimming. Proper performance of physical training exercises has a positive effect on the development of muscles, joints, joints, skeletal system. 'tibornimovement skills developed in children under 7 years of age serve as a basis for their further improvement in school and allow them to achieve high results in sports in the future. In the process of developing motor skills in children, they develop more complex movements and the ability to easily master the different types of activities that involve these movements.

Conclusion: The theory of physical education, studying and taking into account the laws of the potential of the child at any age, meets the requirements of the whole educational complex of physical education scientifically based program (movement, skills and abilities, physical qualities, some elementary knowledge). Physical education is an important component of the comprehensive education of the individual, while combining the tasks of mental, moral, aesthetic and labor education. solves in various forms of organization of children's physical education (training, movement games, independent movement activities, etc.) the educator pays attention, acts consciously according to their age capabilities, successfully acquires motor skills. it focuses on nurturing a child who is goal-oriented in the environment, actively overcomes challenges, and strives for creative exploration

List of used literature.

1. T14 Theory and methods of physical education of preschool children: A textbook for vocational and pedagogical colleges.
2. M.X. Tadjiyeva, S.I. Xusanxodjayeva; Ministry of Higher and Secondary Special Education of the Republic of Uzbekistan Center for Secondary Special Vocational Education.
3. T .: «Economy-Finance», 2017. - 244 p.