

USE INFORMATION TECHNOLOGY IN THE PROCESS OF PERFORMING PHYSICAL ACTIVITY IN PRESCHOOLERS

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ABSTRACT	KEY WORDS
This article will consider examples of the use of information and communication technologies in the field of physical development in a preschool organization.	Preschool education, information communication tools, physical development.

Introduction

(Matthew 24:14; 28:19, 20) Today's rapidly developing information system encompasses the educational sector, including all sectors of our society. PF-5349 of February 19, 2018, "On measures taken by the President of the Republic of Uzbekistan to improve the field of information technology and communication," as well as the PF-6079 Order of October 5, 2020 on measures to certify and effectively implement the Digital Uzbekistan 2030 strategy, as well as the activities of the Ministry of Information Technology and Communication Development in the Republic of Uzbekistan In accordance with the Decree of February 19, 2018, 3549, the widespread use of information technology and communication in teaching processes in preschool education, as in other sectors of our society, is becoming one of the tools that ensures the quality of education.

Currently, one of the main tasks of preschool educational organizations is to optimize and modernize health activities. It is well-known that despite the abundance of innovations in the development of pedagogy, innovations that differ sharply from their predecessors and prohibit a sharp change in pedagogical activity are the organization of a pedagogical process with modern technologies. Because of the growing dissatisfaction with the traditional education system in developed countries around the world, the desire to create a completely new, educational, and scientific-based system for achieving mental perfection has intensified, resulting in pedagogical concepts such as cooperation pedagogy, creativity and creativity pedagogy, optimization and activation of the teaching process, and problematic education.

Modern advanced pedagogical technologies have been developed and implemented in the United States and a number of other countries. In the 1980's, leading Russian pedagogical and psychological scientists began to study and critically analyze modern pedagogical technologies and comment on its advantages.—V.P.Bespalko, M.V.Clarin, B.Nikondrov, T.A.Ilina, and others.

In developing the scientific and theoretical foundations of modern pedagogical technologies in our country, N.Azizkhokulova, F.Avliyov, H.Abdukarimov, J.Yo'laq, M.Ochilov, N.Sayidahmedov, E.Goziyev, O. The results of research by Tolipov, S.Og'ayev, H.Qarshibayev, Ch.Mirzayev and other scientists on the use of pedagogical technologies in teaching are widely used in our country. "Pedagogical technology is a systematic method of identifying, creating, and applying all the processes of teaching and learning, taking into account technical tools, human potential, and their interactions in order to optimize teaching patterns.

Fully equipped with technical equipment, workshops on exhibition-rich exercises, events, and teaching foreign languages will have a positive impact on the development and development of a child's abilities and abilities. In particular, the capabilities of information technology and innovation have a significant impact on the intellectual development of children, in this regard, the country's requirements for the knowledge of preschool-age children, the "First Step" state-of-the-art curriculum, and a 6-7-year-old boy who can use information communication technologies and them properly teaches school education based on modern, advanced technology physically tea, with adequate intellectual skills, is directed psychologically prepared.

"Pedagogical technology is a framework of methods and methods used in teaching, teaching, and learning, taking into account the interaction of human potential and technical tools to facilitate, guarantee, and evaluate teaching forms based on systematic, technological approaches." Information and communication technologies in education are a set of educational materials, technical and instrumental tools for computer technology, methods and methods used to improve the work of educational institutions, as well as to train (develop, diagnose, and correct children).

Digital learning has long been a sphere of learning. Often, teachers use information and communication technologies (internet access to show videos or live broadcasts, participate in online Olympiads, use an interactive file, and so on). Preschool is a sensitive period in human life. During this time, the foundations of a healthy lifestyle will be laid, motor skills will be developed, and interest in physical education and sports will be formed. The offspring of children change every year, the shape of the lessons also needs to be changed. Today, information communication tools are actively used in the field of physical development of children. According to Sh. N. Kazakov, the important advantages of using information and communication technologies in the process of physical education and wellness include:

- to have a more homogeneous, rich character of the process of physical development;
- the impact of children on different mental processes, perception, thinking, memory, etc.;
- increase the aesthetics of the design of physical education and wellness measures;
- contribute to the adaptation and socialization of the child, the formation of information culture.

In his work, the teacher helps, directs and supports children's initiative using multimedia presentations or interactive games (based on problematic situations).

