

STRATEGIES FOR IMPROVING CHILDREN'S TOURISM IN THE
PRESCHOOL EDUCATION SYSTEM

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ABSTRACT	KEY WORDS
<p>This article discusses tourism organized in pre-school educational organizations and its impact on the continuous improvement of children's health. The essence of the concept of tourism is revealed. Areas such as organizing tourist trips for preschool children seeing historical and cultural landmarks, learning about their past, discovering cutting-edge construction, opulent homes, exquisite gardens, and acknowledging national customs discovering historical and cultural landmarks, learning about contemporary construction, opulent homes, exquisite gardens, and the acknowledged customs of various cultures.</p>	<p>Tourism, walk, travel, excursion, tourism, social-emotional, folk, market economy, educational, necessary component, health, scientific research, socio-economic, mass-cultural events, historical-cultural monuments, rock climbing, ridge mountain, artificial lake, strategy, design.</p>

Introduction

Globally, special attention is being paid to increasing the activity of thinking in children from preschool age, developing social-emotional skills in children, and working as a subject in the educational center. Following its independence, Uzbekistan's primary objective was to establish a market-oriented society. One of the top industries in this work is tourism. Learning about the history, meeting new people, appreciating their cultural landmarks, and discovering national values are all part of the experience of tourism.

Tourism (derived from the French word tour - walk, travel), tourism - travel (trip), one of the types of active recreation[2]. Tourism is defined as the act of a natural person leaving their place of permanent residence (traveling) for a minimum of one year while not participating in paid activities in locations (country) for the purpose of health, education, employment, or other reasons. Tourism is one of the forms of physical education for children, which is considered a necessary component for maintaining and strengthening children's health.

Literature analysis

The Sultan of Eastern medicine, Abu Ali ibn Sina, scientifically studied the practical aspects of travel (staying the night on the shores of lakes, sailing on ships, climbing mountains, etc.) to ensure human perfection and constantly improve his health, and left them as a legacy. is important today.

It is written in Avesta that "everyone should consider the place where he lives as the most beautiful place in the world"[4]. Consequently, Uzbekistan's natural environment and animal kingdom, which is

among the most breathtaking locations on earth, is unrepeatable. There are many places in our republic that have not yet been well explored and where no human foot has reached.

We have a great deal of expertise planning and leading tourism excursions throughout our republic. These experiences must be developed further and brought up to date in the present day. Travel is referred to as tourism. Its content embodies a wide range of socio-educational and cultural processes, including studying the nation, playing sports, unwinding, exercising, protecting the environment, doing scientific research, and protecting wildlife. A significant part of their execution is played by managerial and organizational actions. It should be mentioned that many nations throughout the world intentionally use the means of transportation in this way. Because of this, there is a clear correlation between the distinctive historical growth of tourism and the socioeconomic, cultural, and political activities of many nations [1].

It is important to acknowledge that among international cultural events, excursions are among the most widely attended. Travelers are quite interested in witnessing historical and cultural landmarks, learning about their past, contemporary buildings, opulent homes, lovely gardens, and researching local customs. In this instance, the organization places a high priority on the use of vehicles for transportation, financial outlays, the supply of housing and food, and cultural services.

The geographical structure of our country is very diverse. That is, in the east, the Tien-Shan mountains (cont.), Turkestan in the south, Hisar mountains in the middle, and Zarafshan and Nurota ridges in the middle are inhabited by more people. For this reason, many places of rest, recreation, health care have been built there. Although the western and northern sides of the republic are bordered by deserts, they are surrounded by low, flat mountains, reservoirs such as Chimkurgan, Arnasoy, Kattakurgan, big and small sun The humid air of the lakes maintains a natural ecological balance [1].

If we think about the types of tourism, tourism is a pedagogical process with a comprehensive socio-educational nature. We know that tourism is a multifaceted field, taking into account the practical activities of people, social and living conditions, interest in natural scenery, and many other areas. Their main types are:

1. Walking tour;
2. Hiking trip in the mountains;
3. Journey to conquer the rocks;
4. Orientation trip;
5. Rowing trip on rapid rivers;
6. Walking tour in vehicles (car, motorcycle, bicycle, etc.) [3];

It should be noted that these types are fundamentally different from each other in terms of content, and depending on the uniqueness of the rules, they are considered independent sports.

Depending on the form of the hiking trip (one-day, several-day), distances are determined and requirements are set to a certain extent.

Mountain tourism (hiking in the mountains) is a continuation of hiking. That is, all actions are repeated in it. It differs from other tourism only in terms of categories (difficulty levels: 1, 2, 3, 4, 5, 6). To be more specific, complex actions such as climbing mountains 1.5-5 km high (compared to sea level), crossing passes, and crossing rapid waters are performed.

