

Ensuring The Health Of Preschool Children And Their Physical Education

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Abstract: This article examines the physical development of preschool-aged children, methods for physical development, educational games, and recommendations for parents.

Keywords: Physical development, physical education, movement, play, agility, strength, endurance, physical fitness.

Introduction: Today, raising a healthy generation is a priority for public policy in our country. A healthy child is not only physically strong, but also mentally, intellectually, and spiritually mature. Physical education plays a particularly important role in the development of preschool-age children. Therefore, during this period, developing children's physical activity, strengthening and reinforcing their physical fitness, and fostering a healthy lifestyle are crucial.

The primary goals of physical education for preschool-aged children in preschool educational institutions and at home are to raise them to be healthy and strong, strengthen their bodies, and properly organize their learning and upbringing. Promoting the health of preschool-aged children is a crucial aspect of physical education, focusing on preserving the child's life, promoting their health, and promoting self-defense by strengthening their bodies and increasing their resistance to various illnesses. When working with preschool-aged children, it is crucial to consider their age-specific characteristics, the knowledge they acquire through conscious motor activity, and the integrated knowledge of activity methods that teach children movements, actions, and the skills and abilities needed to perform them, which form components based on work processes. One such component is experience in creative activity. A person who is not accustomed from childhood to independent thinking and assimilating everything given to them cannot demonstrate the qualities bestowed upon them by nature. Therefore, society cannot remain completely indifferent to introducing the younger generation to

creative activity. When teaching children motor activity, adults (parents, caregivers), taking into account the psychophysiological characteristics of their development, present them with new motor challenges. The child's ability to solve new games and motor problems during the learning process, and the increased opportunities that arise from this, change the nature and quality of their movements.

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The implementation of innovative models for developing children's personalities from preschool age is urgently needed worldwide. It is essential to improve pedagogical mechanisms for incorporating cognitive factors when preparing children for an ecological attitude toward the environment in accordance with the information environment. The development of social skills characteristic of the 21st century from an early stage is central to the UN Education for All program. This cannot be achieved without the targeted development of children's ecological attitudes toward the environment in the information environment, based on the unity of the environment and the development of motivationally oriented skills for an ecological attitude toward the environment. Therefore, improving educational forms and technologies that foster a need for nature in preschool education is of great importance. Scientific research is being conducted worldwide to identify the pedagogical and psychological characteristics of comprehensively preparing preschoolers for an ecological attitude toward the environment and cognitive activity in the information environment for the effective acquisition of various academic subjects during school education, as well as the implementation of variable approaches. The development of preschoolers' ecological awareness skills through the development of an ecological attitude toward the environment in the information environment is carried out through systematic pedagogical influence and methodological approaches. Developing children's environmental awareness in the information environment requires integrated efforts from preschool educational institutions, families, schools, and social institutions. Modernizing the pedagogical model for this process requires the selection and implementation of effective technologies that ensure the integrated development of children's essential industry competencies. The regulatory framework is being improved to fundamentally reform the preschool education system in our country and optimize it to meet international standards.

The objectives of health improvement are the preservation of life and strengthening of health, improvement of physical development, perfection of body functions, increase of its protective properties and resistance to various diseases, resistance to

unfavorable environmental conditions (low and high temperatures of water and air, exposure to sunlight) through training. In addition, it is important to improve the overall performance of children. Taking into account the peculiarities of the development of the child's body, the objectives of health improvement are:

- promoting correct and timely hardening of bones, formation of spinal curves, development of heel arches, strengthening of the articular and ligamentous apparatus;
- promoting the correct development of body parts (proportions), uniform regulation of growth and bone mass;
- development of all muscle groups (trunk, legs, arms and shoulder girdle, paws, fingers, heels, neck, eyes, internal organs, cardiovascular, respiratory and other muscles);
- it is necessary to pay attention to the development of the most poorly developed group of flexor muscles;
- promoting the improvement of the cardiovascular and respiratory systems, increasing blood flow to the heart;
- improve the rhythm of its contractions and develop the ability to adapt to rapidly changing loads;
- increase chest mobility, deep breathing, promote stabilization of its rhythm, increase vital capacity of the lungs, improve nasal breathing;
- facilitate the proper functioning of internal organs (digestion, excretion, etc.);
- promote the proper development of the thermoregulation function;
- improve the functioning of the central nervous system, help the alternation of excitation and inhibition processes, their mobility, as well as the development of the movement analyzer and sensory organs.

Physical education for preschool-aged children is a vital component of nurturing a healthy generation and developing individuals with developed intellectual and work potential for the future. Through physical education, children learn to control their bodies, manage their energy effectively, work in a team, and be hardworking and responsible. Most importantly, this process strengthens children's health and develops a positive outlook on life.

Therefore, developing a culture of physical education in preschools and families, implementing modern approaches, and actively involving parents in this process are essential prerequisites for a healthy and happy future.

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