



## AGE-RELATED CHARACTERISTICS OF CHANGES IN PHYSICAL ACTIVITY (5-6 YEARS)

**Rustamov Akbar Askarovich**

Bukhara State Pedagogical Institute

Physical education and sports chair teacher

<https://doi.org/10.5281/zenodo.15000236>

**Annotation:** The article highlights various problems related to physical growth problems in preschool children and considers the main educational goals. It examines changes in physical activity by age and gender, as well as strategies to improve the physical development and health of young children through exercise, active play, and outdoor activities. In addition, it discusses ways to improve children's physical qualities and provides practical recommendations for teaching fundamental movements. These guidelines are aimed at optimizing physical exertion while preventing fatigue, taking into account the child

**Keywords:** Physical activity, physical education, physical qualities, training, preschool age, physical activity, health, action games, loading, exhaustion, temperance, strength, agility, agility, flexibility.

One of the pressing problems is the creation of sufficient conditions to make the growing young generation physically healthy and fit today. Currently, several practical works have been adopted to overcome these problems and create adequate conditions, including a number of decisions and laws aimed at improving and improving the activities of the educational system, in particular, the preschool organization. As a clear proof of our opinion, we can see the decrees of the president of the Republic of Uzbekistan No. 28.01.2022 PF-60, PF-158 of 11.09.2023.

When working with children of preschool age, it is necessary to take into account their age characteristics, take into account certain knowledge that ascends in the conscious activity of the child, as well as the methods and skills of activities that teach the child to movements.

Children's well-being is crucial to the nation's future and overall well-being. The health of the young generation has a great impact not only on their personal life, but also on the development of society and the country. Today, various factors, including environmental degradation, air pollution, and depletion of water resources pose a threat to children's health. As a result, efforts to improve environmental conditions, preserve natural resources, and adopt a healthy lifestyle have become important. Preschool age is an important stage of human





development, and one of the most effective ways to strengthen health during this period is physical education and routine.

To solve the main tasks of physical growth and education in preschool children, it is recommended to include physical activity and action games that enhance their basic motor skills. Practicing exercises, games and activities that involve high movement activity during walking and outdoor games have a positive effect on the emotional state of children, help strengthen their will, educate courage and independence. The approach to the correct implementation of action games, including their selection and modification, is aimed at strengthening the health of the child, increasing his physical fitness, expanding the functional capabilities of the body. Games that involve movement while walking increase the type of sport that children should excel in. Outdoor games rely on constant repetition.

According to various scientific views, movement development is primarily ensured through daily activities, sports and systematic physical education. The actions of young children are often characterized by fulfilling their natural need for spontaneity, purpose, and activity. At the same time, when evaluating physical exercises or training, it is necessary to take into account the natural movements performed from 5.

Each action a child performs builds on previous actions, creating a foundation for developing skills and flexibility. As preschool children continue to grow, their ability to perform various physical tasks improves, which emphasizes the important role of physical education teachers in the classroom.

The relevance of this topic is evident in many scientific studies analyzing the developmental characteristics of preschool children. Research shows that children undergo significant anatomical and physiological changes during this stage, emphasizing the importance of movement activities in their overall development. Physical qualities such as speed, strength, agility, and endurance must be cultivated through well-structured performance-enhancing exercises. In addition, in the organization of physical development programs, appropriate exercise loads should be considered to support the effective growth of children.

Scientific research work has shown that:

- 1) artificially limiting exercise load or reducing load;
- 2) selected by young children during exercise;
- 3) repetitions of exercises;
- 4) increasing the load of exercises in repetitions.





It is worth noting that exercising leads to a decrease in energy in the body, but the energy of the body increases if the routine continues to train, wanting the necessary vitamins. The corresponding level of energy of the physiological functions of the body of young children in general is determined by the characteristics of the activity of the skeletal muscles of the young child.

Movement activity is inextricably linked with other analyzers - speech, hearing, consciousness and many nerve centers, cranial centers that control various functions. In particular, the state of vegetative functions has a positive effect on the excitability of Musculoskeletal and muscle receptors, and impulses are sent to the central nervous system.

The effective use of exercise and action games is the main tool for the formation of mental abilities, knowledge, thinking, consciousness, memory and correct writing of preschool children. As a result of special training of children's fingers for four weeks, the speed of solving arithmetic problems leads to an improvement. In parallel with the improvement of movement, it has been proven that speech also develops in a parallel way. With the help of movement activity, a correct and meaningful understanding of words, clear pronunciation and an increase in vocabulary of preschool children are achieved.

A.N. Normurodov believes that games are one of the most effective means of physical education and development. He divided a significant portion of physical education classes into games: for the lower grades, he spent half of the class on games, and for the middle grades, one-third of the class. He believes that active games have an important educational and educational value because they involve much more complex movements than solo Gymnastics. It aims to implement active games in schools and kindergartens as a decisive method of physical and spiritual education.

