



IMPROVING PHYSICAL DEVELOPMENT OF CHILDREN BY TEACHING THEM TO SWIM FROM INFANCY

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Abstract. The main form of organizing and conducting swimming lessons is a group lesson, which embodies the entire educational process. The task, content and direction of each lesson are determined based on the tasks and educational material set before the course, as well as the knowledge and skills of the participants acquired in the previous lessons. The lesson plan is created on the basis of tasks and methods of training. It is conditionally divided into three parts - preparatory, main and final parts. In the preparatory part, the task of organizing and preliminary training of the participants is carried out. It involves organizing students (sorting, reporting, sorting, etc.), briefly returning what has been passed, correcting general and personal mistakes, explaining and demonstrating new educational material, performing previously learned and new auxiliary exercises and, Finally, there is the exercise of writing, which is necessary for the body of the exercisers to enjoy the success of the exercise.

Key words: Swimming lessons, Children's health activities, Basics and methods of training, Planning and content of training lessons, Methods of organizing training for children and teenagers.

1. Introduction

Teaching children to swim from infancy is very important to improve their physical development. In this case, tasks such as mastering the technique of swimming, development and improvement of movement qualities of participants are solved in the main part of the lesson. This can include elements of swimming techniques, teaching and mastering start and turn techniques, showing deficiencies in the quality of the exercises performed by the participants of the taught swimming style, and giving some warnings of educational importance. [1-6].

It is necessary to take into account their unique anatomical, physiological and psychological characteristics when organizing and implementing the initial swimming training of children. There is no fundamental difference between the methodology of primary training of swimming for children and adults. However, when the teacher works with children, it is necessary to use methodological methods depending on their age characteristics and capabilities [7]. When teaching children to swim, methods of explanation and demonstration are used widely. When working with young children, demonstration is combined with explanation in a light and easy form [8]. A full and deeper explanation using visual aids is necessary in teaching middle and older children. It is necessary to take into account that children's minds are sharp when accepting what they see [9]. Therefore, the presentation must be accurate and competent. The quality of



swimming technique acquisition and the sports future of students largely depends on the quality of performance. It is absolutely impossible to allow children to perform the swimming technique incorrectly and sloppy during the exercises. It is necessary to correct every movement of children who have mastered swimming technique in a general, rough form. However, children aged 5-8 usually do not know how to swim at all, and many of them do not dare to enter the water independently and perform even the simplest exercises. Even when swimming on their own with an inflatable circle, their legs and arms still move like they do when they walk. In this case, the head is raised above the surface of the water. As a result, the legs sink deep into the water, the body becomes almost vertical, and it becomes almost impossible to move in the water. It is difficult for children aged 5-8 years to memorize the exercises shown in the water and they are slow to accept verbal explanations. They perform the indicated and explained exercises or some swimming movements with great difficulty [10]. At the same time, they need the teacher's direct, spiritual support. Therefore, it is advisable for the teacher to be in the water until the children learn to confidently enter the water independently and perform swimming exercises. The direct involvement of the teacher encourages them and helps to teach swimming movements correctly.

2. Materials and methods

The materials and methods employed in this study encompassed a multifaceted approach to comprehensively examine the swimming of children. For example, children hold a special handle on the edge of the pool with their hands, and in order to perform leg movements correctly, the teacher should help them to stand horizontally by holding their leg around the knee or boulder-paw joint. When teaching swimming on the chest or lying on the back with the help of leg movements, the teacher walks next to or in front of the child, holds him by the elbow and helps him perform hand movements. Exercises are performed with the help of a swimming belt, then without a belt. Before starting to teach sports swimming techniques, it is necessary to use a complex of special preparatory exercises aimed at mastering the water environment. There is a big difference between these exercises and the exercises performed during the primary education of older and middle-aged children [11].

In our opinion, it is appropriate to organize water training exercises for children aged 5-8 years as follows:

Immersion of the child in water, including first up to the chest, then up to the shoulder girdle and completely with the head. In this case, the exercise should be carried out while holding the child by the hand. At the same time, it is very important to teach a child to hold his breath while submerged.

