

Methodology for increasing movement activity of preschool children

Kenjayeva Khilola Azizkhodjayevna

Uzbekistan State Physical Culture Sports University, Department of Sports theory and methodology of Physical Education teacher (PhD)
xilolaazizxodjaevna@gmail.com

Abstract: This work, comprehensive work is carried out on improving the preschool education system, the development of children's interests, talents, mental and physical characteristics. "...the implementation of such tasks as the introduction of modern educational programs and technologies that develop children comprehensively intellectually, spiritually-aesthetically and physically into the educational process, a radical increase in their level of school readiness.

Keywords: preschool education, physical education training, walks, flatulence, movement activity, movement accuracy, cheerful steps, Health corridor, balance.

Introduction

Relevance of work: Issues such as conducting an active life routine of preschool children and increasing their interest in social life from the virtual world, raising the younger generation to adulthood as a mentally and mentally healthy, harmonious personality, directing them to sports on the level of their physical capabilities are being considered as the main issue of research by World Scientists.

Contrary to the positivity of the results of certain scientific studies, it is being determined that there are factors that are an obstacle to the physical progress of the child's personality, among which, due to the lack of adequate disclosure of the criteria for Promoting Active Mobility, preventing low mobility and improving the health of children, it is necessary to systematically conduct scientific research on

Education is a component of a holistic pedagogical process aimed at the comprehensive and harmonic shaping of the individual. Each in physical education

Research objective: it consists in improving the physical fitness of preschool children with the help of a "health corridor", developed to increase movement activity.

Research tasks:

- determination of the levels of physical development and physical fitness of preschool children;
- innovative technologies for preschool children who are lagging behind the development of movement activity and the development of a complex of physical exercises performed in it;
- "health corridor" for preschool children, justification of the effectiveness of the application of technologies in practice in research;
- Substantiation in research of the effectiveness of the use of innovative technologies designed to increase the activity of movement of children 5-6 years old.

Research methods: study and analysis of scientific and methodological literature in the study,

pedagogical observation, questionnaire-survey, anthropometry, pulsometry, spirometry, plantographic footprinting. Methods such as a Shritter method, statochronometry, number of steps through Honor band 2 hours and distance traveled were measured, pedagogical research and mathematical-statistics were used.

Organization of research. For the study, the process of physical education training of preschool children, play and travel activities were taken, and the experimental test work was carried out by DMTT No. 36 and DMTT No. 28 of the Qibray District of the Tashkent region, as well as private MTTS named "Hope - Love, Education" 126 apprentices were involved.

The questionnaire questions invited to provide feedback from respondents consisting of parents of a preschool senior and preparatory group (80 in total) formed the following case. To the first question: "Do You know the diagnosis of flatulence in preschool children?", more than half of the total number of respondents reported that 44 were "Yes", 55% were "no", and 45% were "no", 36. To his second question, " Do you know the methods of determining flatness?", of the total number of respondents, 33 41.25% did not know the methods for diagnosing flatulence, 47 58.75% did not know

To the fourth question: "Do You know the consequences of flatness of preschool children?" the fourth question was answered by 71 of the respondents with 88.75% saying "No" and 19 with 23.75% saying "Yes". Analysis of the responses of the respondents – parents who participated in the survey is presented in diagram 1

