

PHYSICAL CULTURE OF PRESCHOOL CHILDREN

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Abstract: This article aims to further strengthen the health of preschool children through the introduction of physical culture and post-embryonic development.

Keywords: physical culture, exercise, air baths, water exercise, children's health, agenda, regimen, "dynamics of the century", norms.

Relevance of the topic in the Resolution of the President of the Republic of Uzbekistan dated September 30, 2018 No PP-3955 "On measures to improve the management of the preschool education system" To further improvement the quality of education, expansion the network of preschool educational institutions, as well as strengthen the material and technical base, providing them with qualified teachers, modern educational programs and technologies for the comprehensive intellectual, spiritual, aesthetic and physical development of children, introduction them into the educational process in order to radically increase their level of school readiness in today's society, the role of the family in raising children is enormous. In particular, a number of separate decisions and decrees in the legislation of the republic are great of importance in this regard. The health of our children, our people, especially our children, is very important to us. Due to develop the economy, we need healthy offspring, - said Shavkat Mirziyoyev. A child spends two-thirds of his life at home, in the arms of his parents, despite being in kindergarten or school. Bringing up child in any family is complex and multifaceted.

It is impossible to deal with the same issue and to treat all children in the same way, it is also impossible to give the same advice to everyone. When raising the child, parents should treat every child who is knowledgeable, intelligent, and patient. What is important in raising children? First of all, I would like to answer this question as follows: everything is really important in the upbringing of children, and there is nothing among them that is insignificant, insignificant, neglected. But the most important thing is that the child grows up healthy. Neither fullness, nor the quality of the wrestler, nor the redness of the cheeks, can be a measure of health in itself. The essence of health is the balance of physical and mental forces, the balance of the nervous system, endurance, the ability to withstand a variety of harmful effects. Life, of course, puts a child to the test. Whether it is a sudden change in temperature or an infection, whether it is physical stress or mental anguish, emotion, an energetic organism responds to it with purposeful reactions, fights for itself, and the weak one is unable to fight it. Will be defeated. Raising a healthy child is much easier. Everyone knows that. He quickly learns all the necessary things and skills, adapts well to changing circumstances and understands the requirements. It is an important ground for the proper formation of health and behavior, the development of initiative, strong-willed, talented and capable by nature.

So what can a child do to stay healthy? Where to start? Start with yourself. Believe me, this is not a dry word. This is a very important, even necessary condition. The health of a child depends in many ways on the health of the parents. Expectant

parents should definitely see a doctor and be patient until they are completely cured of any chronic illness. In recent years, antenatal prophylaxis has been used to prevent diseases in children before they are born. The data obtained ensure that a pregnant woman gives birth to a child through proper nutrition, proper rotation of work and rest, protection from various harmful influences. Can “manage” the development of their child.

A child's health is also affected by the environment in which he or she grows and develops. The baby's body is soft, the fat bends and changes. Under certain conditions, birth defects can go unnoticed and can be a source of serious illness. Similarly good buds can develop and mature or wither and disappear. Man comes to the bright world with a certain set of mechanisms of endurance, endurance, "ready" flexibility. It can be considered as a gift from the generous nature of the magician to every future child. But in order to preserve this gift of nature, it is necessary to know it and use it wisely. For example, the baby's natural heat-regulating mechanisms are highly developed. In response to cold, the body develops a complex chain of reactions that allow heat to decrease rapidly and heat to increase.

If these mechanisms are exercised more frequently as the load is increased, they will become more and more reliable without stubbornness: if this type of exercise is not performed, their flexibility will be significantly reduced. It is necessary not only to bring up the child in a delicate way, but also to strengthen it, to train it, to increase the activity of the growing organism. Trying to do everything for him will not help the child if he falls down, becomes disabled, and can't do it. You have to fall at any time to learn to be careful; you have to work hard to learn to do something with your hands. It is true that the child should be encouraged to be active to a certain extent, to be instructed to do what he can, taking into account his physiological and physical capabilities. There are other things that parents do wrong. Some parents, obsessed with the concept of "dynamics of the century", rush to teach children from the age of 2-3 years, to teach arithmetic, a foreign language, to do gymnastics with dumbbells.

You should never do that. The very early development of the same abilities will certainly harm others. Sometimes it is not easy to make up for lost time. Child rearing should never be overdone. Raise your child in a calm, natural environment. What to do for this? There is a method that can be called universal for children in the first years of life, because it has the same effect on strengthening the health of the child, as well as his proper upbringing. This is to follow the agenda. A clear agenda is not something that can be abused from the outside. Take a look at nature, it lives in a certain rhythm, the sun rises and sets, and the internal organs work in the same way. For example, listen to a healthy heart rhythm. Always put your baby to bed at the same time and at the same time, take him for a walk, and bathe him. Doing this at the same time creates the best conditions for the life activities of the organism. The child has a good appetite, sleeps soundly and is in good spirits. A child who grows up in a rational regime is usually not capricious. The concept is formed.