The same as the previous exercise. It is done by holding the child's hand and only without immersing it in water. The teacher swims in the breaststroke method or is immersed in water up to the neck, holding the child's back or his shoulders.

A child lying on the breast is held by the hand, until the head is submerged in water, and while lying on the back, the child swims on the back by holding the armpit or the head [12].

When children slide from one teacher to another in the water, they are helped to maintain a horizontal position (in different positions of the hands, lying on the chest and on the back); The horizontal position is maintained when sliding from the teacher to the edge of the pool, from the edge of the pool to the teacher, using the speed calculated by the teacher's tool (lightly pushing) or from the edge of the pool with his foot [13].

Lying on the back, with the help of leg movements (in different positions of the hands), they swim in groups across the width and height of the pool. Teachers stand on the edge of the pool and observe and guide. They give necessary instructions to the children about keeping the body in the water correctly, swimming movements of the legs and breathing correctly. Children are taught to move their legs while lying on their



backs (in different positions of their hands) and to match them with leg movements and breathing in the following sequence:

While lying on his back, he swims by leg movements, the teacher follows and corrects the movements of the hands by walking next to or in front of the child. The teacher holds the child's elbow and helps him perform hand movements.

He lies on his back and swims across the pool. The teacher walks next to the child and observes him, showing him hand movements and breathing and exhalation.

Lying on his back, he swims along the length of the pool. The teacher floats next to the child and becomes his eyes and ears.

The teacher walks along the edge of the pool (with and without a stick) and shows the child hand movements and matching them with breathing.

After the above-mentioned exercises are thoroughly mastered, it is possible to teach starting jumps. Turns are taught directly with the help of a teacher. The teacher demonstrates the turn in the water and teaches it together with diving and retrieving objects from the bottom of a shallow pool. The instructor first dives with each child, then watches them dive independently in turn. The process of teaching children to swim at the age of 9-10 is basically similar to the process of teaching middle-aged, older and adults to swim [14]. But in the first stage of training, the teacher is in the water to conduct general preparatory exercises for mastering the water and to show the children the execution of the exercises for mastering the foot movement technique and to supervise them and provide assistance if necessary. is necessary.

3. Results and Discussion

An atmosphere of cheerfulness should be created in each of the classes dedicated to entertaining games, whether on land or in water. It excites the children, improves their mood and increases their enthusiasm for the next lessons. For this, the teacher must mobilize all his experience, skills and abilities [15].

Development of a healthy lifestyle among students of general secondary schools of the Republic of Uzbekistan is one of the priorities of the education sector today. Of course, in order to increase the student's interest in physical education and sports, strengthen their health, strictly adhere to a healthy lifestyle, and at the same time ensure that they regularly engage in sports in places (in preschool educational institutions, schools, academic lyceums, vocational technical schools, family educational institutions) in order to increase the interest of students in sports "Decree No. PF-5787 in August 26th, in 2019 on measures to further improve the procedure" was adopted. On the basis of this decree, all educational facilities in the country (pre-school educational institutions, schools, academic lyceums, vocational technical schools, family educational institutions) are to be built, renovated and equipped with sports equipment. is intended to provide. Where there are good conditions, there will definitely be development. Therefore, if all conditions are met in the field of sports, i.e., training halls, special training grounds for various types of sports, all types of sports, if they are provided with enough equipment, of course, they will have a qualified pedagogue and coach if the trainers teach, not only healthy lifestyle, but also interest in sports will increase, and it is possible that a certain type of sport will become the meaning of their life.

As for the concept of a healthy lifestyle, a healthy lifestyle is an active action aimed at improving and protecting human health. One of the leading scientists in the field of "Physical culture" of the Republic of Uzbekistan on healthy lifestyle Sh.Kh. Khankeldiyev and others published a textbook entitled "Physical Culture of a Healthy Lifestyle". The textbook contains useful information for students of general secondary schools, academic lyceums, vocational colleges, and higher education institutions in the field of education of the Republic of Uzbekistan. In the textbook "Physical culture of a healthy lifestyle" the daily movement activities of students are clearly indicated within the framework of regulation. That is, it is assumed that each



student should independently draw up his own agenda with his teacher. Having a daily routine is a great help in developing the internal and external conditions of each student's body.

