

## Features of Application of Sports Games in Preschool Children

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### ABSTRACT

The article examines the impact of sports on school-age children. Today, the fact that the psychology of our children goes hand in hand with sports shows what results can be achieved when children aged 3-7 years are engaged in sports.

**KEYWORDS:** Sports games, psychology, physical development, Sports games child, physical development.

In our country, the focus on physical culture, sports, preschool education can develop day by day. At the same time, in reality, bring young people to a healthy and fulfilling adult life, introduce effective forms and methods of education into the educational process, and increase the effectiveness of the school to its effectiveness. Time s expands to larger scales. Lumley's work continues. The main type of children's activity - the game - plays a very important role in the development and upbringing of children. It is an effective tool for enhancing personality, moral and spiritual qualities, developing a physical product and creating actions. Open games arise on their own in conditions conducive to any development of the individual: the unity of the cognitive and emotional spheres, organizational and internal movement, the collective and individual activities of children. The analysis of domestic and scientific-practical literature shows that many scientific studies on the issues of physical education include playing sports in the garden, transferring the load from outdoor games with the kindergarten. Through these games, age, health and individuality are recognized as personal participants. Such children include parts of sports equipment equipment that are convenient and useful for children from the age of 7.

V nashey strane oriyentatsiya na fizicheskuyu kul'turu, sport, doskol'noye obrazovaniye mozhnet razvivat'sya den' oto dnya. Pri etom v deystvitel'nosti vyvesti molodezh' k zdorovoy i polnotsennoy vzrosloy zhizni, vnedrit' v obrazovatel'nyy protsess effektivnyye formy i metody vospitaniya, povysit' effektivnost' shkoly do yeye effektivnosti. Vremya s rasshiryayetsya do boleye shirokikh masshtabov. Worka Lamli prodolzhayetsya. Osnovnoy vid detskoy deyatel'nosti - igra - igrayet ochen' vazhnuyu rol' v razvitiy i vospitanii detey. Eto effektivnyy instrument dlya povysheniya lichnosti, nraivstvennykh i



dukhovnykh kachestv, razvitiya fizicheskogo produkta i sozdaniya deystviy. Otkrytye igry voznikayut sami po sebe v usloviyakh, sposobstvuyushchikh kakomu-libo razvitiyu lichnosti: yedinstvo poznavatel'noy i emotsional'noy sfer, organizatsionnogo i vnutrennego dvizheniya, kollektivnoy i individual'noy deyatel'nosti detey. Analiz otechestvennoy i nauchno-prakticheskoy literatury pokazyvayet, chto mnogiye nauchnyye issledovaniya po voprosam fizicheskogo vospitaniya vklyuchayut v sebya zanyatiya sportom v sadu, perenosku nagruzki ot podvizhnykh igr s detskim sadom. Blagodarya etim igram vozrast, zdorov'ye i individual'nost' priznayutsya lichnymi uchastnikami. K takim detyam odnosyatsya chasti tekhniki sportivnogo inventorya, udobnyye i poleznyye dlya detey uzhe s 7 let.

### The use of games in children aged 3-7 years.

The inclusion of sports games in the program of the child's general development allows the child to strengthen large muscle groups and develop psychophysical qualities: dexterity, speed, endurance, strength. Sports games help to increase mental activity, spatial orientation, ingenuity, ingenuity and knowledge of the value of one's actions. At the beginning of such games, the child develops the skills of a team game: learning, self-control, developing perseverance. As evidence of this, an observation was made in the middle 1 group of swallows of the State Organization for Preschool Education No. 26 of the Gijduvan District in Bukhara. Before the start of observation, on January 18, 2022, together with psychologist Nodira Aleksanerova, group psychological tests were carried out to determine the mental and physical state of the child of interest (Table 1 Results). The search for rings and squares was used in a psychological test. After this testing process, the number of sports games in this group was increased and the children were observed in further sports segments.