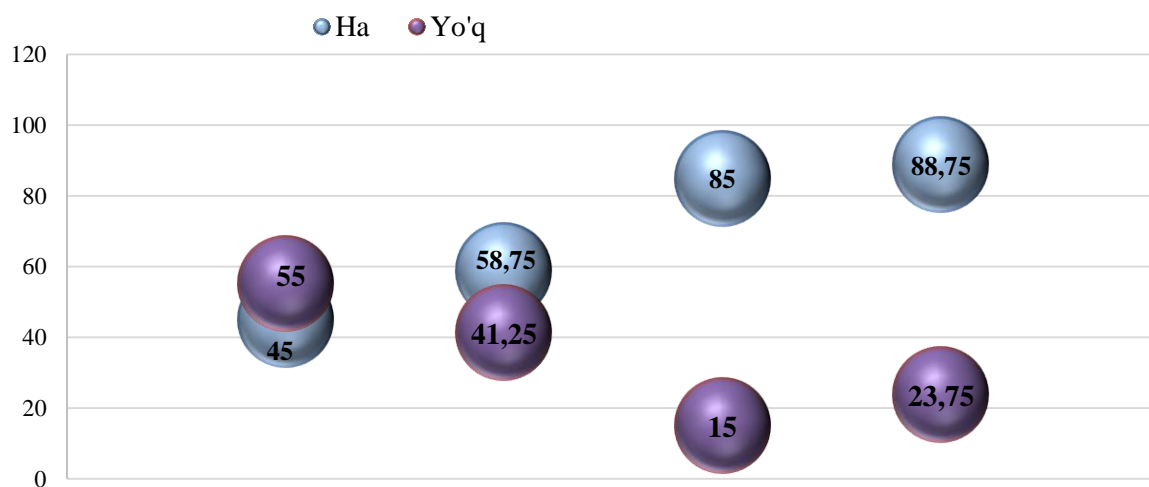


diagram 1. Analysis of the responses of respondents (parents) who participated in the survey
%

Survey analysis shows that respondents claimed to have no knowledge of flatness in children. A description of the "health corridor" technology aimed at the physical development and Prevention of flatulence of preschool children and the mechanisms for using physical exercises that promote the stretching of stable hair performed on it (such as "picker", "artist") is covered. Health Corridor (a 10-meter 9 – step colorful step-by-step corridor prepared on the principle of easy to difficult, which has a positive effect on children's paw as well as active points located on the foot). The fact that the pavement uses natural remedies has a positive effect on the skin of the feet. During the research carried out, control tests were adopted before the application of technologies aimed at increasing movement activity of children from preschool to 5-6 years old (see diagram 2).

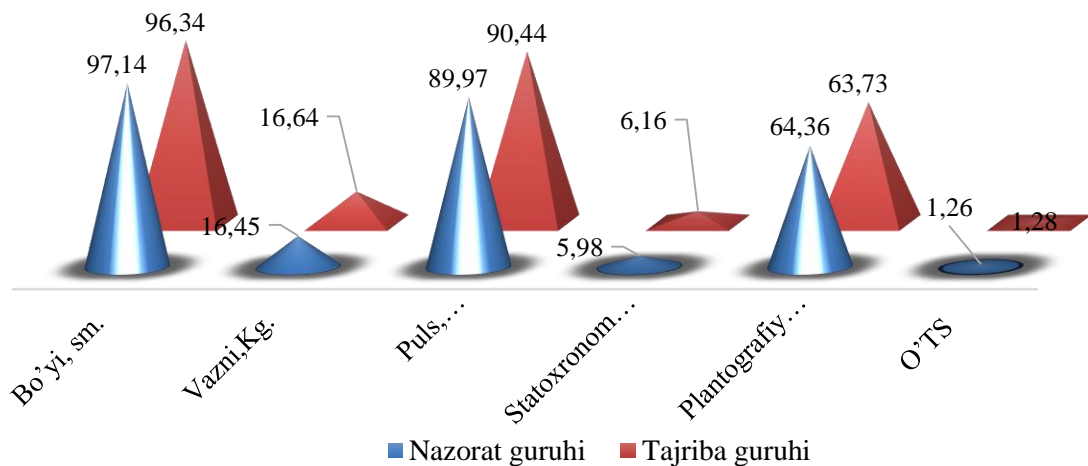


Diagram 2. Analysis of functional indicators of children of control and research groups at the beginning of pedagogical research

An analysis of the results obtained initially showed that in the research and control group, it was noted that growth rates differ by 0.02%. The height growth indicators in anthropometry from Control and research groups in the research group 96.34 CM, and in the control group 97.14 sm.ni; weight Performance Research Group 16.64 kg.ni, while the control group had 16.45 kg.ni; in the study group on cardiac contraction frequency, the average growth rate was 90.44% compared to 89.97% in the control group (see Table 1).

1- table

Analysis of physical development indicators of children tested by control and experimental groups at the beginning of pedagogical research (n=126)

Ko'rsatkichlar	Control group			Experimental group			t	P
	\bar{X}	σ	V, %	\bar{X}	σ	V, %		
Height, cm	97,14	10,34	10,64	96,34	10,57	10,97	0,43	>0,5
Weight, kg	16,45	1,42	8,63	16,64	1,49	8,95	0,73	>0,5
Pulse, pulse / min	89,97	10,47	11,64	90,44	10,79	11,93	0,25	>0,5
Statochro- metria, s	5,98	0,76	12,71	6,16	0,80	12,99	1,29	>0,5
Plantography,	64,36	8,83	13,72	63,73	8,89	13,95	0,40	>0,5
Lung tricycle capacity	1,26	0,16	12,70	1,28	0,17	13,28	0,68	>0,5

At the beginning of pedagogical research, 4 types of test norms were selected for the purpose of determining the indicators of physical development from the pupils of the preschool educational organization. A comparative analysis of the initial results obtained to determine the indicators of physical development from research and control groups is presented (see Table 3).

