

# **PEDAGOGICAL CONDITIONS FOR THE DEVELOPMENT OF CHILDREN'S PHYSICAL CAPABILITIES IN PRESCHOOL EDUCATIONAL ORGANIZATIONS**

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**Abstract:** The article highlights the importance of the family in the development of the physical capabilities of children aged 6-7 years before school.

**Key words:** systematic, active, integrative, organizational-psychological-pedagogical conditions, didactic-pedagogical conditions, areas of development, integration, age characteristics of children, game form of training, healthy lifestyle, Positive motivation, education methods, educational forms, educational technologies.

In the modern conditions of society formation and modernization of preschool education in our country, the development of children's physical capabilities in the organization of preschool education is of particular importance. The integrity of the pedagogical process in the preschool education organization is ensured by the implementation of a specific program. All programs have different methodological (systematic, active, integrative) approaches to the organization of the pedagogical process in the organization of preschool education. However, all modern programs do not pay enough attention to the development of physical capabilities of children. Pedagogical conditions are understood as one of the elements of the pedagogical system, and this is a set of opportunities of the educational environment, the action of which contributes to its effective functioning by influencing the personal and process aspects of this system. In order to achieve effective results in the development of physical capabilities of 6-7-year-old children in pre-school educational organizations, it is necessary to take into account pedagogical conditions and conditions.

In the course of our research, we included a number of requirements aimed at providing specific pedagogical measures to influence the development of physical capabilities of preschool children in pedagogical conditions and increasing the effectiveness of the educational process. We divide pedagogical conditions into two groups: *organizational-psychological-pedagogical conditions and didactic-pedagogical conditions*.

The group of organizational-psychological-pedagogical conditions includes a set of methods of interaction between educational and educational subjects and organizational forms of educational and educational activities (Fig. 1).



**Figure 1. Organizational, psychological and pedagogical conditions of development of children's physical capabilities in preschool educational organizations.**

*Integration with areas of development:* the "Little Champion" program can be integrated with the areas of physical development and healthy lifestyle formation, as well as social-emotional development, speech, communication, reading and writing skills, cognitive process development, and creative development areas, which helps children develop deeper learning and creativity.



*Children's age characteristics:* when using the "Little Champion" program, it is important to take into account the physical and mental characteristics of a 6-7-year-old child, which makes it adequate for the age group. Children of this age are good at physical activity and outdoor games, which are necessary for the stable formation of physical culture.

*An Integrated Approach:* The Junior Champion program emphasizes the importance of a holistic approach that includes physical development, coordination, strength, agility and endurance. This allows taking into account the individual abilities of children and creating conditions for their comprehensive development.

