

PHYSICAL DEVELOPMENT OF PRESCHOOL CHILDREN

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Annotation

This article describes the specifics of the process of physical education for preschool children. The main participant in this process, the educator, is described.

Key words: Child, physical education, gym, educator, power, movement, equipment.

Preschool is a time when children are constantly on the move. During this time, children are busy moving everywhere, both at home and outside. They spend a lot of time running, climbing, jumping and chasing each other. Their large and small manual motility skills seem to be significantly improved than before. Now these children seem to be more aligned than they were when they were babies and have a clear purpose in their actions. They began to demonstrate their speed and strength and became increasingly independent.

In the preschool period, there is a steady increase in children's height, weight and muscle strength. Preschoolers are taller and more active than toddlers. The legs and body continue to grow and the head is known to be in proportion to the body. The areas of the brain that control children's body movements continue to grow, and at the same time they have increased opportunities to perform skills such as running, throwing, climbing, kicking, jumping, and small manual motility skills.

Consider the physical development of preschool children. To find out what stage of physical development preschool children are at, let's look at the following aspects. It is important to keep in mind that each child is individual and that children may experience individual differences depending on the age at which they are able to perform these actions. These stages should not be taken as a strict control criterion for assessing children's development. Rather, cognitive development, general manual motility development, fine manual motility development, hearing, speech, vision, and socio-emotional development should be monitored and taken into account when certain skills or behaviors occur in young children. Like a pediatrician, educators need to have knowledge about children's developmental stages. Knowledge of these stages can be used to meet the needs of the children in the group.

Stages of movement and physical development in preschool age:

3 years:

- Easy climb to the top
- Get running
- Cycling
- Be able to walk up and down the stairs, changing one foot at each step
- Wash and dry hands

4 years old

- Be able to stand on one leg for 2 seconds
- Ability to cut, slice and puree one's food
- Holds the shot ball mostly
- Draws a person who has two to four body parts
- Can use scissors

5 years old

- Stand upright for 10 seconds or more on one leg
- May jump
- Can swell
- Uses a fork and spoon, and sometimes a table knife
- Vibrates and rises

Physical growth and development is not just about being taller, stronger, or bigger in numbers. This includes a number of changes in body size, composition, and proportions. Biological and environmental factors also affect a child's physical growth and development. Now we will look at the factors that affect the physical growth of young children.

- **Brain Development:** Although the manual motility skills of preschool children are the result of physical growth and development, many new skills are the result of brain growth. In other words, the movement consists only of using the hands or feet. For example, a student is playing back and forth with a peer or someone. The ability to perform this task depends not only on skill and development, but also on the brain's balance, visual and auditory information-receiving centers, and the process by which the brain is able to synthesize analysis. This involves kicking the approaching ball, waiting when needed, and kicking the ball in the right direction. As an educator, it can help children develop relationships that allow them to form relationships with the environment and to form ideas about how things work, how actions are performed, how to treat others, and how to express emotions. With all of this, the educator helps children improve existing skills and form new ones.

- **Heredity:** Genetic inheritance plays an important role in the physical development of children. However, even though genes affect children's development, physical development is formed as a result of interactions between heredity and the environment. That is, educators need to create a comfortable and stimulating environment that promotes optimal physical development of children.

- **Nutrition:** A healthy, balanced diet is required to achieve optimal physical growth and development, especially in very young children. It is important that they are well supplied with vitamins, minerals and other nutrients.

Understanding the stages of development is an important part of working with young children. Knowing the physical development norms of the trainees will help the educator to know how to plan the learning process in the development of their manual motility skills and training. It is important to keep in mind that each child is individual and we need to tailor our goals or activities to meet the needs of the children.

• **Physical development classes:** It is important to conduct a variety of activities for children's physical development in the physical education room. In these activities, the educator can develop important skills that stimulate the development of preschool children.

Classes should provide opportunities for children to engage in physical activity. Pupils should engage in physical activity indoors or outdoors for at least 60 minutes each day. During the day, children are encouraged to set aside two hours for active exercise, where they can choose active physical activity or other games. Although an hour of activity is recommended, we can divide this period into 5, 10, 15, or 20 minute periods during the day. Thirty minutes can be supplemented with activities designed as play activities, and the remaining half an hour can be combined with physical activity.

Exercise should be part of, not the usual break in, a workout. Active movement allows children to expend energy while practicing existing skills and learning new ones. In addition to developing children's large and small manual motility skills, we will consider the following exercises that children can take into account the benefits of physical activity to the child's health:

• **During the day:**

give children a chance to play on their own in the dressing room; use geometric shapes or other objects of nature to build or reinforce objects in the construction center;

• **During or after story time:**

Encourage children to role-play parts of the story or to imitate the actions and sounds of the story's protagonists.

• **During lunch:**

they should teach children to use utensils, try to open utensils, serve themselves, and discipline themselves.

• **During the trip:**

children should be taken for frequent walks or walks

• **At any time:**

Put on music and invite the children to dance. Dance requires active, constant movement. Dance involves flexibility, strength, and it helps preschoolers increase their range of motion. If you need more space, move items in your room and encourage them to suggest children's favorite songs or types of music. You can also set up "activity time" to do simple exercises with the kids. If you add music, these exercises will be more fun.

With a little imagination and creativity, an educator can come up with many fun activities to keep children active throughout the day. For example, you can play an indoor basketball game with "balls" that kids throw in a cardboard box or any basket. Remember to make sure children are always safe.

Physical Development: Outdoors Exercise for children is just as important as outdoors. In these sessions, we will look at how to engage children with the positive aspects of the external environment that stimulate their physical development.

The external environment is the natural and most beneficial environment for physical activity. For preschoolers, outdoor exercise is just as important as group physical activity. All preschoolers should play outdoors at least two or three times a day in bad weather. The amount of time a preschooler spends outdoors each day should be at least 60 to 90 minutes.

The priority of the educator is the safety of the children in their care. Therefore, educators need to make sure that safety rules are followed in their design. Waste, stones, mud and other hazardous factors should be removed from playgrounds.

- The educator checks that the toy or equipment used for play in the outdoor environment is in good condition. Special attention is also paid to the cleanliness of the product.
- Be aware of weather conditions and be prepared to move children indoors if the weather is bad.
- Children should be encouraged to drink plenty of fluids before, during and after exercise.
- Follow sun protection requirements.
- Make sure children are dressed appropriately for the weather and events.
- Be aware of first aid kits and how to use them.
- Be aware of your contingency plan in your group.

In short, in recent years, our country has undergone a number of positive changes and innovations in the field of education and upbringing of a harmoniously developed generation. Ensuring the rational and effective use of modern material and technical base in the field of teaching and educating the younger generation, improving the educational process in line with modern requirements, the introduction of new pedagogical technologies in the educational process significant changes have been achieved in the educational process in educational institutions as well. In particular, the field of physical development of children has been improved. Therefore, it is time for educators, who are the main leaders of this process, to know the stages of the child's physical development, norms and use it effectively in the lessons so that the younger generation can grow up healthy and physically mature.

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