



**THE IMPORTANCE OF THE FAMILY IN THE DEVELOPMENT OF THE
PHYSICAL CAPABILITIES OF 6-7-YEAR-OLD PRESCHOOL CHILDREN**

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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

Physical capabilities, physical exercise, stimulation through play and learning, physical activity, educational games and exercises, active recess, individual approach.

Introduction

Parents play an important role in the development of physical abilities of children of preschool age. The goal of the cooperation between the family and the preschool education organization is to develop children's physical capabilities, to awaken the sense of responsibility of parents in their healthy adulthood, and to form a healthy lifestyle in the family.

It's no secret that in recent years, children have been living a sedentary lifestyle. In families, there is almost no time left by parents for children to play and walk outdoors. Children spend most of their time in front of the phone, computer, and television. Deterioration of children's health is becoming a social problem worldwide. It is no secret that preschool age plays a crucial role in the formation of the foundations of physical and mental health. Organization of pre-school education and family cooperation are of great importance, and even the best physical development program cannot give full results if the vertical structure of children-parents-pedagogues is not formed in the development of children's physical abilities. In order to achieve the full result, pedagogues should study a healthy lifestyle in the family, use individual and optimal methods of working in cooperation with families to develop their physical capabilities, organize psychological and pedagogical knowledge of parents, organize entertainment activities in cooperation with the family. and should introduce the traditions of developing physical capabilities.

In G.A. Antipina's research: "he studies the activities of parents in cooperation with pedagogues in preschool education. Educators use different forms and methods of working with parents to develop the forms of the traditional system established in the development of the child's physical capabilities, based on joint activities and exchange of experience, thoughts, feelings and experiences, with non-traditional forms of interaction uses the optimal combination".

N.P. Borisova points out that: "The best way to introduce a child to a healthy lifestyle is to show by example how to approach physical education and sports". If a child observes that his parents lead a healthy lifestyle in the family, he will definitely imitate them. The researcher explains the success of his scientific views by the fact that: "educators and parents as a team organize effective methods and targeted activities for the development of physical capabilities of children" [2].

In order to develop the physical capabilities of children in the family, it is very important to have a healthy lifestyle of parents, a reasonable, strictly defined regime, cleanliness of the child and the environment, clean air, sun and water, proper organization of games and physical exercises, have It is necessary to try to organize the daily routine in the family in accordance with the daily routine in the preschool education organization. It is not a secret to anyone that some families in our society believe that children should not be exposed to the open air, but should only be fed and dressed. He does not pay attention to the development of physical capabilities. There is a saying in our people: "If you want to get fruit from a tree, take care of it from the bud", but this is often forgotten. Naturally, there are families who do not understand the importance of systematically implementing the development of children's physical abilities. In many cases, it is not paid attention to even in families that are financially strong and have excellent living conditions. In families, there is no special order for the development of children's physical capabilities, and the child sleeps during the day and spends a long time watching TV in the evening.

A. S. Makarenko points out that: "The role of a personal example in the development of children's physical capabilities is the most important issue in the family. How you dress, how you talk to other people, how you are happy or sad, how you relate to your friends and enemies, how you laugh, how you read books - all these are the demands of parents for you, parental respect for your family, parental control over your every step - this is the first and most important method of education", writes the well-known pedagogue.

In our opinion, in the family, parents should cooperate with educators in developing their children's physical capabilities and forming a healthy lifestyle, and should regularly follow the recommendations and exercises given by pedagogues. Parents should provide opportunities for a variety of physical activities for children in the family, including family activities such as cycling, hiking and active play, and should be role models themselves.