Adherence to the regimen is not only necessary for the child. When the regime is followed, the family is tidy, everything is in order, and in a family that does not

know how to raise a child properly, everything is scattered and chaotic. We called the regime a universal tool because it really combines the most important requirements of hygiene and pedagogy, but that doesn't mean universal at all. Neither a regimen, nor invaluable hygienic care, nor proper nutrition can automatically "work out" on its own. It is necessary to love and care for the child, to be compassionate, attentive, rich in emotions, and this can only be given to the child by a good, harmonious family.

Thus, child rearing is a relentless creative work of parents. There is a lot of worry and hard work for parents. They need to be prepared for that. Physical education of children from 3 months to 6 months. In children, vision, hearing, and perception are much better during this period than at 3 months of age. They observe things around them, distinguishing familiar things. That's why it's important to give colorful toys. At the same time, the child "begins to develop" basic movements, clearly extends his hand to the object of attention, picks it up and holds it. When a toddler is 4-4 months old, he can take toys from an adult. At first, he can't pick it up immediately, he pushes it with his hands, and he can't pick up the toy [1,2,3,4,5,6]. At the age of 5 months, children gradually boldly extend their hands to the toys, first taking them with both hands and then with one hand. Half-year-olds can hold one toy in each hand. All of this is of great importance. As children learn to play, they look at toys, try to pick them up, change their situation, and learn new movements. The baby is now learning to lie on its stomach: at 5 months of age, it can lift its upper body with its upright arms. It will be easier and more fun for him to observe what is going on around him. At 6 months of age, babies crawl, leaning on their palms and knees: this situation prepares them for crawling. Rolling over before breastfeeding also teaches a child to crawl, which the child learns completely when he is 6 months old (rolling on his stomach while lying on his back and vice versa). At the age of 4 months, the baby first tries to bleed, first to the side and then to the abdomen. If the child is used to holding the toy, this action will work very well. The urge to pick up the same toy causes the toddler to roll over and grab the toy. All this strengthens the muscles of the legs and arms, the abdominal press. During the age of raising children from 6 months to 9 months, new tasks appear for parents: it is necessary to organize the agenda by putting the child to sleep three times a day, the child's speech gradually becomes clear, people begin to interfere, will be able to play things even better and be prepared to crawl, which is the first stage of independent walking. From then on, the little one will sit down, lie down, and does whatever you say, "clap your hands." Now it is possible to organize the first games ("clap", "play hide and seek", "hold, hold"), the child's speech gradually develops, and from some sounds to the articulation of syllables. The little one crawls happily. Crawling helps to strengthen the whole muscle and develop coordination of movements [14,15,16]. A 9-month-old baby learns to stand independently, holding the support with only one hand. 9-10 month olds can be asked to bring a toy (of course the child knows his name) it is best to tell the child to play with the toy as he has learned and to teach him a new movement that is not difficult. ("Pick up the baby," "feed the puppy," etc.) Then his movements will become more varied. The children put the rings in a pyramid and place the cubes on top of each other. The child's behavior will continue for a long time. When children

are 10-11 months old, they can easily move from one base to another, easily climb a hill (three steps high) and descend easily. At the age of 12 months, children learn to walk independently. Hardened children are more susceptible to changes in humidity, heat and cold, and are less prone to colds and other illnesses [7,8,9,10,11,12,13].

Exercise and physical training strengthen the nervous system, promote the development of muscles and bones, and improve the functioning of the heart, lungs, digestive and excretory organs, blood composition and metabolism. The body is resistant to pathogens. The following principles should be followed when using firming procedures: start early, be gradual, and be consistent. The characteristics of the child must be taken into account. Hardening tools and everyone can do it, just don't throw the wrong thoughts that are stuck in the brain, don't surround the children; don't be afraid of the fresh air. Ventilate the room 4-5 times a day, and in summer always open the window. Because windows do not transmit ultraviolet light, this is necessary for a growing organism [17,18,19].

This light is an important factor that regulates vitamin D synthesis in the body. Vitamin D deficiency causes bones to become brittle and stunted in growth and development, leading to rickets. If this disease is neglected, bone deformity can occur. No smoking in the child's bedroom. Increases the risk of developing lung damage. Changing diapers, changing clothes, undressing a baby before bathing - these are the first air baths, the first hardening treatments. For a breastfed baby, the air temperature should be at least 22 °C at home and outdoors when taking an air bath. Once the child is well accustomed, the temperature can be between 20 and 18 °C when taking an air bath. Air baths should be carried out carefully: the initial period should not exceed 2-3 minutes. Gradually, the period is extended to 15 minutes for 6-month-olds and 20-25 minutes for 6-12-month-olds.