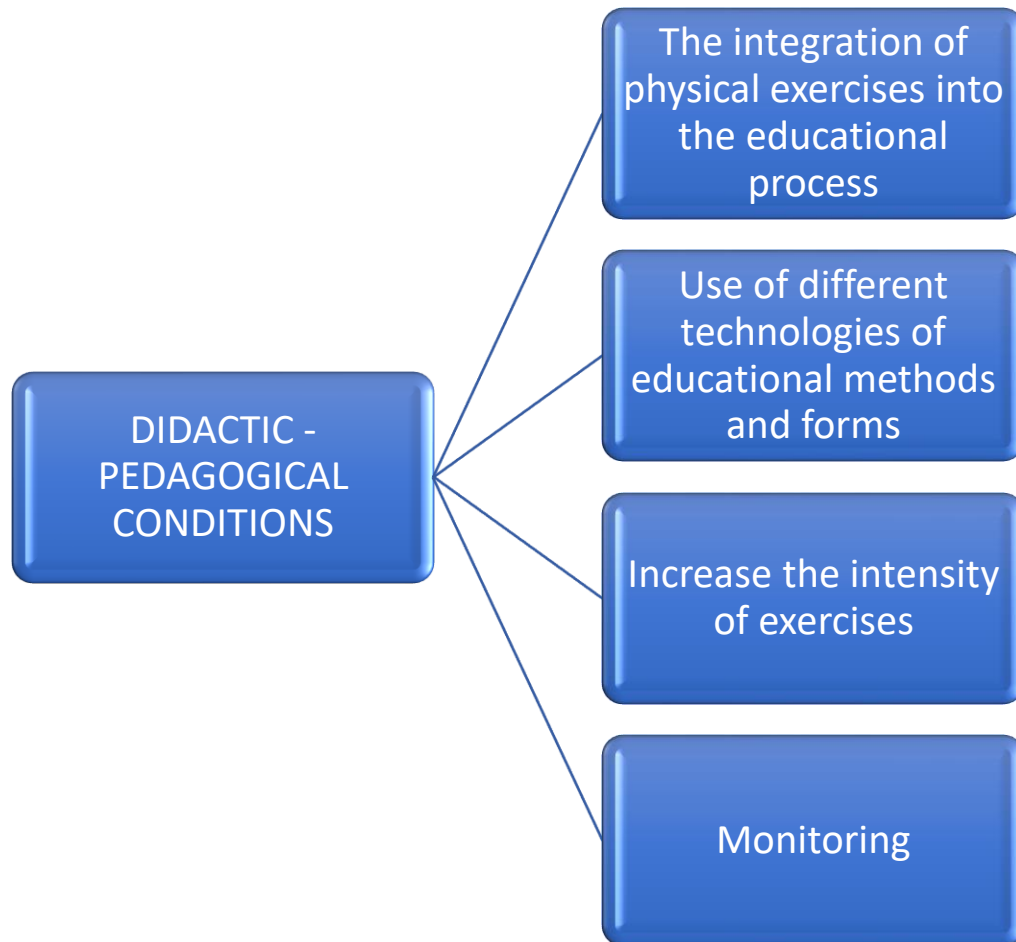
*The game form of training:* The game form of training helps to increase children's motivation and interest in physical activity. Not only does the game make exercise fun, it also helps children develop social skills such as cooperation and teamwork.

*Healthy lifestyle:* The "Little Champion" program is aimed at forming the understanding of the value of physical activity and health among children. Emphasizing a positive attitude to a healthy lifestyle, achievements in sports, and physical activity contributes to children's participation in sports and the formation of a healthy lifestyle.

*Partnership with the family:* An important aspect of the "Little Champion" program is the involvement of parents in the process of developing children's physical capabilities. The program includes activities where parents can learn how to engage in active activities with their children, which strengthens family bonds and increases physical activity in the family.

*Formation of positive motivation:* the "Little Champion" program is aimed at creating a system of encouragement and support for children, which helps to build self-confidence and victory in children.

**Group of didactic-pedagogical** conditions is the result of selection, design and use of content elements, organizational forms and methods of education and training for the development of the physical capabilities of 6-7-year-old preschool children aimed at the realization of the common goal. In this group, there is a special place in the conditions that help to implement the integrated practice-oriented technology, which includes a set of practical works, tasks, tools, aimed at the development of children's physical capabilities.



**Figure 2. Didactic-pedagogical conditions for the development of children's physical capabilities in preschool educational organizations.**

If we say that one of the *didactic-pedagogical conditions* for the development of children's physical capabilities in preschool educational organizations is the integration of physical exercises into the educational process, then it is necessary to include in the educational process not only physical activity, but also physical qualities, first of all, mental qualities. Ensuring the interaction of subjects of educational and activities according to the content of the "Ilk Qadam" program.

To ensure the use of various technologies of *educational methods and forms*, to develop children's physical capabilities (from open games, relays, dance and gymnastics), from a variety of multimedia and game technologies to make training interactive, visual and interesting use is important.

*Increase the intensity of exercises.* Increase the intensity and complexity of physical exercises, taking into account their readiness, in order not to allow children to overexert themselves.

*Monitoring the development of physical capabilities in children.* Regular monitoring of physical activity and achieved results allows training to be adapted to the individual needs of children. Creating situations where children can develop physical skills through independent or collaborative activities will increase their confidence and self-control.



Taken together, these pedagogical conditions contribute to the creation of an effective educational environment for the development of the physical capabilities of children aged 6-7 years, their comprehensive growth and development of social skills.

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