Interactive computer games must be created by the trainer to play alongside children in Power Point software and in training, in accordance with government requirements. For example, if the game center plays educational games such as "We Build a Building," "Find the Difference," "What's Wrong," "Find a Mistake," "We Dress up a Doll," "Place the Shape," and "Paint a Picture," the child is fascinated by the knowledge provided on the subject.

As one of the main areas of development of information and communication technologies, we will focus on the use of multimedia presentations (hereinafter referred to as presentations) in physical development classes. Presentation is a set of slides and special effects stored in one file of some software, distribution materials, as well as a brief information and reporting plan. Presentation performs many functions and has many advantages. In our opinion, the main features of the presentation for the educational activities at work are the cultivation of interest in children.

Interactivity. Direct management of the presentation process, the ability to select the necessary block of information for presentation, allows you to focus on key points. Presentations in physical education classes can be prepared on any topic: "Sport", "Veterans Day", "Winter Entertainment" and more. Comparing computerized pedagogical technologies with traditional forms of education in the education of preschool-age children, effective results are demonstrated in computerized technologies. The way information is displayed on a computer screen in the form of a game arouses children's attention and interest in this type of activity; Images of movement, sound, multiplication make a long impression on the child's memory.

Such games have a number of advantages:

- activate the attention of children;
- development of associative thinking;
- stimulating cognitive interest;
- contributes to the elimination of excessive tension, excessive load and exhaustion;
- makes the learning process simple and interesting.

We use interactive games in physical education, free time, thematic events. During interactive games, fairy tale heroes come to children, asking them to perform certain tasks, to practice with them. Social networking site Instagram today is very popular. Looking at the network feed, we can see that bloggers are acting as a video camera and posting this information on their pages and then suggest repeating this task to their acquaintances or unlimited user circle (Challenge). That is, in this choice we can see some of the competitions between people. We can use this form of interaction in kindergarten.

Especially in our country, due to the 2019 pandemic, online contests were held, it was proposed to start the selection "We are not discouraged at home and we do not forget sports", where preschool-age children showed certain activities, elements of movement from different sports, etc., and then aesthetic race ("call") throughout the chain was transferred to subsequent groups. Each group tried to demonstrate, to be, their own special skills. Each group was unique in its own way, the guys learned a lot of interesting things about each other. It is also important that most children take part in sports together with their parents, so the role of the parent in shaping a child's positive attitude to the sport is important.

Thus, combining activities in one lesson will significantly improve the authority of the child. The use of modern tools allows you to motivate physical education classes for modern, interesting, children. However, presentations and the use of interactive games in the classroom should be limited, Because in our opinion, constant use of them leads to a loss of interest in the traditional form of the lesson: physical education for children is the same as the game, the meaning of the healing effect of exercise is lost, attitude as a value to health, loss of meaning, lack of time for important components of the lesson.

The success of incorporating any innovations in the learning process requires some changes in the organization of the process, the updating of the methodological supply, the plan overhaul, and the level of interest, participation, professional and computer skills of all preschool professionals.

The use of information and communication technologies to create an electronic database of methodological support for the learning process, located on the website (page, mail) of the preschool educational organization, will increase the level of theoretical preparation of teachers, provide opportunities for practical implementation or quick adjustment of plans, taking into account an individual, tailored approach. The following can be used to solve the common problem of studying, integrating, and distributing advanced pedagogical experience in the field of physical education:

- differential exercise complexes of various gymnastics and outdoor games that are independently created, easily integrated into the general learning process of electronic information resources available to all teachers (speech therapy classes, theme of current events and events); Comment electronic reports, such as "Correcting and Correcting the Right Condition" /Guidelines/, Proactive Advice, serve as a tool for use directly in conjunction with children on some topics, such as "a tailored approach to educating children of different levels of physical activity."

Analyzing scientific and methodological literature on the use of information and communication tools in the physical education of school-age children, we can conclude that despite significant potential opportunities, these technologies have not yet been properly used in this area because of the inadequate development of stylish conditions for their use and the lack of appropriate methods. Only the first results of research in this area can be given. For example, during S.Guryev's dissertation research entitled "Use of new information technology in the physical education of school-age children," the use of information communication tools in the physical education of preschoolers helps to increase children's academic activity and increase their interest in learning; to think visually-majestically to form flexible, moving ideas and images that serve as the basis for visual-efficiency; the holistic understanding of physical education by preschool children as a healthy lifestyle system; a thorough study of some issues of general education and specialized disciplines and their integration into physical education; formation of motor skills in children (fine motor skills of the fingers); are the likes of improving children and preventing various pathological conditions.

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