The treatment can be performed twice a day. Children who are not accustomed to weak and cold weather should be undressed gradually: first their arms and legs, then up to the waist, and finally the little ones are stripped naked. During the summer, it is best to take air baths in the open air under an umbrella or in the shade of trees, as the diffused sunlight will cause a lot of ultraviolet rays. Water hardening is very beneficial. The child is hardened by hygienic baths, washing, washing his feet, as well as rubbing the body with a wet towel and pouring water over it. Water hardening is started slowly and carefully. From the age of 3-4 months, the baby can be wiped with a wet towel. Be sure to consult a doctor before starting this procedure, and then prepare to rub the baby's skin with a wet towel. To do this, rub a piece of dry towel or soft woolen cloth every morning until the child's body, arms and legs are red.

After 1.5-2 weeks, you can start wiping with water. The towel is squeezed by dipping it in water, first wiping the baby's arms, then the chest, abdomen, back, and legs. Immediately wipe the wet area of the body with a towel until the skin is slightly red. Cover the baby's body with a blanket, except where it is to be rubbed. You can add a teaspoon of salt or a tablespoon of alcohol to a glass of water. Usually when a child wakes up in the morning, the body is wiped. Duration 5-6 minutes. The water temperature should be 32-33 °C. Then the water temperature is gradually lowered from 1 °C to 30 °C at intervals of 5-7 days. Even if the water in the hygienic bath is

not too hot, the water temperature should be 36.5-37.5 °C for children under 6 months and 36 °C for older children. After the bath, pour water over the child, the temperature of which should be 1-2 °C lower. Over time, the temperature of the water poured over the baby decreases by another 2-3 °C. From the age of 10-11 months, the child should wash his face, neck and hands in the morning and evening with cold water up to the elbows (water temperature should not be 18-20 °C). The child is taught to "walk" in the cold air by slowly opening the window in the room. It is best if the baby sleeps outdoors. Have fun playing and laughing while you train your child. If the child is upset and cries during exercise, it means that the exercise is not done properly. Exercise is good for all children, especially frail ones. In such children, the type of exercise is chosen in consultation with the doctor, the dose of the given treatment is gradually increased. If the child becomes ill, very anxious (nervous, unable to sleep well, cries, etc.), exercise is stopped. It is useful to massage the child from the 1st month of life (with a light stroke) and gymnastics from the 2nd month, but first it is necessary to show the child to a pediatrician (pediatrician or family doctor) and agree with him on how to perform this procedure. Massage and gymnastics are always done at the same time every day, 30 minutes after the baby has eaten. Classes last 5-12 minutes. Each exercise is repeated 4 to 6 times. Children from 1.5 months to 3 months can be prescribed the following set of exercises, which will be based on massage (stroking) and unconditioned reflexes. Hand massage (1); foot massage (2); lying on his stomach and massaging his back (3); abdominal massage (4-5); exercises for the soles of the feet (6-7); recording the spine while lying on its side (8); while massaging, gently stroke your hands from the outside to the middle. For example, the hands are rubbed from the child's paw to the shoulders, the inner and outer surfaces of the wrists and shoulders, the feet are rubbed from the palms to the hips, the inner and outer surfaces of the hips and thighs are rubbed over and below the knee cap without touching the knee joint. At the age of 3-4 months, the physiological tension (tone) of the flexor muscles decreases.

In fact, taking into account the above considerations, we consider it appropriate to make the following suggestions:

1. A child who grows up in a rational regime is usually not capricious. , the concept is formed.

2. A child's health is also affected by the environment in which he or she grows and develops. The baby's body is soft, the fat bends and changes. Under certain conditions, birth defects can go unnoticed and can be a source of serious illness.

3. Life certainly puts a child to the test. Whether it is a sudden change in temperature or an infection, whether it is physical stress or mental anguish, emotion, an energetic organism responds to it with purposeful reactions, fights for itself, and the weak one is unable to fight it. Will be defeated. Raising a healthy child is much easier. Everyone knows that. He quickly learns all the necessary things and skills, adapts well to changing circumstances and understands the requirements. Proper formation of health and behavior, development of initiative, strong will, talent and natural ability are important prerequisites.

4. It is important to remember that every type of exercise has its own set of rules. Taking into account the age of the child, we recommend the above suggestions for children of small kindergarten age and even for all segments of our society involved in child care.

In short, the physiological condition of children, as well as the implementation of the above recommendations in the process of physical development, leads to high results. It is necessary not only to bring up the child in a delicate way, but also to strengthen it, to train it, to increase the activity of the growing organism.

Trying to do everything for him will not help the child if he falls down, becomes disabled, and can't do it. You have to fall at any time to learn to be careful; you have to work hard to learn to do something with your hands. It is true that the child should be encouraged to be active to a certain extent, to be instructed to do what he can, taking into account his physiological and physical capabilities.

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