

## **PHYSICAL DEVELOPMENT OF YOUTH IN PRESCHOOL EDUCATION**

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### **ABSTRACT**

*The article highlights the scientific basis of the importance of physical education and sports among children in preschool education in their physical development. The analysis of the pre-school education system is aimed at preparing children for spiritual life and developing mechanisms for physical well-being. Keywords: sports, preschool education, children, system, physical education, training, norm.*

**KEYWORDS:** *Physical Culture, Primary Gymnastics, Movement Games, Preschool Education.*

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### **INTRODUCTION**

Consistent measures are being taken in our country to promote physical culture and sports, create the necessary conditions and infrastructure to promote a healthy lifestyle, especially among young people, to ensure the country's worthy participation in international sports arenas. One of the current issues is to involve children in sports in preschool institutions, to improve the quality of children's sports education, to further develop children's sports by expanding the network of children's sports facilities in all regions, especially in rural and remote areas. In pre-school education institutions, the formation of interest in physical education and sports is of great importance for the healthy growth of children through physical education and health promotion through primary gymnastics and movement games.

A number of scientific studies have been conducted on the formation and development of pre-school youth in the formation of basic basic movements and skills necessary for life. Of these, T. Usmonxo'jaev, T. Livitskiy, S.Salomov, M. The scientific research work of Makhkamjanov and L. Kholmurodov is an example of this [1]. L. In his research, Kholmurodov noted that "children's behavior and psychological abilities are very important in the development of coordination skills in young children in preschool education" [2]. In preparing children for physical education and sports in preschool institutions, his physical and mental preparation greatly contributes to the proper development of the child.

Despite the fact that some children are physically strong, their level of mental preparation is poorly developed, so in some sports and training, the feeling of fear prevails and it is more difficult to keep oneself in balance. Therefore, it should be the first task of the specialist to increase his mental readiness.

In addition, the periodic stages of preschool education should also be given great importance in the

conduct of sports games and classes. In particular, the development of agility in physical education classes of young children during preschool (sensory) education, the careful implementation of steps to improve the physical education of children aged 5-7 in preschool [3] affect the development of physical activity in children.

Article 11 of the Law on Education states that “Preschool education aims to form the child's personality in a way that prepares him for a healthy and mature school. This education is provided in the family and in kindergartens and other educational institutions, regardless of the form of ownership, until the age of six or seven. In order to carry out these tasks, it is necessary to create all the conditions for the physical education of children, the formation of motor skills and abilities, and to carry them out in a comprehensive manner”[4].

## MATERIALS AND METHODS

Physical education and sports in the harmonious development of preschool education are defined as a task in the form of skills in the requirements of the state standard of preschool education in the physical development of the child. However, in the concept of development of physical culture and mass sports in the Republic of Uzbekistan for 2019-2023, the issues of wide involvement of youth in physical culture and mass sports, the creation of conditions for the harmonious spiritual and physical development of the younger generation. low level of organization, as a result - insufficient coverage of those who want to engage in physical culture and mass sports; the system of development of physical culture and mass sports is weakly focused on the support of interests, professional and practical skills of the individual;

the level of methodological support in the field is insufficient, which hinders the formation and development of a strong and practical positive interest in physical education and mass sports in the population, and similar problems and shortcomings exist in educational institutions.

In order to prevent these problems, to involve children and adolescents in regular physical culture and mass sports through the improvement and application of innovative methods of physical education in preschool institutions, equipping gyms, halls and playgrounds with equipment and inventory, physical education and sports The concept envisages the implementation of many tasks on staffing, the organization of clubs and sections in football, cycling, table tennis, badminton, athletics, volleyball, basketball, etc. in educational institutions.

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