Rock climbing tourism (skalolazanie) is directly related to hiking and mountain tourism. Only steep cliffs differ significantly from rock climbing (ropes, protective equipment, etc.).

Orienteering tourism is directly related to hiking and mountain tourism. That is, cases of crossing certain distances on foot, crossing obstacles, passes are also used in this case. Unlike other types of tourism, it involves reaching the destination using maps, drawings, compasses, sun, moon, stars, etc. That is, finding unknown and unfamiliar places is the main activity. This type of tourism is widely used in special competitions (slots) on hiking, mountain tourism and other tourism.

Bicycles, cars, motorcycles, and walking also play an important role in tourism. It is also possible to travel on fast-flowing rivers in boats, oars, rafts and similar devices. For this, it is necessary to have great preparation and special physical skills [2].

It should be noted that these technical types of tourism have not yet become popular enough in our country. Due to this, group trips and formal organization of them are very rare.

There is an increasing diversity in the forms of tourist that are offered. They can be separated into three categories: public propaganda, genuine tourism, and preparatory from the perspective of physical education. The primary functions of preparatory exercises are to exercise and prime the body for more strenuous, prolonged activity and engagement in it. Walking and excursion components should be part of the planning process. This stage's key topics include roadside studies beforehand, scouting, selecting and arranging rest places, planning overnight stays and nighttime rests, lighting bonfires, and similar activities. It also covers pohod living conditions, walking tactics, and special tourist activities. Learning is deceptive.

Increasing endurance, strength, speed and other physical qualities ensures participation in complex competitions [3]. In the world, a number of studies are being conducted to develop strategies for improving the process of developing children's tourism in the preschool education system and to design methods for its implementation. Special attention is paid to the organization of educational processes aimed at the development of children's travel activity, and the formation of goal-oriented basic competencies, taking into account the age and psychophysiological characteristics of the children of the preschool educational organization, is of great importance.

Results

Currently, the development of educational (children and youth) tourism in Uzbekistan is becoming one of the priorities of the state policy in the field of tourism. In addition, great attention is paid to the organization of excursions to historical cities in accordance with the requirements of the time. In this way, great experience was gained in receiving and providing cultural services to tourists visiting from abroad in cities such as Tashkent, Samarkand, Bukhara, and Khiva [1]. In local conditions, the organization of excursions for children of preschool age, pupils, students and workers was also carried out at a high level. There is an increasing variety in the sorts of tourism. They can be classified as preparation, genuine tourism, and public propaganda from the perspective of physical education. The primary functions of preparatory exercises include physical activity and body preparation for large-scale, prolonged exercise and participation in it. Steps like walking and excursions must be incorporated into the planning process. The primary topics covered at this stage include pohod living conditions, walking skills, special tourist activities, road study beforehand, scouting, selecting and preparing rest places, planning overnight stays and nighttime rests, lighting bonfires, and similar activities. Acquiring false knowledge.

Furthermore, one of the healthiest methods for promoting a healthy lifestyle in individuals and society at large is children's health tourism, which is crucial for educating the next generation. Thus, it can be

asserted with confidence that children's tourism serves as a means of imparting to the next generation the life experience and material and spiritual legacy amassed by humanity, as well as a means of fostering an appreciation for values, national cultural development and spiritual revival, and individual socialization. One of the theoretical and practical tasks of children's health in pre-school educational organizations is the introduction of innovative approaches to maintaining and strengthening their health.

Preschool education tourism is a powerful factor in the health of preschool children, because it is accessible to everyone and is recommended for almost every child in the absence of serious pathologies. The uniqueness of tourism is that it can be organized in any season. Accordingly, it is possible to reduce the dynamics of the incidence of children with OLD, OLD and increase their physical and movement activity, as well as to solve a number of children's mental health problems[1]. Recently, children's illness requires reconsideration of sanitation work in preschool educational institutions, as well as finding optimal options for eliminating this problem, indicators of children's health require taking more effective measures to strengthen their health. Many children need special technologies of physical development that integrate the problems of somatic, physical and psychological development.

Organization of such work in pre-school educational organizations allows to solve the tasks of "Physical development, self-care and hygiene" in a deeper way.

In pre-school education organizations, tourism is considered a sport that is easy to organize, cheap, and at the same time natural and feasible, and related to the physical capabilities of students.

Tourism develops excellent qualities of human character, such as teamwork, discipline, perseverance, strengthens children's will, develops courage, independence, and mutual understanding. Also, through tourism, environmental culture skills are formed in preschool children, which helps to expand children's knowledge about natural and weather phenomena. As the basis of the child's physical fitness, coordination skills and endurance are developed[3].