1 Table

№	First name last name	Sustainability assessment, distribution, and shift of focus	The test reveals the ability to differentiate perception	total
1	Namozov Nizomjon	2	1	3
2	Abubakirov Hosilbek	1	2	3
3	Ziyodullayev Hayotjon	2	1	3

4	Vohidov Jasur	2	2	4
5	Obidov Jamshid	1	0	1
6	Shoimov Shahrambek	0	1	2
7	Bozorov Bahrom	1	2	3
8	Xoliqova Madina	2	1	3
9	Shavkatova Shahzoda	1	2	3
10	Shokirova Marjona	0	1	1
<b>total</b>		1.2	1.3	2.5

### 1. Assess, distribute, and shift focus on sustainability.

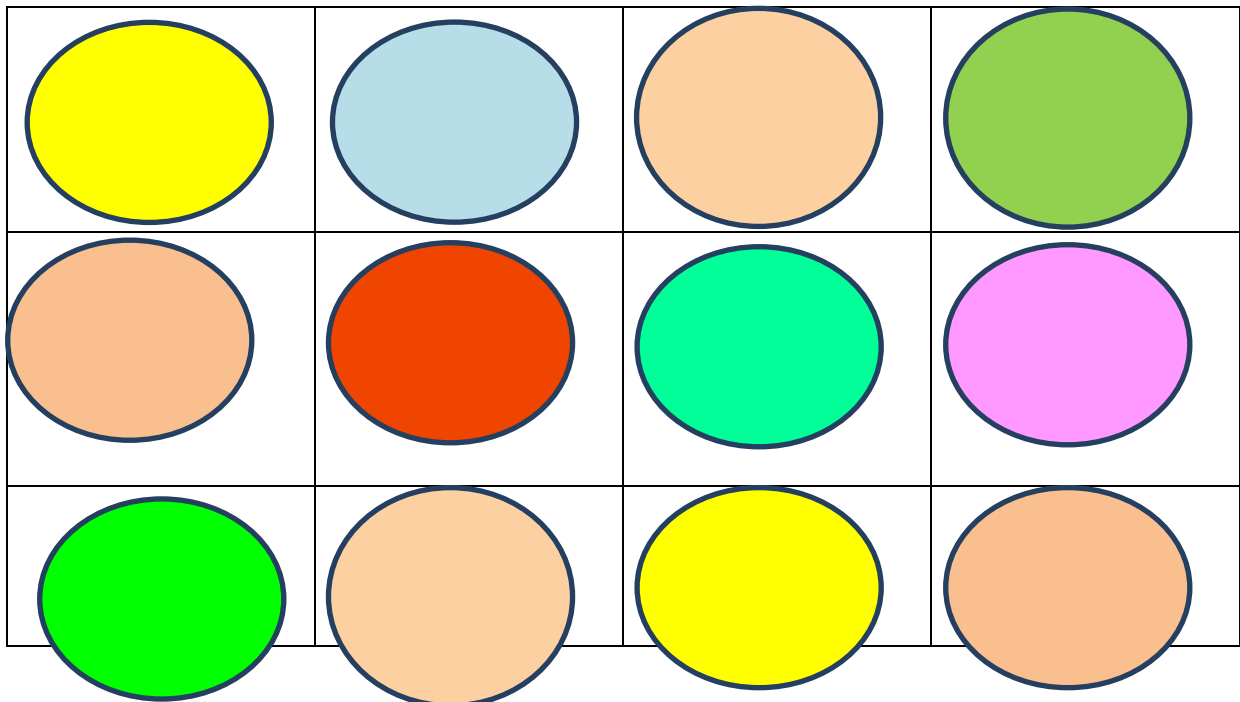
#### Test: "Rings"

To perform the test, you need a table describing the rings that have spaces in different parts (it is desirable that the rings be approximately equal to lowercase letters and the alphabet).

To assess attentional stability, the child is asked to find and cut loose rings as quickly as possible at a clearly defined location (e.g., on the right).