It is known that human health is directly related to many areas. In this, medical and hygienic requirements, rest, food, sleep, and cultural recreation are of great importance. In their composition, realistic movement (swimming, running, jumping, lifting, breathing, etc.) is considered the most important. Physical exercises, sports, trips, trips and national games of the people can fully serve to improve the quality and improvement of natural movements. Together with the content of physical culture and sports focusing on certain goals, they are directed to the education of the physical fitness of the population, especially young people and students. This makes a spiritually and physically well-developed person. Therefore, physical education, sports, travel and national games of the people acquire their own characteristics in the context of a healthy lifestyle.

We know that in our country, in order to increase the productivity of work in educational institutions, enterprises and factories, industrial gymnastics, which is part of the fitness gymnastics tour, is being supported. Industrial gymnastics helps to strengthen the health of workers, and on this basis contributes to the increase of labor productivity. In the same way, in order to widely promote "Morning physical education" in all educational institutions of our country, including general secondary schools, 10-15 minutes before the start of classes, students and teachers Together, morning physical training exercises are performed to the accompaniment of music, and the students' psychological and physiological moods are improved, and they ensure that they start the lessons in an upbeat mood. Of course, morning physical education is the basis for ensuring that a person is physically fresh and energetic during the day, and his mood is at an excellent level, and most importantly, the productivity of work and study during the day, as well as human energy.

It is known that physical education and its means (general development exercises, games, sports, hiking, trips, etc.) have their own characteristics, that is, active practical actions (physical education and sports) as a result, it moves all the joints and muscles in the human body. Regular physical training and sports ensure physical fitness. In this case, breathing speeds up and deepens, the blood circulation system warms the body and nourishes cells and tissues well. Also, physical exercises directly serve to digest food and calm and strengthen the nerves. On this basis, health improvement, physical training and training of sports skills are carried out. When performing these actions, it is necessary to take into account the age, gender, and health of the participants. Therefore, physical exercise is a source of health, stamina and fitness.

4. Conclusion

To conclude, it is necessary for teachers and everyone to know the ways, amounts, and sizes of exercises to choose and manage them depending on the health and physical condition of the participant. We must ensure that students in pre-school educational institutions or general education schools engage in activities that are appropriate for their age, both physically and mentally. That is, every teacher, pedagogue or coach should distribute the load correctly. In order to train the child from a young age, they can be involved in heavy sports from the age of 6-8. As a result, it has a negative effect on the body of a child who has not yet trained and it is not ready physically for special exercises. According to the experts the exercise for developing child's body, it should be given to the sport of swimming. As a result, the child will be trained, both physically and mentally, and their body will be ready for special exercises. It can be noted that the methods of explanation and demonstration are used widely when we teach children to swim. Especially when working with young children, it is appropriate to show and explain in the light and easy form. It is necessary to provide a full and deeper explanation to use visual aids for teaching of older and middle-aged children. It should be taken into account that children's minds are sharp when accepting what they see. Exercises vary in form and content. They can be divided into the following main groups: morning hygienic gymnastics exercises, that is, body



movements, especially various movements that use the joints (walking, running, jumping, bending, turning, swinging, stretching, etc.). Doing comprehensive physical activities during free time (on weekends, evenings and mornings). In this case, it is on the way to a specific goal (it is possible to exercise, gain strength). Almost all exercises and movements are performed in a unique way, and the standards of performance are also different. For example: someone does the exercise of sitting in the standing place quickly, and someone slowly. Someone can repeat this exercise 5-10 times, and someone can repeat it 20-30 times. These types of situations can be found in all types of training and active activities.

Therefore, it is very important that the presentation is correct and competent. Therefore, the quality of mastering swimming techniques and the sports future of students largely depends on the quality of performance. During the exercises, it is necessary to avoid incorrect execution of the technique of swimming movements, and it is necessary to correct each movement of children who have mastered the technique in a general, rough form. Children who aged 5-8 years old are usually do not know how to swim at all, so they need direct, spiritual support from the teacher. Therefore, it is better for the teacher to be in the water until the children can confidently enter the water independently and learn swimming exercises.

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