The importance of action games lies in their clarity and openness to children of different ages. While there are many action games that deal with ethnic and other features, they still demonstrate common features of the activity, including participants' interaction with the environment and real-life understanding. The variety of action options in situations that arise suddenly and are constantly changing requires the manifestation of creativity, activity and initiative, accompanied by goal-oriented and purposeful behavior aimed at achieving a specific goal. The widespread use of opportunities denoting independent and relatively unrestricted actions, the combination of the priority of collective interests with compliance with the conditions of agreed or established personal choice is associated with a strong manifestation of





emotions. All of this, from a methodological point of view, defines action games as a pedagogical tool that has a multifaceted and complex impact on education. Complexity is manifested in the development of movement abilities, as well as in the strengthening and growth of important physical, mental and moral qualities.

Almost every game involves actions such as running, jumping, throwing, and maintaining balance. Games help the child develop important physical qualities such as strength and speed, while increasing various activity and abilities.

When we include in the daily routine of preschool children constant activity with movement activities and exercise, in addition to improving the overall physical fitness of the child, the biological need for movement activities can also be met. Movement activity contributes to the good development of the child, has a high impact on mental and physical development, strengthens the level of Health and serves as a key factor in the formation of movement skills necessary for life. This is the main criterion for improving physical activity

The duration of movement activity should be at least 50-60%, depending on the total time in which preschool children are awake. The number of movements performed in an average of 1 minute of movement activity can be as follows:

-for children three to four years old - 38-41 moves;

for children from five to six years old - 42-50 movements;

for children from six to seven years old-44-52 movements can be performed.

Shishkina preschool children take into account the activity of movement and divide them into three groups:

1) low-mobility children-the duration of one-day physical activity is equal to 30-40 minutes, and includes preschool children who perform physical activity equal to 2700-4500 steps per day;

2) moderately mobile children - preschool children, in which the duration of one day of physical activity is distinguished by the same activity of movement during the day. The duration of daily physical activity is 2.5-3 hours, the average number of daily steps is 5300-6700 steps, the intensity ranges from 32 steps per minute to 56 steps;

3) Multi - motile children-the duration of one day of physical activity is 139-212 minutes per day, which includes preschool children with a high level of physical activity, while the intensity of movements ranges from 54 steps per minute to 108 steps per minute.





In conclusion, it is worth saying that the role of exercise, the Healing Forces of Nature, Action Games is incomparable in the comprehensive maturation of children, their physical development and strengthening their health. Upon the child's arrival in the world, if we instill it through the physical exercises mentioned above, the child will not only be healthy, but also get rid of such conditions as various diseases, weak immunity, and there is no need for excessive problems. If, based on the selection of special exercises and action games, the effectiveness of indicators of the development of physical qualities is constantly analyzed, such training improves the developmental productivity of all physical qualities.

**The following exercises on the development of movement activity of preschool children are offered:**

<b>№</b>	<b>Content</b>	<b>Norm</b>
1.	Running between the items as a "snake trail"	10 m-2-3 times
2.	Acceleration (fast running) – go and run, gradually increasing the speed.	3 x 10 m
3.	Running in one norm.	50 m.
4.	Jump up, alternately depressing on the legs to develop leg strength.	3 x 10 m.
5.	Standing in place and carrying knees high.	For 10 seconds.
6.	Jump long from where you stand.	3-4 times
7.	Running from the top start.	3 x 5 m
9.	Jump up from where you are.	1-2 times
10.	Throwing a Tennis ball (150 gr )	2-4 times





**List of bibliography:**

1. M.X.Tadjiyeva, S.I.Xusanxodjayeva “Maktabgacha yoshdagi bolalar jismoniy tarbiya nazariyasi va metodikasi”. Toshkent. “Iqtisod-moliya” 2017
2. D.N. Raxmatova, L.Z. Xolmurodov, L.B. Sobirova “Maktabgacha va boshlangich ta’limda jismoniy tarbiya nazariyasi va uslubiyati” Toshkent “Ozkitobsavdo” nashriyoti” 2020
3. Rustamov A. A., Ikromboyev A. Methodology for Teaching Preschool Children to the Main Types of Movement in the Medium of Action Games //International Journal of Formal Education. – 2024. – T. 3. – №. 1. – С. 103-107.
4. F.Xo’jayev “Maktabgacha ta’lim tashkilotlarida o’tkaziladigan harakatli o’yinlar” Toshkent – 2022 y
5. O.V.Goncharova “Yosh sportchilarning jismoniy qobiliyatlarini rivojlantirish” O’zDJTInashriyot-matbaa Toshkent-2005
6. Askarovich R. A., Asadbek I. MECHANISMS FOR THE DEVELOPMENT OF PRESCHOOL CHILDREN THROUGH THE MEANS OF PHYSICAL EDUCATION //Proximus Journal of Sports Science and Physical Education. – 2024. – T. 1. – №. 4. – С. 51-55.
7. Кобяков, Ю.П. Модель здоровья человека как структурная основа теории здоровья / Ю.П. Кобяков // Теория и практика физической культуры. - 2006. № 1.-С. 23-25
8. Рунова, М.А. Двигательная активность ребенка в детском саду : пособие для педагогов дошкольных учреждений, преподавателей и студентов пед. вузов и колледжей / М.А. Рунова. - М. : Мозаика-Синтез, 2004.-256 с.