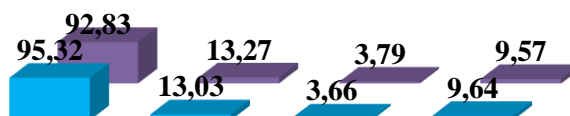
Table 3 At the beginning of pedagogical research, Control and experimental groups are tested-statistical indicators of children's physical fitness (n=126)

Sinov testlari t.r.	Control group			Experimental group			t	P
	\bar{X}	σ	V, %	\bar{X}	σ	V, %		

Jump from standing to long, CM	95,32	19,94	20,92	92,83	19,92	21,46	0,70	>05
3 × 10 m. distance run, s	13,03	2,66	17,70	13,27	2,74	17,94	0,50	>0,5
10 m. distance running time, s	3,66	0,67	18,31	3,79	0,71	18,73	1,07	>0,5
Mass 150 gr. which is the distance to throw a tennis ball, m.	9,64	2,24	23,24	9,57	2,26	23,62	0,18	>0,5

The first obtained results of physical fitness indicators from children: the jump in length from where the average growth is in the research group is 92.83 CM, 3x10 m. distance moccisimon running, 13.27 s., 10 m. distance running time, 3.79 s., mass 150 g. the distance to throw a tennis ball, which is 9.57 m. The long jump from where the control group stands is 95.32 CM., 3 × 10 m. distance Maximon running 13.03 s., 10 m. distance running time, 3.66 s., the throwing distance of a tennis ball with a mass of 150 grams is 9.64 m. results were recorded.

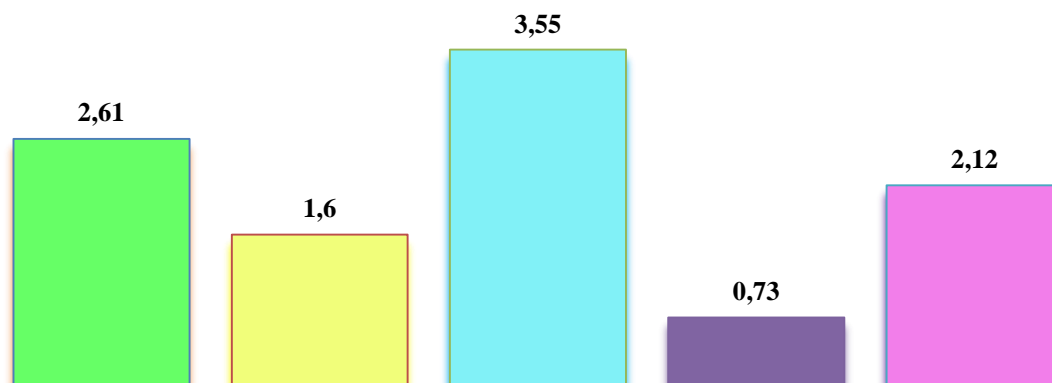
It can be seen from this-that the initial results from Control and research groups do not differ significantly. At the beginning of the study, the results of the assessment of the results of the tests studied by the control and research groups using the T-styling criterion of the average arithmetic value and absolute differences were obtained. Take advantage of innovative technologies developed in order to increase the movement activity of preschool children



3-diagram. Analysis of physical fitness indicators of the control and experimental groups at the beginning of pedagogical research

The analysis of the results obtained initially showed that the growth figures for the long jump from the place where the experimental and control gurih stood were 0.4%, 3x10 m. in the distance Maximon running, however, 0.5%, 10 m. 0.2% in distance running, 4 - Mass 150 g. it was noted that a difference of 0.8% in the distance of throwing a tennis ball. It can be seen from this that the initial results from Control and experimental groups are practically no different. In the control group on the long jump from the place of standing, it was noted that the figure is 2.51% higher. The relative difference in jumping length from the standing position was 2.61%, the relative difference in running 3x10 maximons was 1.60%, the relative difference in running 10 M was 3.55%, the relative difference in throwing a Tennis ball was 0.73, the average relative difference was 2.12%.

(See diagram 4).



4 diagramma. Relative differences in physical fitness indicators of children of control and experimental groups at the beginning of pedagogical research (%)

The average relative increase in groups on tests was 1.35%, with initial results from children as follows: in the study group on test in plantography, the average increase was 63.73%, in statachronometry 6.16%, in spirometry 1.28%, in control group plantography 64.36%, in statachronometry 5.98%, in spirometry 1.26% (see Table 4).

