



ORGANIZATION OF SUMMER HEALTH AND CONDITIONING OF CHILDREN IN PRESCHOOL EDUCATIONAL ORGANIZATIONS

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ABSTRACT	KEYWORDS
The article reveals ways to organize summer wellness and conditioning work with children in preschool educational organizations, planning and organizing educational activities, physical development and the formation of a healthy lifestyle in development centers and general groups that are carried out during the academic year during the summer season.	frontal, mental and mental development, sports inventory, adaptation groups, integration.

INTRODUCTION

In preschool educational organizations, the organization of child wellness and conditioning is carried out during the summer wellness period (June, July, August). In the summer season, favorable and necessary conditions are created in preschool educational organizations in order for children to take more walks in the open air, to Chin their body, to be on the move and to strengthen their health. It is also recommended to lighten all activities with preschoolers in the summer, ensure an interesting and bright passage, fatigue exercises, regular Organization of various entertainment activities, organizing small walks, performing creative and practical work, appropriate application of water treatments and strictly following a separate established agenda.

In the summer season, educational and educational activities in development centers and general groups carried out during the academic year are continued, that is, educational activities are organized daily based on the topics of the months and weeks given in accordance with the season. In this, the Centers for the development of children in age groups (building-making and mathematics; plot-role-playing games and staging; language and speech; science and nature; it is prescribed to conduct free activities in art)as well as training in general groups (music, speech cultivation, physical education, fiction, elementary mathematics, learning a second language).

The plan of measures for organizational, methodological, wellness and control, carried out during the summer wellness season of the preschool educational organization, is approved in the next pedagogical Council of the organization. In the work plan of the summer recovery period of the organization, it is advisable to establish educational and educational work, health-improving work, organizational work (improvement, enrichment of the material and technical base) cooperative work, sports and entertainment activities. At the beginning of the summer wellness season, the instruction “protection of children's safety and Health” introduces all pedagogical personnel, and clearly defines

the tasks that the methodology, nurse, physical education instructor of the organization carries out in the summer season. The effective conduct of summer wellness events depends on the timely and thorough preparation of the preschool organization Team. To strengthen the health of children this season, it is necessary to take advantage of the opportunities available to prepare the grounds, to focus all activities on the good development of each child and their conditioning.

Today, the deterioration of the environmental situation negatively affects the health, physical, mental and mental development of young people, in particular, children of preschool age. As a result, when solving health, general development and preventive tasks, it will be necessary to actively use health protection technologies, their optimal and rational organization. One of the most effective forms of implementation of such tasks is the summer season. Summer is a wonderful and fertile time when children can walk, run and jump a lot.

Goals of the summer health season:

- protection and strengthening of health;
- prevention of injury and illness of children;
- ensuring movement activity, emotional and cognitive development of preschool children during the summer period;
- aimed at strengthening children's knowledge, skills and abilities
- creation of necessary conditions for the use of effective forms and methods of the educational process.

Tasks of the summer health season:

- strengthening children's health;
- implementing a system of activities aimed at the health and physical development of children due to the wide use of natural factors: air, sun, water;
- organization of the educational process aimed at strengthening the knowledge, skills and qualifications acquired during the academic year;
- development of healthy lifestyle and interest in knowledge;
- improvement of safe behavior skills;
- a natural environment for the organization of work, cognitive activities, various educational and action games, practical observation, experience-experiments, effective scientific and research activities in the nature reserve (flower garden, garden, experiment site use of (condition);
- implementation of pedagogical and sanitary-propaganda work among parents on education and health issues, involving them in joint activities with children during the summer.

Our life and professional experience shows that water-has a positive effect on the body and psyche of the child. The hygienic and physical importance of water is invaluable. Water is of great importance for the physiological processes of the human organism-brain and a comfortable lifestyle. In the organization of bathing in the pond, children's age should be given special importance: 15-20 minutes in small and medium-sized groups, 25 minutes in large and preparatory groups. Bathing in a children's pond is carried out only with the permission of a doctor-pediatrician.

