

MAKTABGACHA TARBIYA MUASSASALARI SHAROITIDA BOLALARNING HARAKAT POTENTIALINI MAQSADLI RIVOJLANTIRISH TEXNOLOGIYASI

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ANNOTATSIYA

Sog'lom bolani tarbiyalashda eng muhim vositalardan biri jismoniy mashqlar, harakatli o'yinlar va sport ko'ngilochar o'yinlari sanaladi. Bolalar bilan jismoniy mashqlarni bajarganda ularning salomatligini kuzatib borish, tashqi ko'rinishiga, kayfiyatiga, charchashi, ishtahasi, uyqusiga e'tibor berish juda muhim. Har bir hatto mutlaqo sog'lom bola ham yilda 2-3 marta tibbiy ko'rikdan o'tkazilgani ma'qul. Boladagi jismoniy sifatlar, harakat ko'nikma va malakalari rivojining zarur hamda etarli darajasini ta'minlovchi jismoniy imkoniyatlarning tabiiylikka muvofiq va individual - mos tarzda rivojlantirilishi, maktabgacha yoshdagi bolalarga jismoniy umumiy tarbiyaga oid ma'lumotlarni berish, bunda ularning jismoniy tarbiyasiga oid aqliy, texnologik, axloqiy, etik va estetik qadriyatlarni o'zlashtirishiga erishish, bilimlarning mustaqil mashg'ulotlar o'tkazishning boshlang'ich ko'nikmalari darajasida dolzarblashuvi.

Kalit so'zlar: Jismoniy mashqlar, harakat ko'nikma, malaka, harakatli o'yinlar, jismoniy sifatlar, kuch, tezkorlik, chaqonlik, egiluvchanlik, chidamlilik, texnologik, aqliy, axloqiy, etik, estetik.

TECHNOLOGY OF AIM DEVELOPMENT OF CHILDREN'S MOTIVATION POTENTIAL IN PRESCHOOL EDUCATIONAL INSTITUTIONS

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ABSTARCT

One of the most important things in raising a healthy child is exercise, movement games, and sports entertainment. When exercising with children, it is important to monitor their health, appearance, mood, fatigue, appetite, and sleep. Every healthy child should have a medical examination 2-3 times a year. Natural and individual development of physical abilities that provide the necessary and sufficient level of development of physical qualities, monitor skills and abilities in the child, providing information on general physical education to preschool children, including mental, technological, achieving the acquisition of moral, ethical and aesthetic values, the actualization of knowledge at the level of basic skills of independent study.

Keywords: Physical exercise, movement skills, skill, movement games, physical qualities, strength, speed, agility, flexibility, endurance, technological, mental, ethical, ethical, aesthetic.