

MONITORING THE PHYSICAL CONDITIONS OF PRESCHOOL CHILDREN

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Annotation: *This scientific article provides information on continuous monitoring of health indicators of preschool children and improving their physical condition.*

Key words: *unfavorable trend, physical activity, growth of body systems, mental states, nervous system, short distance running...*

INTRODUCTION

At the meeting held on August 16, 2017 under the leadership of the President of the Republic of Uzbekistan, Sh.M. Mirziyayev, important tasks for the structural reform of the preschool education system and the full inclusion of children in these institutions were discussed. Was placed. As a result of the analyzes in this regard, in a short period of time, three major documents, the Decision of the President of the Republic of Uzbekistan dated September 9, «On measures to fundamentally improve the preschool education system» No. PQ-3261. Decree No. PF-5198 of September 30 «On measures to fundamentally improve the management of the preschool education system» and the Decree «On organizing the activities of the Ministry of Preschool Education of the Republic of Uzbekistan» - 3305 Resolution was adopted.

The unfavorable trend of preschool children's health indicators requires taking effective measures to improve their health. It should be noted that along with the positive processes of increasing the variability of educational programs, first of all, the mental workload of preschoolers is increasing.

DISCUSSION AND RESULTS

The educational process of many kindergartens is full of remedial and additional classes. There are a number of ways to improve the health status of preschool children. The most effective of them is physical education. It is physical activity, creating an energy basis for the growth and formation of body systems, normal physical and psychological development that plays an important role in strengthening children's health.

Taking into account the above, the health problem of preschool children is very relevant at the moment.

Methods of diagnosing the physical health of preschool children are as follows:

"INTEGRATION, EVOLUTION, MODERNIZATION: WAYS OF DEVELOPMENT OF SCIENCE AND EDUCATION"

Physical Tests: These tests are the first and most important step in learning about physical health. In these tests, you can study muscle strength, light, wood, blood and shapes, weight and height.

External tests: External tests are used to check children's physical condition, medical conditions and skills. In these tests, medical examination, indicators, legs, breasts, grayness and skin can be shown.

Dependable games: These games help to develop children's love of competition, intelligence and skills. Such games help to increase physical education.

Battery tests: These tests are used to measure the amount of muscle strength in children. These tests may include battery tests, speed tests, and recovery tests.

Tests: Tests are used to learn and track skills among children. Such tests help improve children's health and growth.

Measurement of height and weight: Measurement of height and weight is a part of physical education of children. This includes measuring posture, measuring height and weight, space, and the direction of the text.

There are many methods used to study physical health. Use of these tests and health diagnosis should be done by professionals. Such tests provide additional support for the further improvement of children's physical education and health care.

Preschool age or early childhood is characterized by intensive development of all organs and systems. From the first days of life, a child has certain hereditary biological characteristics, including typological characteristics of the main nervous processes (strength, balance and mobility). But these characteristics are only the basis for further physical and mental development, and the decisive factors are the child's environment and education.

We conducted a statement experiment that determines the level of physical health in the conditions of physical health care in preschool educational institution No. 45 in Solikamsk. By reviewing and analyzing medical records during our research, we studied cold statistics over the course of the school year. Two indicators were used as a criterion for assessing the level of morbidity in children: 1) number of colds (per year); 2) number of days missed due to illness (per year). Currently, attention is focused on population slowdown, that is, the number of children in Russia has not quadrupled in the last 10 years. According to doctors, the child's growth is one of the most important indicators of the nation's health. This position is also confirmed by our research. An analysis of weight and height indicators in the last decade was conducted during the experiment conducted in the preschool educational institution No. 45 in Solikamsk. Scale of individual assessment of physical development of preschool children developed and published by V.Yu. Davydov.

In 2002, in 2002, the assessment of data on the body length of boys (according to the V.Yu. Davydov scale) was 4 points in all age groups, in 2004 - for 4 and 6-year-old children - 5 points and 5 scored. age - 4 points. By 2008, this indicator had significantly decreased and was estimated at only 3 points in all age groups. Similar changes are observed in measuring children's body weight. A significant delay was noted in almost all studied parameters. Over the past five years, there has been a trend of decreasing VC index, dynamometry and, consequently, test results for 200-meter run (endurance) and ball throw (velocity strength) in children. preschoolers also significantly decreased in sprinting. Thus, the available data support the hypothesis that there is a significant deterioration in the state of physical development and the level of physical fitness of children. All this puts the task of developing science-based programs before specialists in the fields of physical education, education and medicine. In preschool physical education, according to psychologists, the most important thing is the formation of motivation to achieve the goal. The technique of the conflict of motives to study the real motivations of achievements in the preschool educational institution No. 45 in Solikamsk, L.K. Maksimova and M.V. Matyukhina. Children were offered to choose one of two tasks: repeat or play the failed action in class; For those who want to improve the achieved result, try to perform a more difficult task or repeat the previously performed work one more time;

The children were told that the tasks were the same in terms of difficulty and anyone could choose, but the person who preferred the first task could do it himself, and the second one could rely on the help of the teacher.

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