

Conscious And Unconscious Aspects Of Learning The Physical Skills Of Children 5-6 Years Old In Order To Promote A Healthy Lifestyle

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Annotation: This article covers the conscious and unconscious aspects of teaching children's physical skills in a preschool educational organization in the form of examples and games to teach and development.

Keywords: preschool and primary education, conscious, unconscious aspects, physical skills, large motorics, small motorics, development, upbringing, mental and physical education, physical qualities.

There are many positive changes in the field of school education system in our country, especially the further improvement of the preschool education system as an important link of the holistic continuing education system, expansion of the network of preschool institutions and strengthening the material and technical base, providing them with qualified pedagogical personnel, introduction of modern educational programs and technologies that develop children comprehensively, in order to radically increase their level of preparation for school, the president of the Republic of Uzbekistan Sh.M. Mirziyoyev's clear example of this is decision: "On measures to improve the management of the educational system of schoolchildren" PL-3955 of September 30, 2018.

When teaching physical skills, it is important to develop large motor skills as well as small motor skills of children 5-6 years old in preschool educational organizations. Large motorics refers to the movement of all parts of the body that the movement of the arms, legs, neck, waist parts is reflected in one session that develops large motor skills. And small motorics include exercises in which the child's upper back is performed with hand movements. Before organizing training, games, competitions for children, we must organize training for them, taking into account the physical condition, age, gender of the children. In order to develop the physical skills of children 5-6 years old, we will be able to conduct Games in them.

Learning physical skills involves both conscious and unconscious aspects. Conscious aspects include deliberate exercise, attention to technique and form, and problem solving when faced with difficult movements or exercises. By consciously focusing on these aspects, students can improve their physical skills and performance.

For example: the actions that are consciously performed on children 5-6 years old are that we run 30 meters, jump from the place where we stand to the length, run maximum 2×10 these are performed with the child consciously understanding. Actions performed unconsciously in children

5-6 years of age are for example: hanging the ball when it shoots at a child when he organizes a game in a circle, or walking over obstacles while bending from it in the face of an obstacle, moving his legs, hands-all this is an example of an unconscious action. The unconscious action can be understood as giving left to the oncoming blow, the obstacle, which we do not realize.

On the other hand, the unconscious aspects of learning physical skills include processes such as muscle memory, automatism, and coordination. Through repeated practice and experience, the brain and body become more efficient at performing actions without requiring conscious actions or thinking. This allows people to complete assignments more fluently and without difficulty, as they gain more skill in certain activities.

There are noticeable changes in preschool organizations, the main reason for which included the development of the preschool and school system, the physical and mental education of children, the organization of sufficient conditions for their education, the formation of physical skills and basic actions of children, the strengthening of their health. Includes enrichment of preschool educational organizations with educated qualified personnel, development of children's speech, shaping physical abilities, establishing a healthy lifestyle, strengthening attention to children, shaping children's terrestrial and small motor skills, interest children in sports, organization of the preschool education system in a way that meets state standards,

The establishment of scientific and effective methods on the improvement of physical and mental abilities of children included the spiritual and mental upbringing of the growing younger generation in preschool organizations.

Both the conscious and unconscious aspects of learning physical skills are important and work together to help people improve skills in types of activities.

Conclusion.

Further strengthening the attention paid to preschool educational organizations, improving the mental activity of the growing young generation, developing their large motor skills and small motor skills, improving the development of flat feet, preventing flat feet, improving the mental performance of the growing young generation of preschool educational organizations, when in primary school, children are practical, that is, they consist in the formation of skills for basic actions.

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