



# The Importance of General Development Exercises for Proper Growth of Preschool Children

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**Abstract:** *This article shows that overcoming difficulties and solving new tasks creates a positive emotional mood in the child, the child gradually solves new movement tasks during exercise, and the great opportunities that arise in this regard change the nature and quality of actions.*

**Keywords:** *health, education, weakness, braking, agitation, motion analyzer, sensory organs.*

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The theory of physical education is constantly evolving and is enriched by new knowledge gained through research covering various aspects of child rearing. The results of the research, tested in the mass practice of children's institutions, are incorporated into programs, textbooks, manuals and implemented in the practice of working with children. It helps to develop the whole educational process. Thus, the theory of physical education of preschool children helps to improve the whole system of physical education. The main tasks of physical education of preschool children in preschool institutions and in the family are to bring them up healthy and strong, to strengthen their bodies, to organize education and upbringing properly. The health goals of preschool children are the main tasks of physical education, which are to protect the life of the child, to strengthen his health, to protect himself by strengthening his body and to increase his resistance to various diseases. Because the development of a child's body is unique, its functions are more clearly articulated; promotes the formation of the curved areas of the posterior spine, the good development of the heel surface, the maturation of the joint apparatus. Promoting the proper development of body parts (proportions), bone growth and weight regulation; development of all muscle groups (body, legs, arms and shoulder girdle, paws, fingers, heels, neck, eyes, internal organs - cardiovascular, respiratory and other muscles); special attention should be paid to the development of a weakly developed flexor muscle group. Helping to improve the functioning of the cardiovascular and respiratory systems, i.e., increasing blood flow to the heart, improving its contractile rhythm, and developing the ability to adapt to sudden changes in load; increase chest tightness, deep breathing, help to stabilize its rhythm, increase lung capacity, improve nasal breathing; promote proper functioning of internal organs (digestion, excretion, etc.); to promote the proper development of thermoregulatory function. Improving the functioning of the central nervous system: the development of excitation and inhibition, the alternation of their mobility processes, as well as the development of motion analyzers, sensory organs.

The content of education consists of physical exercises, movement games, selected in accordance with the state requirements for the education of preschool children. In the process of learning, adults give children the experience of goal-oriented activities. Its content also includes the experience of mastering actions that serve its development and improvement.

1. When working with preschool children, it is important to take into account their age, some knowledge that will help the child's conscious movement activities; the unit of knowledge about the methods of activities that teach a child to act, the activities and the skills and abilities to implement them, is an integral part of work processes. One of the parts is the experience of creative activity. A person who has not been taught to think independently since childhood and who masters everything when it is ready, cannot display the qualities given to him by nature. Therefore, society cannot be completely indifferent to the creative activity of the younger generation. In the process of educating movement activities, adults (parents, educators) set new movement tasks for children, taking into account the psychophysiological features of their development.

2. The child's ability to solve new movement tasks during exercise, and the great opportunities that arise in connection with it, change the nature and quality of movements. What is so special about this age group is that it takes on a whole new dimension in the process of learning new exercises. For example, a child's gait is completely different at the beginning and at the end of the second year. This phenomenon can be seen as a dialectical denial of the old, of an objective condition for all development and resolution of contradictions, as a driving force. Development in every field cannot be done without denying the previous forms of life. This complex process of development is intertwined with the interrelationship of external and internal conditions.

The following didactic principles are used in the process of conducting and justifying physical education: systematic and consistent; consciousness, independence and creative activity; optimally combine visual, oral and practical teaching methods; comprehensibility and the basis of individual performance; unity of frontal, group and individual forms of education, the principle of increasing demands. They are very important conditions of pedagogy and reflect the methodological laws of a single pedagogical process of education and upbringing.

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