

MOVEMENT GAMES AS A TOOL FOR DEVELOPING PHYSICAL QUALITIES IN PRESCHOOL-AGED CHILDREN

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Abstract

This article discusses the use of movement games as a tool of physical education to develop physical qualities in preschool children. It identifies the theoretical foundations and methodological approaches to enhance movement activities in preschool institutions. The study also examines the organization of physical education and public health activities aimed at improving the physical activity of children in the context of preschool education.

Keywords: Preschool education, movement games, physical activity, physical qualities, physical education, physical development, fitness, physiological factors, muscle activity, vegetative organ function.

Introduction

Under the leadership of President Shavkat Mirziyoyev of Uzbekistan, a meeting was held on August 16, 2017, focusing on the structural reform of the preschool education system and ensuring full enrollment of children in such institutions. As a result of the analyses, three major documents were adopted within a short time:

1. The Presidential Decree No. PQ-3261 dated September 9, 2017, "On Measures to Fundamentally Improve the Preschool Education System."
2. The Presidential Decree No. PF-5198 dated September 30, 2017, "On Measures to Fundamentally Improve the Management of the Preschool Education System."
3. The Presidential Decree No. PQ-3305 "On the Organization of the Activities of the Ministry of Preschool Education of the Republic of Uzbekistan."

The Role of Movement Games in Physical Education

In pedagogical practice, various games are differentiated into object-based, plot-based, movement, and didactic games. Among these, movement games play a significant role in children's physical education. Movement games can be of small, medium, or high activity levels.

Preschool-aged children acquire natural movement skills, such as walking, running, jumping, and climbing, through games. Movement games are one of the primary means of physical education and can be introduced from the age of two. During this period, children begin to master essential motor skills like running, jumping, throwing, and climbing, which are crucial for life.

Older preschool children participate in competitions involving strength (e.g., pulling up with their arms) and speed (e.g., short-distance running). These activities help them evaluate their movements and capabilities. In addition to physical development,

movement games foster traits like willpower, bravery, perseverance, endurance, and courage.

Children typically satisfy their natural need for movement through games. For them, play is primarily an activity involving motion. During movement games, their actions improve, and qualities such as initiative, independence, confidence, and determination are cultivated.

Development of Social and Physical Skills through Play

At a young age, children transition from imitating adults' movements to role-playing games where they act out characters like doctors, drivers, and shopkeepers. These games evolve to include more complex scenarios, such as portraying a shepherd, a wolf, and a sheep. Independent movement games using toys, such as running with flags, rolling balls, or throwing hoops, are especially beneficial for children.

While children may not immediately exhibit initiative or diversity in independent play, guided games with adults help them develop specific skills and strengthen their motor abilities. It is essential to supervise their activities to ensure safety and encourage constructive play. Adults can enhance the complexity of games or redirect children's attention toward more appropriate activities when needed.

In games that lack specific plots or rules, children might perform simple tasks, such as fetching an object or identifying hidden items. However, as children progress, games should become more structured and include tasks that encourage physical effort and skill development.

Conclusion

The study of pedagogical experiences reveals that the physical development of preschool children is influenced by age-specific characteristics. Movement games tailored to children's developmental stages enhance their physical capabilities, motor skills, and preparedness for school-age transitions. The integration of movement games in preschool education helps improve children's physical readiness, supports their holistic development, and prepares them for future challenges.

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