Table 4
Analysis of indicators of physical development on selected exercises based on innovative technologies of the examiners of control and research groups at the end of pedagogical research (n=126)

Specification	Control group			Experimental group			t	P
	\bar{X}	σ	V, %	\bar{X}	σ	V, %		
Height, cm	100,34	10,23	10,20	104,19	10,54	10,12	2,08	<0,05
Weight, kg	17,08	1,43	8,37	17,73	1,43	8,07	2,55	<0,05
Pulse, pulse / min	93,14	10,31	11,07	96,81	10,79	11,15	1,95	<0,05
Statoxronometriya, s	6,29	0,77	12,24	6,76	0,82	12,14	2,29	<0,05
Plantographiya, %	61,29	8,11	13,23	57,60	7,53	13,07	1,65	>0,05
Spirometriya, ml	1,31	0,16	12,21	1,38	0,17	12,32	2,38	<0,05

During the pedagogical study, the results of experimental group children on selected exercises based on anthropometric indicators and innovative technologies confirm the effectiveness of the tools and methods used in TG, in which the average relative increase in arithmetic values in all tests studied (8.14 %) increased almost twice as high as the NG mos indicator (4.09%), as well as the

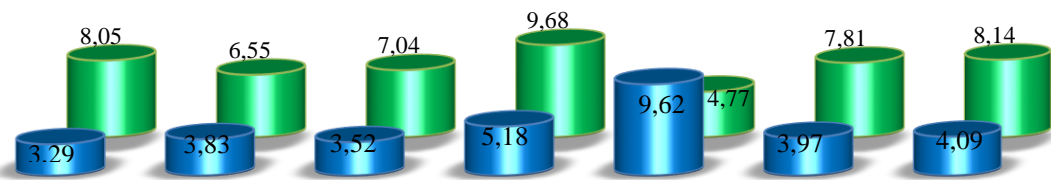


Diagram 5. Dynamics of change in the course of pedagogical research of indicators of physical development of testers of control and experimental groups (%)

The results of the results of the 5-6-year-old study and control group testers at the end of the pedagogical study were presented in comparison of statistical peculiarities, the analysis of the data in it showed that in comparison with the difference in indicators of these groups at the beginning of the study, much more significant differences were detected at the end of the study. The analysis of the data presented in this table showed that the results of the NG testers on the tests studied at the beginning of the study changed with a significant and significant difference towards the end of the experiment. (Diagram 6).

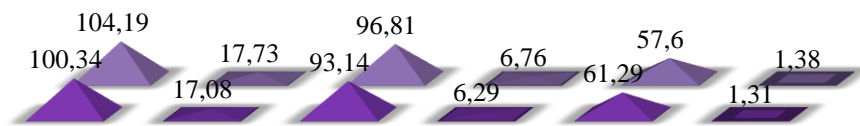


Diagram 6. Analysis of indicators of physical development on selected exercises based on innovative technologies of the examiners of control and research groups at the end of pedagogical research

Groups showed an average relative increase in Tests of 5.06 %

In particular, at the beginning of the pedagogical study on the testar studied, the largest relative difference in TG mean arithmetic values relative to the average arithmetic value of NG was determined in “Statochronometry”, which found 3.01%, and the smallest relative difference in “Plantography”, which was 0.40%, while the average arithmetic value of the 6 studied was 1.35%, the low rate was 3.81%, while the average arithmetic value of relative differences was 5.06%, which is a positive change of 3.71% compared to the beginning of the study

The results shown by the study group testers during the pedagogical study showed that the average relative increase in arithmetic values in all physical fitness-oriented tests studied increased almost twice as much as 6.75% in the 13.74% CG to the corresponding indicator, and that the EG results confirmed the effectiveness of the tools and methods used in the TG

CONCLUSIONS AND RECOMMENDATIONS

Based on the data collected within the scope of the research topic, pedagogical observation, survey, generalization of relations of international specialists and comparative analysis of the results of pedagogical research, the following conclusions were drawn:

- High and statistically reliable changes in physical development indicators (anthropometry) of preschool children (5-6 years old) and the average arithmetic values of selected tests in technologies compared to the results of control groups at suitable ages during the pedagogical study showed a

high effectiveness of exercises developed by us and applied in the research group compared to exercises used in the control group.

- Data from pedagogical research, based on which analytical feedback and mathematical-statistical performance comparison results for studying functional indicators in the young cross section of children of preschool senior and school preparatory groups