Children's tourism includes trips to mountains and hills, visits to museums, various cities and organizations, and entertainment. Excursions and walks to the garden in pre-school educational organizations can be started from the middle group, taking into account the age characteristics, health and individual indicators of children.

When planning a trip to nature or a walk (to the hills, to the park, to the lake), it is necessary to think about the organization of time: open air, sports games and exercises, attractions, low-mobility games, riddles. Every walk should be remembered by children with unexpected situations, interesting meetings (with a forest man, a gnome, a hedgehog, a fox, etc.). Parents can play the roles of fairy-tale characters. It should be noted that children's tourism has not been established in pre-school educational institutions. It is a programmatic action to educate the students to be perfect and mature in all aspects, to understand their history and to take steps towards the future. serves.

Additionally, travel fosters the physical development of an individual as well as the values of honesty, loyalty, mutual trust, hard effort, patriotism, and appreciation of the natural world in young people [3]. Additionally, there are many opportunities to teach children about virtues like bravery, endurance, strength, and the ability to make critical judgments under pressure while on tourist visits.

Tourism organized in pre-school education organizations should enable children to work carefully and sparingly in relation to nature and, if necessary, be ready to provide practical help to it and acquire knowledge, skills and skills to encourage others to do the same.

For this, it is necessary for the educator to have a high level of general ecological culture and professional skills, to educate children who have mastered national and universal values and do not have a negative impact on the protection of nature and the environment.

Nature increases children's observation of their surroundings, increases their interest in determining the causes of events. As a result, children's perception, imagination, ability, ingenuity, and independence develop. It is especially important to teach children to perceive that things and events in existence are composed of parts in the form of a whole, and the whole in the form of a part, to understand the wholeness of the universe, to take spiritual pleasure in the beauty of life and to appreciate this beauty. 'rin holds.

The nature of Uzbekistan is a source that helps a child acquire the necessary knowledge and impressions [3]. Interest in inanimate and especially living natural objects in the environment appears early in children. Children see everything during trips.

Campsites, an industrious ant on the road, a small spider on the thick grass, a buzzing bee. He tries to think about them. Children should understand that nature is our wealth, that a person gets everything necessary for his life from it, that nature is a means of feeding a person, influencing his feelings and behavior.

Discussion

Tourism organized in pre-school education organizations educates children about nature and the environment, and makes pre-school children a nature-loving, caring, polite, free-thinking, nationally proud, well-rounded and healthy generation. consists of naturalization.

Tourism organized in pre-school educational organizations should be closely related to children's mental development (memory, attention, speech, thinking), level of general logical thinking, interests. In introducing them to nature, it is important to make good use of various pictures, living objects, as well as organizing trips and trips to parks, avenues, water bodies in spring and summer. It is also advisable to conduct conversations, games, memorize poems and riddles, read fairy tales and stories regularly.

Within the framework of the conditions and privileges created today, it is necessary to purposefully use the decisions and decrees on tourism adopted by our honorable president. Children of preschool age are taught that the educational and health-enhancing features of tourism have an important place in the development of children in terms of form and content. Tourism corners are organized and concepts about tourism are given in the main part of the day. The initial tourism culture is formed in them, and then trips to local attractions: museums, historical monuments, places of pilgrimage, modern production enterprises, modern educational and economic organizations are organized with children in the senior and preparatory groups, and the first concepts of travel are formed in the minds of children. In the course of trips, by improving knowledge and practical skills, the quality of education and the formation of a healthy lifestyle are directly served.

Summary

In conclusion, within the conditions and privileges created today, the decisions and decrees on tourism adopted by our honorable president should be used purposefully. Children of preschool age are taught that the educational and health-enhancing features of tourism have an important place in the development of children in terms of form and content. Tourism corners are organized in pre-school

education organizations, and concepts about tourism are given in the main part of the day. The initial tourism culture is formed in them, and then trips to local attractions: museums, historical monuments, places of pilgrimage, modern production enterprises, modern educational and economic organizations are organized with children in the senior and preparatory groups, and the first concepts of travel are formed in the minds of children. In the course of trips, by improving knowledge and practical skills, the quality of education and the formation of a healthy lifestyle are directly served. It should also be said that when planning tourism organized in pre-school educational organizations, it is necessary to train children in every way, take into account their health, age characteristics, and organize activities and events on this basis. In this case, it is very important for the educator to be able to show his ability to properly organize his work and the ability to organize work in cooperation with parents. This depends on the professional skills of the educator. Based on this, it is necessary to provide them with the necessary scientific and practical support in order to further enrich the level of knowledge of nature.

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