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Article



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EXERCISES FOR PRESCHOOL EDUCATIONAL CHILDREN AND THEIR DESCRIPTION

Abstract: This article provides examples of physical education classes for preschool children, exercises that negatively affect their healthy development during morning physical education and the reasons for their limited and limited use, exercises that are recommended to be replaced.

Key words: Exercise, morning physical training, sitting on the heel, building bridge, standing on your head, turning, moving your legs in a butterfly way.

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Introduction

Today, the further improvement of the entire system of preschool education in the Republic of Uzbekistan, the strengthening of the material and technical base, the expansion of the network of preschool educational institutions, the provision of qualified teachers, a radical increase in the level of preparation of children for schooling, the introduction of modern educational programs and technologies, a number of programs have been developed aimed at creating conditions for comprehensive intellectual, moral, aesthetic and physical development.

Under the program, a lot of work is being done in the field of physical education to control the physical development of children. An important task of physical education is the formation of a healthy, energetic, hardworking, cheerful, kind, enterprising, educated, physically developed and loving sports, able to move independently in the environment, able to go to school and beyond. active creative activity.

Therefore, it is necessary to carry out the process of organizing and conducting physical education classes with a very attentive and responsible approach to each specialist. This is due to the fact that the musculoskeletal system of a growing young organism is not yet sufficiently developed. It should be borne in mind that the unintentional use of prohibited and restricted exercises, especially in physical education,

can lead to negative consequences and have a significant negative impact on the physical development of the child's body. That is why the study of exercises prohibited and restricted for use in physical education by preschool educational organizations and the development of a methodology for their recommendation is one of the most relevant today.

Thus, the purpose of the work is to study and develop and scientifically substantiate the methodology for recommending and limiting the use of prohibited and restricted exercises in physical education classes by preschool education organizations.

Materials and methods: Research sources are: literature reviews on the topic, media information and methodological documents. In the study of the topic, bibliographic (literary) and retrospective (historical sources) analysis, theoretical generalization and comparison, systemic and integrated approaches were used. The main research method is a comparison of historical and modern data sources of information.

Results and their analysis. Based on the data obtained, the following table presents a classification of exercises with negative consequences for preschool

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children (Table 1). We recommend ways to replace them in any case.

Table 1. Exercises with Prescriptive Consequences for Preschool Children

Recommended Exercise	Replacement	Restriction
1. Dizziness	Bend your head forward, turn left and right	Due to the fracture of the bones, the fact that the spine is located in the cervical spine, the neck muscles are good underdeveloped
2. Tilt your head back	There is no recommended exercise instead	
3. Stand up straight	There is no recommended exercise instead	
4. Excessive elongation of the neck.	Perform shoulder up and down exercises	
5. Sit and fall with legs wide open (spatula)	Butterfly movement of the legs	Displacement of pelvic bones due to brittleness of bones
6. Bridge building exercise	Move your arms upwards to the gymnastic ball (a large inflatable ball that rests and inflates) while lying on your back.	A blow to the ground with the spine causes concussion
7. Exercise the abdominal muscles: lift the legs up in pairs	Raise and lower the legs in turn	It affects the neck and head arteries during muscle tension, possibly leading to constriction of the nerve vessels
8. Raise the umbilicus forward	There are no recommended exercises instead	Insufficient development of the muscles of the cervical spine
9. Raise and lower the body behind the head and arms while lying on your back	The arms are in the forward position	Excessive tension of the neck muscles, excessive crushing of the spine with the hands
10. Lifting the body while leaning on the floor with hands	Exercises are performed only under the supervision of a teacher (defense)	Touching the chin to the floor when falling to the floor
11. Raise your waist while leaning your hands on the floor	Perform the exercise with your arms bent at the floor and leaning on your elbows	It can cause various diseases due to the compression of the ridges in the lumbar region of the spine.
12. Sitting on the heel	Sit in a circle	It can cause injury to the knee joint and joints
13. Hanging exercises for more than 5 seconds	There is no recommended exercise instead	Leads to injury and weakening of muscle joints

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14. Perform breathing exercises while raising the arms at the same time	Changing arm position: arms at waist or side	As the upper shoulder girdle muscles contract, it becomes difficult to breathe (oxygen)
15. Jumping exercises barefoot on hard surfaces (parquet, concrete, floor, asphalt, etc.)	Perform jumping exercises only on gymnastic mats	Weakening of the compensatory muscle joints leads to improper formation of the sole bones of the foot (between the heel and the toes)
16. Running barefoot with the tip of the foot (nosochke)	Running in sneakers (shoes, keta, etc.)	The soles of the feet (toes) do not form properly
17. Walking on the inside and outside of the sole of the foot until you move to a large group	Walking on tiptoe and heel	Weakness of compensatory muscle joints

The data presented in the table suggest that each exercise was negative, the reasons for the restriction, and the exercise that was positive instead.

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