

USING OUTDOOR GAMES IN HEALTH PROMOTION OF CHILDREN OF PRESCHOOL EDUCATIONAL ORGANIZATION

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Abstract: This article reveals the importance of outdoor games in improving the health of pupils of a preschool educational organization. It examines the educational, physical, and psychological aspects of outdoor games, as well as ways to integrate them into the learning process. Outdoor games serve to assimilate national values by children, teach them to communicate collectively, and develop creative thinking skills. The article also provides practical examples on improving the effectiveness of outdoor games in education and upbringing. In conclusion, it is proved that outdoor games are an important means of educating the younger generation in perfection.

Keywords: preschool education, state standard, coordination, national spirituality, outdoor games, upbringing, harmonious generation.

Annotatsiya: Mazkur maqola maktabgacha ta'lim tashkiloti tarbiyalanuvchilarini sog'lomlashtirishda harakatli o'yinlarning ahamiyatini ochib beradi. Unda harakatli o'yinlarining tarbiyaviy, jismoniy va psixologik jihatlari hamda ularni o'quv jarayoniga integratsiya qilish usullari ko'rib chiqilgan. Harakatli o'yinlar bolalarning milliy qadriyatlarni o'zlashtirishiga, jamoaviy muloqotga o'rganishiga va ijodiy fikrlash qobiliyatini rivojlantirishga xizmat qiladi. Maqolada harakatli o'yinlarning ta'lim-tarbiyadagi samaradorligini oshirish bo'yicha amaliy misollar ham keltirilgan. Xulosa sifatida, harakatli o'yinlar yosh avlodni barkamol etib tarbiyalashning muhim vositasi ekani asoslab berilgan.

Kalit so'zlar: maktabgacha ta'lim, Davlat standarti, koordinatsiya, milliy ma'naviyat, harakatli o'yinlar, ta'lim-tarbiya, barkamol avlod.

Абстрактный: Данная статья раскрывает значение подвижных игр в оздоровлении воспитанников дошкольной образовательной организации. В нем рассматриваются образовательные, физические и психологические аспекты подвижных игр, а также способы их интеграции в учебный процесс. Подвижные игры служат усвоению детьми национальных ценностей, приучению к коллективному общению, развитию навыков творческого мышления. В статье также приведены практические примеры по повышению эффективности подвижных игр в обучении и воспитании. В заключение обосновано, что

подвижные игры являются важным средством воспитания подрастающего поколения в совершенстве.

Ключевые слова: дошкольное образование, государственный стандарт, координация, национальная духовность, подвижные игры, воспитание, гармоничное поколение.





Introduction. In order to ensure the implementation of the Law of the Republic of Uzbekistan "On Preschool Education and Upbringing" dated December 16, 2019, as well as effective education and the creation of favorable conditions for children of early and preschool age, the Cabinet of Ministers of the Republic of Uzbekistan in the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated December 22, 2020 No. 802 "On approval of the state standard of preschool education and upbringing" - made a final decision. In accordance with it, the purpose, main objectives and principles of the state standard are defined; a standard curriculum for preschool education; implementation of the state standard and control over its compliance; components of the state standard, including: state requirements for the development of children of early and preschool age; The state program of preschool education and upbringing, including the state educational program of the preschool educational organization. the task of approving the standard is set. The purpose of the state standard is to organize a preschool education system based on modern requirements, to bring up healthy and comprehensively developed children, to introduce effective forms and methods of teaching and upbringing a spiritually harmonious generation into the educational process, as well as to create conditions that affect the volume, content and quality of the educational process, to build and equip a preschool educational organization, and to educate preschool children. consists in introducing mandatory minimum requirements for organizing healthy nutrition and safety for children and organizing their control. Physical education classes are of great importance in raising healthy and comprehensive growing up of children, introducing effective forms and methods of teaching and upbringing into the educational process and raising a spiritually perfect generation. In the typical program of the state standard, physical education lessons in preschool educational organizations amount to a total of 72 hours per year, 2 hours per week, preferably one of which is held outdoors. According to this program, the following results are expected from children aged 4-5: walks on tiptoes, heels, sideways with the palms of the feet and with knees raised high; walks on a skipping rope, maintaining balance; runs with knees raised high; jumps over low obstacles; tries to jump over a skipping rope; pulls himself up with his hand on a gymnastic bench and pushes off on his stomach; moves along a gymnastic ladder; flies on a scooter. A good effect is achieved by widely using gymnastics and active games to develop these skills. Outdoor games play an important role in improving the health of preschoolers, physical development and increasing motor activity. Outdoor games serve to strengthen children's muscles, maintain balance, develop agility, speed and coordination.

Games that develop reaction help to develop sensitivity in children, the ability to react quickly. One of these games is the game "Run by color".

The goal of the game is to increase children's attention, develop quick thinking, balance and coordination of movements. It also helps to improve physical fitness and the respiratory system.

