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EFFECTIVENESS OF FORMING MOTOR SKILLS IN PRESCHOOL CHILDREN THROUGH GYMNASTIC EXERCISES

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AnnotationThis article explores the effectiveness of forming movement skills in preschool children through гимнастикалық exercises. The study focuses on the role of gymnastics in improving children's physical development, coordination, flexibility, balance, agility, and overall motor activity. Special attention is given to the use of age-appropriate gymnastic exercises in preschool education and their impact on the development of basic movement skills. The research highlights that regular gymnastic activities contribute to strengthening health, increasing physical preparedness, and developing an active lifestyle among preschool children. The article also discusses modern pedagogical approaches and methods for organizing effective physical education activities in preschool institutions.

Keywords: preschool children, gymnastics exercises, movement skills, physical development, motor activity, coordination, flexibility, agility, physical education, preschool education, healthy lifestyle.

Introduction

In our country, the promotion of physical education and sports is defined as one of the important directions of social policy. Sports play a key role in strengthening public health and educating a healthy and well-developed younger generation, thereby promoting a healthy lifestyle in society. It also helps prevent various diseases and reduce harmful habits among young people. In addition, sports contribute significantly to the formation of high moral values and patriotism, while achievements in this field enhance the country's international reputation and national pride.

Physical activity is especially essential during childhood and adolescence, as this period is critical for forming fundamental motor skills and abilities. Lack of physical activity negatively affects children's creative development and physical capacity. Restricted or improper movement has adverse effects at every stage of life. Numerous researchers have studied the physical development and preparedness of preschool children in their scientific works. However, the rapid development of modern theory and practice, as well as increasing educational requirements, necessitate the use of modern methodologies to improve the physical preparedness of preschool children.

Literature review and methodology

Gymnastic exercises play a crucial role in the physical development, fitness improvement, and formation of life-long motor skills in preschool children. Gymnastics is used as one of the primary forms of physical exercise from the earliest stages of a child's development.

In this field, scientific research has been conducted by scholars such as T.S. Usmanxo'jaev, A.N. Livitskiy, R.S. Salomov, K.M. Maxkamjonov, F.X. Xo'jaev, G.Q. Jalolova, and F.A. Raimbekova. Their studies focus on the development of motor skills and the improvement of physical preparedness in preschool children.

At the same time, modern conditions require the development and implementation of innovative methods to improve children's physical fitness.

Research objective

To develop a set of gymnastic exercises aimed at forming motor skills in preschool children and to substantiate its effectiveness through pedagogical experiments.

Research tasks

1. To study and analyze scientific and methodological literature on the development of motor skills in preschool children.
2. To determine the level of physical development and fitness of preschool children.
3. To develop and experimentally validate a set of gymnastic exercises aimed at improving motor skills and physical fitness.

Results and discussion

Gymnastics is a systematic means of improving children's physical development, health, and motor skills. It helps develop physical qualities such as agility, strength, flexibility, and endurance, as well as psychological qualities such as willpower, discipline, memory, and thinking ability.

During the study, morning exercises, physical education breaks, rhythmic gymnastics, and game-based exercise complexes were introduced into practice.

The following exercise complex was used:

1. Throwing and catching a ball with one or both hands (4–8 repetitions).
2. Breathing exercises: arm movements sideways and crossing arms in front of the chest (2–4 repetitions).
3. Exercises with a hoop held in hands (4–8 repetitions).
4. Turning exercises to the right and left (4–8 repetitions).
5. Throwing small bags into a target (4–6 repetitions).
6. The game "Find the object" to develop attention and observation skills.

The results showed that these exercises significantly improve children's coordination, speed, and attention.

Conclusion

The analysis shows that the use of gymnastics exercises is effective in forming motor skills in preschool children. However, it is important to consider the age-related physiological characteristics of children when planning training loads.

Improper load distribution may cause fatigue and negative psychological effects. Therefore, training sessions should be organized gradually, in a playful form, and with properly regulated intensity.

Properly organized gymnastics activities significantly improve children's physical development and create a strong foundation for their future educational stages.

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