



## MECHANISMS FOR THE DEVELOPMENT OF PRESCHOOL CHILDREN THROUGH THE MEANS OF PHYSICAL EDUCATION

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**Annotation:** the article provides the basis for the comprehensive maturation of preschool children, their physical and mental development and strengthening their health, the results of exercise, the Healing Forces of nature, the positive impact of hygienic factors. The changes that occur in a child through natural factors aimed at giving physical loads and preventing their exhaustion, taking into account their age characteristics, are indicated when training children's body parts, teaching them to the main types of movements.

**Key words:** Preschool children, mechanism ,physical education, physical qualities, Reserve, exercise, health-improving forces, hygienic factors, techniques, personality, abilities, natural factors, loading, exhaustion, education system, temperance, skills.

The role and importance of physical education in the education and development of mental and physical abilities of preschool children is considered great. This is because a physically healthy organism is reflected in research and research that has been conducted to make it mentally healthy. Regular exercise in physical education and sports serves as an important factor in the development of the above qualities in a child. At the same time, physical education tools also serve as a direct main factor in the comprehensive maturation of children, their physical development and strengthening their health. In improving the physical condition of preschool children, hygienic factors, the Healing Forces of nature and the constant use of physical exercises pay off well. A wide variety of actions that include various types of activities (manual labor, playing musical instruments, making objects from clay or plasticine, painting, dressing, washing, etc.) have a positive effect on the physical development of the child. Full-fledged physical education is achieved by all means, when used in general, since each of them has a different effect on the body of a person. Hygienic factors include:

- Training mode;
- Rest and nutrition;
- Sleep;
- Dress-head;
- Shoes;
- Physical education equipment and grounds

They increase the effectiveness of the effect of physical exercise on the body of those involved. Physical training, for example, helps well with the development of the bone and muscle system. Cleanliness of rooms, physical education equipment, attributes, toys, children's clothing and shoes will prevent various diseases. The timely implementation of hygiene requirements Awakens positive emotions in children and



creates favorable conditions for mastering physical exercises. Hygienic factors in turn are divided into two types:

1. Common cultural hygienic factors.
2. Personal cultural hygienic factors.

Factors of general cultural hygiene include the requirements common to all children: Room width, design, equipment and lighting, the suitability of cabinets, table, chair, washroom, bedside ties for children's age, height.

Personal cultural hygienic factors, on the other hand, include hygiene associated with the child's personality, i.e. the cleanliness of the child, the suitability of his clothes, the receipt of his nails, the cleanliness of his hand faces, the presence of amulets, his own wardrobe, his own towels, ties, his own place. Hygiene factors contribute to the normal functioning of all organs and systems. For example, constant and high-quality nutrition has a positive effect on the functioning of the digestive organ and ensures the timely access of essential nutrients to other organs, and also contributes to the normal development and growth of the child. Normal sleep gives rest to the nervous system, prevents exhaustion and increases performance. The correct distribution of light prevents the occurrence of eye diseases (scabies, etc.), creates favorable conditions for children to move on the playground. Strict adherence to the daily regime teaches organization, discipline.

The healing powers of nature:

- Sun;
- Air;
- Water;

These three factors serve as the main factor in the maturation and conditioning of a human child, being healthy and energetic in all respects. In the process of exercises performed with sunbathing, outdoors or swimming in water, positive emotions appear, the functional capabilities of certain organs and systems of the body increase, and the exchange of substances increases. Sun, air, water are useful for tempering the body, increasing its ability to adapt to high and low temperatures. As a result of these, the heat-conducting apparatus moves, that is, the person's organism comes to a level where he can respond in time to various changes in meteorological factors. In doing so, adding the healing powers of nature along with exercise will increase the efficiency of temperance. The healing powers of nature can also be used as an independent tool. Water is applied to clean the skin from dirt, mechanical exposure to the body of a person. The air, rich in healing substances in the forest, gardens, alleys, helps to lose microbes, saturates the blood with oxygen, has a good effect on the human body. Sunlight serves to preserve vitamin D under the skin, kills various microbes and protects a person from various diseases (rickets, etc.). In order to have a comprehensive effect on the body, it is necessary to apply all the Healing Forces of nature, to bring them together in a rational way. It is also necessary not to keep a certain norm out of sight when applying all the Healing Forces of nature. Even when taking Sun Baths, the treatment after 10-00 in the morning is harmful to human health, since ultra-violet rays have a direct effect.