Rules of the game and procedure

- Children from 3 to 7 years old can participate in this game. The number of participants is not limited, but usually 5-15 people are considered convenient for the game.
- Cards or flags of different colors (for example, red, yellow, green, blue). Movements designated for each color (for example, red - stop, green - run, yellow - jump, blue - walk backwards). Can be held outdoors or indoors. The area should be wide enough. The teacher explains the rules of the game to the children. The actions corresponding to each color are marked:

	Green-run forward
	Red-stop
	Yellow-jump in place
	Blue-move backward

After the children have memorized these rules, the game begins.

The teacher or game leader says the different colors out loud or shows cards. The children must perform movements corresponding to each color. Frequent color changes during the game encourage children to be vigilant. Anyone who does not act correctly is eliminated from the game or performs a special task (for example, jumping with their hands up). The game lasts 5-10 minutes, but depending on the children's interest level, the time can be increased or reduced. Children who try their best are encouraged (receive praise, a small gift, or the right to an additional game).

The useful aspects of the game include:

Children develop coordination of movements through running, jumping, stopping. Children learn to make quick decisions by observing colors. They learn to act in a team and follow the rules. Helps to distinguish colors, especially for younger children. The game does not tire children, but encourages them to act actively and with pleasure.

The game can be played in the following versions.

- Adding more colors: for example, white – jump forward, pink – turn left.

- Changing movements: mark more complex movements for each color (for example, triple rotation, walking along the marked line).

- Transfer with music: move with the music on and stop with the music off.

This game is not only fun for children, but also useful. It can be used for morning physical activity, active recreation or physical education.

Games for the development of the respiratory system teach deepening breathing and proper breathing control. Such types of games include the game "the wind is blowing".

The purpose of the game is to develop the respiratory system of children, teach proper breathing, control breathing and increase overall physical activity. This game is combined with breathing exercises and helps to strengthen the cardiovascular and respiratory systems.

Game rules and procedure

Children from 3 to 7 years old can play this game. The number of participants is not limited, but 5-10 people are recommended. Leaves, balls or pieces of cotton wool made of light paper or fabric (to demonstrate the effect of the wind). Music (if the game is played to music). The game can be played indoors (in a sports or playroom of a preschool organization) or outdoors. The teacher gives the children an idea of the wind: how does the wind blow, when is it strong or slow? To control breathing, several breathing exercises are performed: a deep breath through the nose. Slow exhalation through the mouth. When the teacher says "the wind blows slowly", the children begin to walk slowly, slowly waving their arms and slowly exhaling through the mouth. When you say "a strong wind is blowing", children start running, moving with their arms wide open and breathing faster. When you say "the wind has stopped", you stop all movement, take a deep breath and freeze in place. If additional effects are included, the teacher can describe different levels of wind, for example, "a storm is blowing" – children can run strongly or "the wind is in good shape" – children can jump and move. The teacher instructs the children to take a deep breath and exhale slowly. At the end of the game, the children sit in a circle and do calming breathing exercises. Children talk about how they felt during the game.

The useful aspects of the game include:

Expands the capacity of the lungs, practicing deep and correct breathing. During the game, running, jumping and other actions are performed. Children imagine the wind and perform movements corresponding to it. At the end of the game, children will feel relief with the help of calming breathing exercises. Changing movements according to the speed of the wind increases children's attention. Ways to make the game more difficult

– Adding wind levels: the teacher can add new words to describe different wind levels (e.g. "spring wind" – light movement, "strong hurricane" – fast running).

– Add auxiliary equipment: exercises to blow up pieces of paper or balloons to feel the effect of the wind.

- Playing with music: Depict the speed of the wind with slow and fast music and encourage children to act accordingly.

"Tug of war" - increases physical activity and stimulates the desire to win. The game "tug of war" is one of the oldest folk games aimed at increasing physical activity and developing community. This game cultivates in children the spirit of testing strength, working together with each other and striving for victory. The game is very popular among both small children and adults due to its simple rules. The game is played between participants divided into two groups. For the game you will need a long and strong rope. In the center of the rope, a mark is made (for example, a knot or a colored ribbon). This symbol helps to determine which team has won the game. Two groups grab both ends of the rope and try to pull it towards their side. The winner is the team that pulls the rope from the marked line to their side. Participants learn to interact and use strength together. The importance of each player in the group is felt. The game "tug of war" encourages children to be physically healthy.

The use of folk games in the formation of children's national spirituality contributes not only to the increase of physical performance, but also to the educational value. With the help of these games, students learn about the culture and traditions of their people, which helps them to realize their identity.

Conclusion. The formation of national spirituality through outdoor games not only develops children's cultural consciousness, but also serves to educate them in the future as spiritually mature individuals. This method is effective and interesting for pupils of a preschool educational organization, and also helps to increase their motivation for classes. Therefore, the widespread use of outdoor games in the educational process is an important step towards strengthening national spirituality.

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