In 2 minutes, the child looks at rows 10-11. But the first attempt makes a lot of mistakes. With subsequent training, errors are reduced and activity efficiency is increased.

Time spent on the assignment is 4 minutes.



### 2. The test reveals the ability to differentiate perception.

Test: Find a square The child is shown a picture of 10 rectangles, 5 of which are exactly the same square and 5 of which are slightly different from the rectangles: the vertical edges are slightly longer than the horizontal, or vice versa, any angle of the rectangle smaller or larger than the right corner.

The child is invited to find and show all the same numbers (squares with all sides and angles

equal).

If a child can find all or almost all of the squares, it indicates that he has the ability to distinguish cognition.

By 03.04.2022, the same psychological tests were withdrawn and the following results were returned. It is obvious that sports shape and develop the young generation mentally and physically.

Sports games are not superfluous to talk about a child's moral and strong will. These games focus on shaping personal relationships with peers. The child learns to follow the rules of the game at an early stage and achieves his desire to win.

**2 Table**

<b>№</b>	<b>First name last name</b>	<b>Sustainability assessment, distribution, and shift of focus</b>	<b>The test reveals the ability to differentiate perception</b>	<b>total</b>
1	Namozov Nizomjon	3	2	5
2	Abubakirov Hosilbek	2	2	4
3	Ziyodullayev Hayotjon	3	3	6
4	Vohidov Jasur	4	2	6
5	Obidov Jamshid	3	1	4
6	Shoimov Shahrambek	2	2	4
7	Bozorov Bahrom	2	2	4
8	Xoliqova Madina	3	2	5
9	Shavkatova Shahzoda	4	2	6
10	Shokirova Marjona	3	2	5
<b>total</b>			2.9	2.2

For children from the age of 5, such games are more exciting than sports. The best games of this century are "shooters", including jumping and scanning. These games should have the simplest plot. Kindergarten children aged 4 to 6 can be offered simple contraceptive games. At this age, sports games are great for accuracy, balance and speed. For example, some "forbidden" rules can be added to traditional simple games: just work at a certain point, go to a certain place, and so on. Modified versions of popular sports games can be good preparation for later years when children join school teams or extracurricular clubs to switch to these games. He teaches them how to dribble, how to run to base, or how to hit the ball with a bat or bat. Small sports games teach social skills. These fake sports games for young kids can teach preschoolers about team etiquette and healthy competition (although according to this source, accompanying "going out" games shouldn't include "going out" games at this age). They can learn to work together to solve problems, be polite to their competitors, and communicate with others.

They can also tell if the game isn't going the way they expected, or if they fall, stumble, or don't see the ball moving, everything is fine. Because it's just a game.

These things can also be learned in an age-appropriate environment where mistakes can be made, alongside peers who are developing at the same pace.

Finally, healthy gross motor skills and the beneficial benefits of being outdoors or exercising can also be reasons for this! For example, exercises also help to concentrate in class. Yes, while kids can get some fresh air and practice unstructured play, they learn skills more clearly and repeatedly in organized sports. It also adds value to those skills and is why their little minds keep working on them.

At the end of the day, it's all about children learning what they enjoy and then progressing in a particular sport over time. This contributes to long-term health improvement.

Remember that organized sport with preschoolers is not about winning or improving their ability to be a "pro". Adults also need to realize that children are incapable of performing complex movements. This means that initially it is not easy to throw high or far, to hit at a certain angle or to maneuver the ball with a stick. The environment for sport in childhood - especially for preschool children - should be consistently positive and cheerful, fun, exciting. If a child is feeling abandoned or depressed, reach out to him or her immediately. Also call the team for help. Also keep in mind that some of these kids may have played these sports at home or never heard of them. Sport can also be very cultural. Older football-loving brothers can be a huge influence on their sisters. So you can have different playing strengths in your group. Use this to your advantage by asking qualified children to help you coach or teach. But try not to let your advanced abilities interfere with the joys of others.

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