Exercise is the main tool of physical education, the main specific form of which affects in every possible way. They are used in solving the health-improving, educational and educational tasks of physical education: they serve to carry out mental, moral, aesthetic and labor education, and are also a tool in the treatment of many diseases. Dance exercises in musical accompaniment affect all systems of the body, develop physical abilities (agility, agility, etc.), as well as movements become elegant, free, expressive, create positive emotions, help to form the right figure. Actions that include various types of activities (labor, painting, and making something others) can have a positive effect on the child's body only if the correct posture of the figure is followed, as well as if the physical loads are given taking into account the age and individual characteristics





of the children, gender, health condition, physical development and training. The conductive pathways of skin analyzers occur until the birth of the child, so the newborn is more receptive to the external effects that come through the skin receptors (up to 6 months of age in children, the receptors on the skin surface are relatively abundant). Massage also affects the blood vessel system. In response to the action of nerve forces on the skin, vascular reflexes occur, capillaries expand, blood circulation increases, heat release increases. Under the influence of massage, the sectoral function of the sebaceous and skin glands improves, the oxidation-reduction process in the muscles increases, and their ability to contract increases. Massage acts on the lymphatic system, accelerating fluid flow. Unconditional (innate) reflexes that appear from the first days of a child's life have a positive effect on his physical development. If the child is laid with his belly, he raises and turns his head, takes it forward when lying on his back. It turns to the left when leaning to the right, and to the right when leaning to the left. Thus, unconditioned reflexes cause muscle contraction and can be used to develop and affect the body as a whole in the first week of a child's life, when physical exercise cannot yet be used (due to hypertension of the muscles that bend the arms and legs). Wellness is a mandatory condition for the complete solution of educational, educational tasks: the general use of all the above-listed tools of physical education is considered. The effectiveness of the implementation of the tasks outlined in the various age stages will only increase if the main and additional tools are correctly combined. Chunonchi, in the first three months of the child, hygiene factors, natural forces of nature, unconditioned reflexes will be of great importance. When a child is one year old, massage, sluggish, slow-active exercises, basic movements (crawling, etc.) are used. As you get older, the role of hygienic factors, natural forces of nature does not decrease, but sleep, nutrition, etc., less time is spent, and the ground is laid for the use of slightly more complex physical exercises. The effective use of physical exercises is the main tool in the growth and development of the child.

The correct planning and conduct of a physical education work in a preschool organization is extremely important in its effective solution. The addition of various activities during the day with exercise and action games helps to ensure the correct movement of the child. When classes are organized correctly, interesting, instructive aspects are increased, attention is paid to the timely rest of children, then the effectiveness of training increases. The most important thing in training is the correct distribution of exercises and games. In this case, it is necessary to be able to distinguish the main task of training, taking into account the purpose for which its content is envisaged, to comprehensively influence certain parts of the child's body. Including, it is also important to associate different exercises with each other in order to increase training productivity. When planning training, the condition of the group, the availability of equipment necessary for training are taken into account. The content of outdoor activities is selected in accordance with the seasons of the year, weather.

In conclusion, it is worth saying that in the comprehensive maturation of preschool children, in their physical development and strengthening their health, the influence of physical exercise, the Healing Forces of nature, hygienic factors is incomparable. When a child comes into the world through the natural healing powers mentioned above, the child is not only healthy, but also gets rid of various diseases, vitamin deficiency, weak immunity, and no need for excessive problems. Basic movement and play exercises when planning and conducting activities include activities ranging from monotonous activities to varied, i.e. action games, folk games, outdoor activities. Taking into account the activity of movement of children at different times of the day, accordingly, various methods of exercises are recommended that cultivate the qualities of movement in order to improve the skills and abilities of movement. This serves as an important tool in the maturation of healthy and energetic young people in all respects.



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