



## CONTENT OF DEVELOPMENT OF MOTOR ACTIVITY OF CHILDREN IN PRESCHOOL PREPARATORY GROUPS IN PRESCHOOL EDUCATIONAL ORGANIZATIONS

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<b>Received:</b> 26 <sup>th</sup> March 2021 <b>Accepted:</b> 7 <sup>th</sup> April 2021 <b>Published:</b> 25 <sup>th</sup> April 2021	This article shows the content - the essence and role of exercise in the development of motor activity in preschool children.
<b>Keywords:</b> Exercise, race, motor skills, motor activity, sensor, method, healthy lifestyle.	

### INTRODUCTION.

At a time when our country is developing rapidly, reforms are being implemented in education that serve development. Changes in education today are the foundation for children growing up in the future.

The adopted normative documents on the education system create conditions for comprehensive intellectual, moral, aesthetic and physical development of children in preschool education, taking into account the best foreign experience, increase the effectiveness of education in preschool education, radically improve the quality of preparation of children for preschool education. provides an opportunity to introduce into the educational process modern educational programs and technologies that are widely used in world practice.

The structure of "Physical development and the formation of a healthy lifestyle" in the "State requirements for the development of primary and preschool children" of the Republic of Uzbekistan is as follows:

- great motor skills
- sensomotor
- healthy lifestyle and safety are shown in separate blocks.

Based on these areas, the development of children's motor activity in the State Curriculum "First Step". This can be seen in the example of the pre-school group. After the completion of educational activities in the field of "Physical development and the formation of a healthy lifestyle" a child aged 6-7 years:

- shows physical activity in accordance with their abilities and age-related physical development norms;
- be able to perform various mobility activities in a consistent and targeted manner;
- Uses fine motor skills in a variety of life and learning situations;
- controls their actions with the help of sensory and sensory organs;
- apply personal hygiene skills;
- knows the basics of a healthy lifestyle and nutrition;
- Follows the rules of the basics of safe living.

### LITERATURE REVIEW.

The development of motor activity is an important issue in the comprehensive formation of preschool children. It is advisable to use a variety of games and techniques to perform these processes. The method of competition - has a positive effect on the development of motor activity of children of preschool age. This method can be used in pre-school groups. Competitions are a prerequisite for children's strength, moral and volitional qualities, as well as the correct assessment of their own and other children's achievements on the basis of a conscious attitude to the audience. A physical education instructor uses a set of practical methods to develop children's motor skills. Demonstrates skills, some roles in action games, the role of manager, engages children in assignments and encourages role models to participate in competitions. For example, who does the task faster, better, more accurately, he shows the children how to behave and how to behave. The physical education instructor organizes the motor activity of children and plans the whole educational process in accordance with the tasks and content of the lesson.

In accordance with the requirements of the state, in all groups, children learn to walk, run, balance, jump, throw, climb, improve it, master the sports: basketball, football, sports elements, and so on.

Walking and running exercises. The task of walking and running exercises is to teach you to do light, free movements while maintaining good balance while moving your arms and legs. Children in pre-school age will be able

to walk and run in the same direction and in the same way. By the age of six, children will have mastered the flying position in running. To improve walking and running, a gradual complication of various exercises is used based on the movement skills acquired in the previous groups.

The physical education instructor takes turns teaching walking and running in the pre-school group, gradually complicating the tasks and making demands on the technique of the exercise being performed. For example, it is very difficult to master the exercise of lifting the knees high. In this view of the walk, the steps are clearly short movements, first the tip of the front part of the foot, then the foot is fully set. When running with the knees raised, the bent leg from the knee is raised to a right angular level and placed gently on the ground, but the tip of the foot is placed with a strenuous motion. Walking and running with a wide free step. The movement is characterized by a slight slowdown. In this case, the arms and legs are in harmony with each other as usual, before moving the heel is placed and the tip is passed. If a fast run (20 m distance) is proposed to develop speed qualities, a moccasin run is given to develop agility and movement compatibility, and finally a regular run for 2 minutes at a slow and moderate distance is applied to develop the endurance. Large motor skills are developed through this uabi exercise.

Throwing exercises. By the age of seven, children will have the ability to analyze movements, which will help them master a variety of tasks: they will be able to hit the target clearly, move their hand vigorously, take the correct starting position, and shoot the ball away. It is important to be able to aim correctly in space and time when throwing, picking and catching the ball.

### **CONCLUSION.**

Preschoolers are more likely to understand the instructions of a physical education instructor and perform the exercises according to their abilities.

It is important to note that exercise should not cause fatigue. It is necessary to gradually move from simple exercises to slightly more complex exercises, and at the same time gradually increase the tension in the body. Tensions are increased by the difficulty of the exercise, by the number of repetitions, by increasing the speed of the movements, and by reducing the stops between individual exercises.

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