When conducting air baths, a special rule is not required, it is recommended to take more walks outdoors at the opportunity level.

Precautions should only be taken when taking Sun Baths. The child should be wearing a headdress before taking Sun Baths and not stay under the sun for too long.

The duration of taking a sun bath should be 7-10 minutes. Another way to develop children in summer wellness activities is sand games. The interaction of children takes place in sandbars. The fact that summer training is carried out on sandplains gives a more educational and educational result. Games played with sand tend to be oriented and stable towards a specific goal compared to other games. It is for this reason that games played with sand are used as correctional developmental and educational games.

During the summer wellness season, the main task of adults is to fully satisfy the growing body's need for rest, creative activity and movement. The planning and organization of the educational and educational process with children during the summer period covers 5 areas of development of the child:

- physical development and the formation of a healthy lifestyle;
- socio-emotional development;
- speech, communication, reading and writing skills;
- development of the cognitive process;
- creative development.

When planning and organizing the formation of physical development and a healthy lifestyle, it is important that the territory of the preschool educational organization is equipped with elements of action, sports games, a place for organizing mobile, sports games, subject to the requirements for the protection of life and health of children. With the help of a physical education router, it is possible to establish a "Wellness" Center. The center is equipped with sports inventory, equipment and equipment used for various action games to aid in physical development and the formation of a healthy lifestyle. In the center, it is possible to prepare for walks and trips, and it is also necessary to plan weekly plot-role-playing games and staging or physical sports games.

The tasks of the sphere of socio-emotional development are solved every day in all types of activities and development centers. These tasks are also effectively carried out in the game activity, which is the most basic activity of a preschool child. Therefore, in the summer season, special attention is paid to creative games aimed at the age of children, the formation of play skills.

Small group educators should pay attention to the fact that children are in harmony when performing the main and supporting roles, and in large groups they should pay attention to creating a game plot, showing activity in plot-role-playing games. While the participation of adults in the process of play allows the formation of leadership (leadership) qualities in shy, reluctant children, children with high self-esteem are encouraged to agree and perform together, to perform secondary roles.

During the summer wellness period, it is necessary to introduce children to the rules of traffic and life safety and pay great attention to their strengthening. Educators, with the help of Heroes of a fairy tale, get acquainted with road signs in accordance with their age, have information about how they should behave on the street, at home, in public places, in nature, how they should comply with safety rules. In addition, it is recommended to take into account the recommendations of psychologists on the organization of adaptation of young children, as well as to establish adaptation groups "together with Mom".

In planning and organizing creative development, theatricalization, singing, listening, playing noisy instruments, painting, working with Clay should be present in the summer's perspective plan. The organization of this activity should be different and different from the academic year process. That is: a trip to the artist's workshop is molberts on a porch with umbrellas, there is a variety of

material, equipment for creativity, while an experienced educator offers a new technique for drawing every time: "painting on a finger and palm", "diathypia and Monotype", "plasticine and mosaic paintings", "painting splattering" "printing of nature forms", "drawing with crumpled paper", "klyaksography", "painting on;

- Playground" on the guest in the Pottery", where you can make objects from clay, plasticine;
- visit the Music Center Organized by the head of music. It is a stage enclosure equipped with a curtain or theater glaze, in which instruments (hand-made or real ones) can be arranged: blowing, beating, noisy musical instruments, musical-educational games played on the table, equipment such as a loudspeaker, disk, laptop (computer). In the center of the music there is a theater corner, where there can be tents and Dolls.

The following forms of musical activity in a preschool educational organization are traditional: leisure organization, holidays, entertainment, independent musical activities, theatrical performances and performances, dance and morning musical gymnastics. Non-traditional events-musical projects, integrated musical chords, festive or entertainment events. For example: the use of unconventional forms makes it possible to increase the creative potential of educators and parents.

In conclusion, the organization of such a summer wellness rational work provides a thorough basis for the future owners to grow up mentally mature, physically healthy.

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