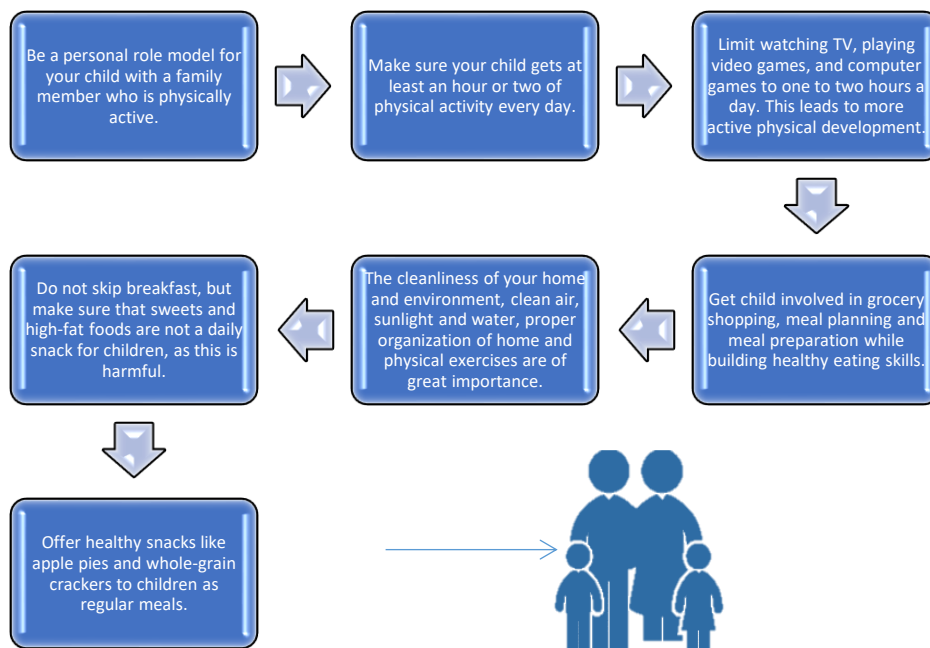


Figure 1. Important recommendations for parents on the development of the physical capabilities of children aged 6-7 years before school

According to L.G. Kapizova: "the system of improving a healthy lifestyle in families includes physical education and sports, as well as improving the professional skills of pedagogues in an interactive development environment through active forms of interaction with parents and specialists, involving parents and pedagogues in collective activities, includes the development of the ability and desire to communicate with each other" [1].

Not all children of preschool age develop the same physically. In fact, there can be a big difference in the development of physical capabilities between them. Therefore, parents should avoid comparing their child's development with another child's development. Whether children at this age begin playing competitive sports or prefer the playground, the most important thing is to ensure that they have the opportunity to be physically active every day. Physical activity plays a big role in the development of children at this age and children should be encouraged to play and do lots of physical activity such as cycling, swimming and running.

Children of this age are certainly very active and mobile. They want to play, run and discover new things, and this is important in the development of a child's physical capabilities. However, as a parent, working and raising a child at the same time, giving time to the child, conducting activities that help encourage the child to learn about the environment, as well as develop their physical capabilities, are physically and time-consuming for parents, we understand how difficult it is. There are a number of techniques and methods that help stimulate a 6-7-year-old child before school through play and learning, and develop children's physical abilities. It is important to create a safe and appropriate environment for physical activity that supports the development of children's physical capabilities. Below are examples of technologies for the development of physical capabilities of children aged 6-7 before school:

1. Educational games and exercises: Inclusion of physical activity in the form of games and exercises into children's activities and games. It can be running, jumping, ball games, relay races and others.
2. Physical education classes: Conducting special physical education classes taking into account the age and physical capabilities of children, providing a variety of exercises to develop endurance, strength, flexibility and coordination.
3. Active Break: Include regular active breaks between sessions, which can include exercise and warm-ups.
4. Sports events in open fields: organization of sports games, competitions and events that encourage children to be physically active and play sports.
5. Individual approach: taking into account the individual capabilities of each child and developing educational and activity programs that correspond to their physical development.

These technologies encourage children to engage in regular physical activity, which contributes to the development of their physical capabilities and their overall health.

In accordance with the state curriculum of the preschool educational organization, it is always useful for the teacher to know about separate stages for each 6-7-year-old child in the field of physical development of children and formation of a healthy lifestyle in accordance with the theme of the month. This helps the educator to gradually form the development of physical capabilities in children. We list the stages of development of the physical capabilities of a 6-7-year-old child:

- development of large and small muscles harmoniously, usually through running and playing sports;
- improve hand-eye coordination.

This is especially beneficial when playing sports and games; more control and precision in writing and drawing; increase precision in movement, for example, through dancing; ability to balance on one

leg; at this age, general balance skills are significantly improved, and the child is usually able to run and jump easily. With his hand-eye coordination, he can catch the ball faster than he can throw it. By age 7, children can use several different motor skills at the same time, such as running and kicking a ball while moving.

In our opinion, the development of the physical capabilities of a 6-7-year-old child is manifested by summarizing all these stages by showing physical activity in accordance with the norms. In pre-school educational organizations, it is very important for educators to encourage children to develop their physical abilities in the correct way. It is necessary to use interesting and motivational methods. The physical capabilities of a 6-7-year-old child should be realized daily through various activities, and this is the first step, regardless of whether it takes the form of classes in centers provided by government programs or in the form of a walk in the fresh air. We know that children learn through imitation, so it's important for educators to always appear active. It also encourages children to be active and makes them realize the importance of being active and healthy in life.

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