



HEALTH OF CHILDREN OF PRESCHOOL AGE AND OPPORTUNITIES OF RECOVERY UNDER THE INFLUENCE OF PHYSICAL STRESS OF CHILDREN'S PRESCHOOL INSTITUTIONS OF SAMARKAND CITY

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Article history:	Abstract:
Received: August 10 th 2021 Accepted: September 11 th 2021 Published: October 12 th 2021	This article is devoted to such a topical topic as the peculiarities of sports and physical exercises among students of higher educational institutions. The article deals with the main motivations of students when choosing sports and systems of physical exercises; about the main reactions of the body to the performed physical work. And also, tests to determine physical fitness.

Keywords: Physical activity, heart rate, motivation, athletic performance.

INTRODUCTION:

Each child has his own natural inclinations, individual constitutional characteristics, typological characteristics of higher nervous activity, motor abilities. Some children jump well, run fast, others stand out with an accurate eye. External factors of physical and motor development, environment and learning should be built taking into account the internal characteristics of the child, the range of individual differences. Only under these conditions can the physical and spiritual capabilities of the preschooler be fully revealed. Therefore, the work on physical education of the preschool educational institution "Kuzmunchok" in the city of Samarkand was based on the development of a set of measures "diagnostics-forecasting" aimed at choosing the means, methods, methods of teaching in accordance with the level of preparedness, health and physical development of each child, justification an individual program and pedagogical conditions that determine the path of physical improvement. It is necessary to raise children healthy now, today, so as not to "heal" them tomorrow. A minimum of drugs, a minimum of physiotherapy, a maximum of movement, air, water - this is the main goal and meaning of the activities of educators, parents, medical and service personnel of the fitness center. For its implementation, conditions have been created that contribute to the full-fledged physical development of children: a gym with an area of 80 m², a "pool-phyto-bar" complex, a "health path", mini-stadiums, sports corners in groups, sports grounds on the sites.

On the basis of diagnostics of the state of health, physical development, physical fitness, physical activity of each child, data were obtained that make it possible to develop and implement individual maps-

predictions of physical education, to provide a differentiated approach, to give specific recommendationsteachers for the implementation of physical education in everyday life, to determine the priority directions in the organization of physical education, physical culture and recreational activities, active recreation, to develop a model of a motor regime that is optimal for a given preschool institution, combining collective and individual forms of work, independent and organized motor activity. Pedometer, heart rate monitoring, timing show its expediency, since the child's natural need for movement is satisfied. The volume of motor activity in the garden ranges from 6 to 9.5 thousand steps, the time of motor activity takes 59-63% of the time of the child's stay in a preschool institution, there are loads of different intensity during the day, including maximum loads (pulse 160- 180 beats per minute), which provides the training effect of the session. Physical exercises, games with elements of sports for sedentary children were selected, with a gradual increase in physical activity. In physical education, conditions are created for the creative expression of each child in the process of physical activity, game images, rewards are widely used, movements, posture are gently corrected, children are offered individual task cards by choice. Classes are varied in form: musical and rhythmic, training, "gifts", plot, game, hiking, free choice of activities. They have a health-improving orientation, develop the ability to adapt to unusual environmental conditions. Their content includes: breathing exercises, contributing to the training of full breathing, exercises for relaxation and meditation, which increase efficiency, while taking into account that children with deviations from the cardiovascular system are contraindicated in exercises with breath holding, with a



sharp change in pace and position body, long-term and static loads. Such children are recommended at this time to perform an enhanced inhalation-exhalation, exercises for small muscle groups (foot, hand). And for children with high blood pressure, jumps and jumps are excluded. Additionally, 2 times a week, as prescribed by an orthopedic surgeon, special corrective gymnastics is performed for children with postural disorders and flat feet. For the purpose of prevention - exercises with gymnastic sticks, at the stairs, from the initial lying position; every day, exercises to strengthen the muscles of the foot are included in wellness gymnastics. Currently, work is underway to update the content and methods of physical education and upbringing, methodological recommendations for the work of a physical culture and health center are being developed, an author's program "Play for Health" (teaching preschoolers to play with elements of sports) has been created, which, in principle, does not change educational standards. Its novelty is as follows: for the first time on the basis of diagnostics, taking into account the natural and climatic conditions of Uzbekistan, a system of teaching sports games and exercises has been developed. The program is completely based on outdoor games and exercise exercises. In addition to the list of motional actions, the program provides a volume of communication of knowledge about sports games and exercises, for the first-time tests and tests, diagnostic tasks for preschoolers for each type of sports games and exercises are selected. At the moment, research is underway in this direction. The position of the authors of the program is to evaluate the results of the child's activities in comparison with their own achievements - if there is an improvement in the results of each child, then the program is being implemented effectively. The authors offer homework options and unique self-control diaries available for preschoolers (paint over a figure, finish drawing an object, put a number in a square if the exercise is completed). Thus, developing the habit of self-organization in older preschoolers, the ability to take free time with a useful and exciting activity, we implement an individual approach to learning.

MAIN PART:

The formation of the values of a healthy lifestyle is facilitated by swimming in the pool, which are held in conjunction with a visit to the phytobar, where children are offered rosehip broth, tea with lemon, herbal tea, which increases the body's resistance to colds, and a pectin-based oxygen cocktail. At the same time, the state of health, the level of functioning of all organs and systems is strictly taken into account, each child is given individual prescriptions by a physiotherapist. The efforts of

medical personnel and catering workers are aimed at organizing a balanced diet that meets the physiological needs of a growing body. During the period of seasonal rises in diseases of acute respiratory infections, green onions, garlic, vegetable oil in natural form (with salads) are introduced into the diet, much attention is paid to the organization of individual nutrition for children suffering from allergies, weakened, with disabilities, modern approaches to the organization are taken into account nutrition, the need to reckon with the tastes and habits of children, a customized menu was introduced as an experiment. The activities of a preschool institution as a health and fitness center are also aimed at uniting the efforts of pedagogical and medical personnel in order to protect the child from overwork and maladjustment. The "inviolable" is the time of walking and daytime sleep, while walks are required

3 times a day. A comprehensive health improvement system, individual and differentiated approaches to physical education, give sustainable positive results in strengthening the health of children, improving the physical development and physical fitness of preschoolers. There is a tendency to decrease acute respiratory diseases, posture, coordination of movements of preschoolers have improved, children show a high and average level of physical fitness in running, jumping, throwing, most of them go to school with the ability to swim. Thus, a differentiated approach provides optimal pedagogical conditions for the physical development of preschoolers.

CONCLUSION:

Thus, we came to the conclusion that carrying out such preventive, water-improving procedures every day and all year round strengthens the health of weakened and often ill children in preschool institutions. It is necessary to carry out a program for the rehabilitation of weakened and often ill preschool children under the guidance and mandatory supervision of the Preschool Education Department of the city, the City Health Department, employees of medical and physical dispensaries, the Ministry of Tourism and Sports. It is advisable to continue this work in schools in order to prepare healthy youth - defenders of the Motherland, purposefulness, independence and creativity, courage, perseverance and discipline, responsibility, a deep sense of patriotism, education of a conscious attitude to work, skills of cultural behavior.

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