

MONITORING THE PHYSICAL DEVELOPMENT OF PRESCHOOL CHILDREN THROUGH ACTIVITY GAMES.

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Annotation

The article examines the level of physical development and growth of children in preschool education through physical education and provides a comparative analysis of the control of changes in children's physical development through movement games.

Keywords

physical activity, physical development, active games, leukocytes, anthropometric measurements, ossification, central nervous system, endocrine, vital capacity of the lungs.

Relevance: One of the main indicators of children's health is the physical development of children. Active movements increase children's resistance to diseases, increase the activity of leukocytes in the body. On the contrary, low mobility leads to changes in the central nervous system, which, as a result, leads to a violation of the body's metabolism, the functioning of the cardiovascular and respiratory systems. Physical exercise helps children develop such qualities as perception, mental abilities, spatial perception, attention, and thinking.

Research results and discussion.

The scientific significance of the study is that, based on the results obtained in the pedagogical experiment, means and goals for the physical development of the control and experimental groups were developed to improve the physical development of children, and the effectiveness of their application reveals the scientific significance of the study.

Studies have shown that the effectiveness of physical activities, various active games, and physical education in the physical development of children has been proven in practice.

Modern experts say that children under 3 years old grow not by the day, but by the hour. (1) From the age of 3 to 6, their growth slows down. In two or three years, they can gain only 5 kg and grow by 15 cm. At the same time, the use of active games that provide children with active movement during this period helps

the child's physical development. Children of this age are prone to two limits: they have a certain limit both in games and in fatigue. Therefore, it is recommended to try to prevent such situations, everything should be in moderation. Excessive physical activity leads to increased excitability of the child's nervous system. (2) Before going to bed, you should try to replace active games with quiet activities, that is, games without active movements. Also, since children tend to get tired more quickly than adults, it is effective to play 10-15 minutes of focused, action-packed games to help them regain their strength, sit quietly, and calm down.

One of the main indicators of the health status of all children is their physical development. This term is usually described as a set of morphological and functional characteristics of the young organism, which together reflect the process of its maturation. The indicators of physical development of children, as well as adolescents, are associated with various diseases, in particular endocrine diseases (acromegaly, gigantism), chronic diseases (e.g. rheumatism).

Physical development is a biological process that occurs at any age, characterized by certain anatomical and physiological characteristics at any stage. That is, it is a process of natural changes in the shape and functions of the child's body. When interpreted from a hygienic point of view, physical development is individualized as the process of the influence of environmental factors on the organs.

Method and place of examination: 24 3-year-old children from the non-state preschool educational institution "44-Smart kids" in Altarik district, Fergana region were selected and the study was conducted. Taking into account the age-specific characteristics of physical development, the level of physical development of children was assessed. In this case, anthropometric measurements of the children were taken.

During the study, various unscheduled movement games were used to promote the physical development of children. These movement games were played alternately throughout the year, according to a specific plan. The movement games included exercises for basic movements: jumping, throwing, hanging, running, and crawling, which help the child increase his anthropometric indicators. The experimental group was given planned movement games alone.

During the study, based on the analysis of the dynamics of physical development indicators in the studied research groups, it was found that the indicators of children in the experimental group significantly exceeded those of children in the control group. It was observed that during the process of ossification of tissues developing in children, their bones became flexible and elastic, and their joints and muscles were constantly developing

In addition to physical activity, great attention was paid to a healthy diet. The diet included foods rich in sufficient nutrients - animal and plant proteins, as well as vitamins and minerals (especially calcium and magnesium - which play an important role in strengthening bone tissue).

Normally, the sleep requirement of 3-year-old children is 11-13 hours, of which daytime sleep is 1.5-2 hours. Some children may not have daytime sleep after the age of 2. If the child has a good night's sleep and is long enough, he will be in a good mood during the day, calm in relation to external worries and changes, active and curious about the world around him. During the experiment, children in the control group showed not only physical development, but also an expansion of their worldview, the ability to express their thoughts clearly, an improvement in appetite, and normal sleep.

During the study, the condition of children in the control and experimental groups was monitored: when the child walked, did physical exercises, sat at the table, looked at pictures in books, read, drew, ate, and engaged in other active activities. There were no significant differences in the indicators obtained as a result of the first 2-3 months of observation of the study. According to the results at the end of the year, the average increase in physical development indicators in 24 3-year-old children was observed as follows.

The chest circumference of preschool children develops unevenly, especially rapidly in the first year of a child's life, when it expands by 12-15 cm. During the preschool period, the chest circumference expands by about the same amount. We also observed that the active games used in the experiment increased the vital capacity of children's lungs and made them physically active for a longer period of time compared to other children. The size of the chest circumference depends on the child's physical development and preparedness (muscles, respiratory function, cardiovascular system development). These figures differ depending on gender, being higher in boys and lower in girls. If the physical development indicators differ from the norm by more than 10%, this indicates the need to change the child's diet and daily routine, as well as create psychological comfort for him. If these indicators are below the norm, consultation with an endocrinologist will be useful.

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