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THE EFFECTIVE INFLUENCE OF MOVING MOVING GAMES WITH 5-6-YEAR-OLD CHILDREN

[1]Abduraimov Shaxboz
Termez State Pedagogical Institute Teacher
E-mail:shaxbozabduraimov0093@gmail.com
[2]Bobokulov Chori Urolovich
Lecturer at the Termiz State University
E-mail:Boboqulovchori0@gamil.com

Anatisation: This article shows physical qualities, physical fitness, and specific features of the development of children's actions, through various active games in this article in this article.

Key words. Children, physical qualities, moving games, balls, jumps, high school age, development, hygiene, methodology, methods.

A new approach to the process of preschooling systems, its validity, the vastness of the Uzbek people in child rearing, the great climatic conditions, the region's climatic conditions, the age-age stages, their anatomo The issues of combination of physiological, psychological, psychological, psychological and hygienic aspects, the development of all positive features is a special place.

In recent years, the work of a number of authors under preschool and school-age children in the work of the physical development, physical fittings, their physical qualities, methodological physical qualities.

In the 5-6 years of children's life, the actions in it further determine, and the adaptation of mutual movements is restored. Children aged 6-7 are more active, knowing self-control. Therefore, they use their own members with musma. Their efforts are sufficiently combined and clear. They can coordinate these actions by the environment, depending on the circumstances.

Children are growing the ability to distinguish between moving things in the air, including in the case of what is the case of someone who passes to another place. When the children are running, the children can explain how their body is running the exercise, while the children are working harder, and how the bicycle is changed in the process of performing the movements, the bid is changing the ratio of action. They differ in speed, direction of movement, direction of movement, speed, rheumatization.

The child's movement closely (with a customer's assistance) can distinguish between different stages of action, trying to explain the importance of these steps for the quality and quantity of action. They help make sure the actions clearly imagine, compatibility and harmony leads to mastering the rule of complex actions by children. For example, the children run away and jump on length and height, and they occupy the skill, etc. during running. The main efforts are improved in children engaged. Actions The child is more precisely displayed by individual features related to the child's body. At the same time, children are gaining better results in performing more efforts. Later, they begin to show more willings during the time performance.

It should be noted in this at this time that the actions of the child to achieve good results will always be in line with his possibilities. Therefore, the educator should be very vigilant, sensitive, and allow for a tense of tension.

In some parts of the body: for example, the ability to improve the movement of head, hand syllables and the fingers, and the fingers and others begins to develop in the pace. The habit of being aesthetic relationship is gradually performed in

children, fast, fast, aesthetic relationship with normal movements. Beginning the importance of beauty and proportionality in children's actions.

When choosing the types of action, children begin to appear by children's personal aspirations, interests. Some people enjoy running and jumping more, while others like jumping in the rope, build a ball play, well, and X.K. Often which exercises are more apparently like exercises more similar to children. The educator should support children of personal interests and monitor the content of the program that intends to the children's comprehensive movement on our side.

In moving games that have the signs of children, especially those that have signs of competition, they try to evaluate their work and your friends' efforts and try to find a way of conduct that comes in the interests of the team. This teaches children to work actively.

During our research work, physical education training was carried out with children's children based on the number of groups based on the number of groups. The main part of the overall accepted part (4-6 minutes) for training (18-20 minutes) and the final part (3-4 minutes), in the preparation part of the training, rehabilitation, walking, walking, Run exercises, not complicated game assignments were given. The educator pays special attention to walking and running for running, at

In the second part of the training, the general-session was trained to the general-advanced exercises, the main types of action, and moving games were held.

Following the final part, the performance of walking were used, and a low game tasks were used.

The general advertising exercises affected the entire body, separate muscle and syllable, helping to improve the compliance of the movement, in space, and breathing had a positive effect on functions.

The main movement was chosen about the same amount of exercises through each type of movement in order to physically develop children during the year.

Each session was given three main types of action. In this case, it is also important for the task of teaching each type of exercise at different stages: at the stages of teaching, repetition and strengthening of exercises, not to comply with the actions together.

The final provides an exercise to ensure that the child is slowly transitioning to the calm position to the calm position.

During our research work, we achieved the following results and showed the following.

We have identified the results of children to determine the results of physical development. Analysis of the indicators shows that the physical development of children of kindergarten is becoming more than youth. The highest rate of life of boys and lungs is high at the age of 4.5-5. For example: the growth rate of the neck is 6.2 cm. Weight is 1.6 kg. Heeds 100 l. 1.9 cm when the breast width is peaceful. 2,6 cm in breathing. 2.8 cm with breathing. In girls, girls are 6 years old and weighs 1.9 kg. The growth rate of hand strength is 0.2 kg left hand. The right hand force is 0.5 kg. increased to. The results of the research work we have taken are in line with the information received in other publications. (Table 1)

Table 1

Physical development of children 5-6 years old

Age	Jeans	Weight (kg)	Grass (ml)	Tall (cm)	arm		Chest cage. width		
5th young					left	right	t.t	n.o	n.ch.
	Boys	18,7	830	110,3	6,6	7,0	61,8	64,6	59,7
	Girls	18,0	830	109,7	6,1	6,8	55,0	57,9	54,0
6th young	Boys	20,3	930	116,5	6,9	8,0	60,7	67,2	62,5
	Girls	19,9	900	113,0	6,3	7,3	56,0	59,0	54,7

It is known in the analysis of physical training indicators that the growth rate (temp) 4x10 m. Running moccisimon is much higher than where it stays, throwing the ball, bend and writing the body is much higher. For example, if moccinsimon is washing, while boys form 2.9 seconds, girls are different from 2.5 seconds (Table 2)

Table 2

Results of tests taken to determine the physical training of 5-6 year olds

Age	Jeans	30m to 30m. Running (seconds)	Mokksimon Run 4x10 m (seconds)	In the same jump to the UZIN, in the area (seconds)	Fill. throw the ball (seconds)	To bend and write (seconds)	Sand holiday ir.sh (meters)	Behind ahead in sitting (cm)
5	Boys	9,2	17,8	87,9	85,4	8,8	3,5	8,3
	Girls	9,8	18,3	84,7	74,1	6,7	3,0	8,9
6	Boys	8,9	14,9	100,0	98,0	18,5	4,5	8,7
	Girls	9,1	15,8	96,9	97,2	12,4	4,0	9,2

Growth speed in length leaflets from where it is: 12.1 cm in boys. In girls, 12.2 cm. The complement is 12.6 cm in boys while throwing the ball. Girls aged 23.1 cm. They gained.

Conclusion. The analysis of the physical fitness indicator has shown that the results of children have shown different results in various types of exercises. In turning 30 meters for example, when rolling 30 meters, the results indicated by girls are higher than in children.

Different selective influences on the body to a comprehensive selective influence on the body should be designed for the age, health and physical fitness and physical fitness, age, of various guidelines. We need to pay attention to the comprehensive development of children of kindergarten, of course, to sitting, throwing, kicking, leaping, leaving. These moves are felt in the daily movements of children. The foundation of health should be considered exactly from the young. The impact of both health is greater. It is known that as a result of the direct

influence of adults, the educators, the independent action of the independent action and that covers it, which covers the independent process, which covers it from the environment.

Therefore, parents should keep in mind how much the impact of the movement on the agenda are, to help the movement skills in their children properly. A child who is moving on the day, that is, a young organism, is a need for biologically effort, and to meet this need, action should suffice.

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