Physmonium Education National Zharaenin Traditionally Organized this Methodical Teaching

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A B S T R A C T
This paper provides information on the methodological teaching of organizing the process of physical education through national traditions.

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This interest in them is supported by teaching children of the institution of pres chool age to physical and sports exercises, games on the basis of the appropriate program. The purpose of education is an indicator of the formation of physical preparation for the transition to school in children and successful mastering of the requirements of a set of normative indicators from physical education in the future, on this basis, children are trained such qualities as famous athletes of Uzbekistan, their patriotism, hard work, courage, endurance, skills, friendship and mutual assistance.

Education is a component of a holistic pedagogical process aimed at the comp rehensive (mentally, morally, jismonan) formation of the individual. Teaching actions in physical education is carried out under the direct guidance of the educator, as well as in the independent activity of children under his super vision. When teaching movement activities, the child develops consciousness, willpower and emotional forces, as well as his practical skills of movement are formed. Teaching of actions the inner world of the child affects his sense, thinking, gradually forming worldview, his moral qualities with a purposeful orientation to the activities of the movement, which are performed by children, useful for health and universal development.

Educational content is organized by physical exercises, including action games, which are selected according to the program.

In the process of Education, adults give children the social experience of purpo seful activity. Its content also includes the experience of mastering movements that serve for development and improvement.

When working with children of preschool age, it is very difficult to take into account their age characteristics, some knowledge that benefits the child in the activity of conscious movement, the methods of activity that teach the child to movements, the unity of knowledge about the activities and qualifications and skills of their implementation.

In the process of educating the activity of the movement, adults (parents, edu cators) put before them new functions of movement, taking into account the psycho-physiological characteristics of the development

of children.

Mastering something new requires a certain physical and psychological strength from the child, overcoming difficulties. The facts that the child is incre asingly able to solve new movement tasks in the process of exercise, and in connection with this, the great opportunities that arise change the nature and quality of movements.

Overcoming difficulties and solving new tasks will create a positive emoti onal mood in the child. This complex process should always be under the super vision of a tutor. On the one hand, it is necessary to ensure that the child unders tands the task of a new movement, and on the other hand, it is necessary to arouse independence, interest and enthusiasm in the child.

Children gradually acquire beautiful movements, clear purification, creative expression of Game images characteristic of their age, poetic texts in games, game beginnings, counting all this serves the task of educating aesthetic tastes in children.

The organization of the educational process allows children to practice in the labor movements that they are able to perform.

The educator regularly demands from the children that they keep the physical education items themselves tidy and clean (compact wrapped flags, ironed tape, and handkerchiefs¼). Children wash balloons, balls from time to time and wipe large objects.

Thus, in the process of teaching actions, mental abilities, moral and aesthetic feelings develop in children, a conscious attitude to their activities and, in connec tion with this, aspiration to the goal, organization is formed.

The principle of development of a person as an all-round person implies a joint and comprehensive approach to the implementation of upbringing of the child perso nality, which will help develop physical abilities, skills and abilities in children. Such an approach in the system of physical education will also depend on the characteristics of individuals, the characteristics of the stages of their young development, the characteristics of the types of physical education activities that are selected as the main activity in this or that period of life.

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