
A Systematic Approach to the Process of Sports Improvement of Preschool Children

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Abstract: This article discusses the formation of the methodological foundations of sports theory, which is inextricably linked with the creation of a systematic approach to the process of sports improvement, with the help of which the main patterns of this process and the leading factors of sports achievement are revealed. The relevance of the issue under consideration is confirmed by the research of many scientists.

Keywords: sports, preschool children, system approach, methods, development of physical qualities, progression, growth and model of program-target management.

As you know, in recent years, the President of the Republic of Uzbekistan Sh. M. Mirziyoyev and the Government of the country has paid great attention to the development of physical culture and sports. And as a result of this concern, we see the achievements of the athletes of the Republic at the XXIV Olympic Games 2020 in Tokyo and the Paralympics Games.

These achievements clearly express the result of many years of work of athletes and their coaches in preparation for world-class competitions.

And the system of training athletes begins with preschool children.

Recently, questions about the methods of high moral and physical fitness of younger young athletes, their planning and management for further progression in big sports have become widespread. The sphere of sports, which is one of the most relevant areas of human activity, is characterized by exceptionally intensive development and continuous growth of sports achievements. In the research of D. N. Makaridin. it is emphasized that long-term systematic sports training is understood as a single process of climbing through the stages of sportsmanship - the only right way to achieve maximum results in sports.

Despite a large number of studies on the topic of physical systematization of athletes, the question of practical application of these methods to children of younger ages remains open. One of the key tasks is to formulate the correct methodology of complex moral and physical training of preschool-age athletes with the influence of consistency in the training process. However, a major problem is the issue that covers the fact that it is far from easy to achieve something until the athlete passes through peculiar difficulties on the way to achieving his

goal.

In connection with the questions that have arisen and the above tasks, the issues of a systematic approach are of particular relevance.

The word "system" means a group of interacting elements that act in accordance with a set of rules, forming a single whole. The system is the essence of humanity's existence. Becoming a person spiritually and physically developed, making decisions and achieving one's goals - everything is carried out with the help of a properly selected system. As for sports training and the system of preparing athletes for competitions, an important role is played by the parents of the athlete and the coaches themselves are inherent in this sport.

Currently, it is generally recognized that the systematic approach is the connecting link through which the principles are implemented in the study and solution of complex practical problems. As V. A. Kuzin noted, the main defining moment in system qualities is system certainty, which is expressed through the integrative properties of the aggregate, its integrity and proportionality. One of the most well-known is program-target management. It is thus divided into a competitive model, a model of skill and sports opportunities. These models have peculiar characteristics. In particular, the competitive model refers to the preparedness that is inherent only in competitions, that is, actions that can be carried out at competitions. Special physical, technical and tactical preparedness can be attributed to the skill model. And the model of sports capabilities includes functional, mental fitness, as well as morphological abilities, the age of the athlete and sports experience, that is, experience.

It is customary to plan long-term training in a four-year cycle, in turn, the cycle is considered Olympic. Filin V. P. proposed to distinguish four stages in the long-term training: preliminary training; initial sports specialization; in-depth training; sports improvement. The implementation of a systematic approach brings an effect in compliance with the principles (the formation of sportsmanship) of the complexity and dynamism of exercises.

It should be emphasized that the above-mentioned methodologies cannot be "fully" applied to preschool children (3-7 years old). However, the essence of the problem boils down to the fact that all the methods developed by researchers should include a game play. It is inherent in preschool children to play. At the same time, it should be emphasized that it is impossible to exaggerate in the training process, since in the activity the game and the conduct of sports activities must comply with the norms and criteria for evaluating exercises and discipline, which indicates a successful path to achieve the goal.

It must be admitted that in order to set up a proper system of preparing children for sports competitions, it is necessary to pay attention to the age characteristics of the physical and psychological development of children, in this case, preschool age. The motor abilities of children are continuously connected with the peculiarities of age-related physical development. Progression in physical education is possible largely due to deep knowledge of the age characteristics of children.

As Vygotsky L.S. noted in his works, it is possible to rationally manage, optimally build the process of education and upbringing only taking into account the periods of ontogenesis in preschool age.

As you know, children in 5-7 years grow quickly, gradually losing the roundness characteristic of early age. At this age, it is necessary to be wary of various injuries that may occur during training, since throughout the entire period of childhood there is ossification of the skeleton of bones connected by the musculoskeletal system, joints of limbs, ligaments, tendons and fascia. The morphological development of flexor muscles, which have a high tone, lags behind the development of extensor muscles, which leads to certain difficulties in

mastering new movements. At the same time, exercises with maximum tension, and especially those associated with breath retention, are a significant difficulty for children of this period.

The efficiency of the child's body is ensured by the frequency of the heart, which largely depends on full-fledged breathing, which contributes to a change (expansion) of the shape of the chest. During physical exertion, favorable conditions for the work of the lungs are created by an increase in the reserve volume of inspiration caused by morphological changes. Developed motor function can be objectively shown by any developed motor coordination ability. The ability to maintain balance and the degree of coordination of movements increase, walking acquires the features of adulthood, the ability to perform precise movements with hands appears.

In conclusion, it can be concluded that a properly developed systematic approach is aimed at maximizing the spiritual and physical capabilities of the child (athlete), demonstrating and comparing the level of preparedness and achieving the highest results. The essence of the above is reduced to the formation of discipline, which is formed through the systematization of sports techniques aimed at young athletes.

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