

TO DEVELOP COORDINATION CAPACITY OF PRESCHOOL CHILDREN

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ABSTRACT

This article presents scientific and methodological guidelines for the development of statistical equilibrium skills in preschoolers with the help of special exercises.

Keywords: Statistical equilibrium, coordination ability, individual characteristics, intensive development.

PRIORITY

Nowadays, the attention paid to the development of each sector in the rapidly emerging picture in the Republic has reached a political level. The pedagogical process focused on cardinal improvement of the system of pre-school education, child-friendly intellectual, moral, aesthetic and physical development, education of children through quality education in school education and introduction of modern educational programs and technologies in the educational process. According to the final statistical analysis of the year 2018, 5770 governmental Preschool Education Institutions (1808 nongovernmental preschool educational institutions) have been functioning in the country, where 876 443 (48435 nongovernmental preschools) are educating boys and girls. It is noteworthy to emphasize the importance of effective preschool education and upbringing of schoolchildren. The Decree of the President of the Republic of Uzbekistan from December 29, 2016 "On Measures for Further Improvement of the Preschool Education System in 2017-2021", Resolution of the President of the Republic of Uzbekistan of 30 September 2017 "On the Establishment of the Ministry of Preschool Education of the Republic of Uzbekistan" No. 3305, the order No. 1h of the Minister of the Republic of Uzbekistan "On state requirements for the development of primary and pre-school age children" as of June 18, 2018 and other in this field with the implementation of the tasks of the normative-legal acts of this dissertation research to a certain extent.

The purpose of the research - to develop effective methods and tools for children left behind in the development of coordinating abilities of preschool institutions.

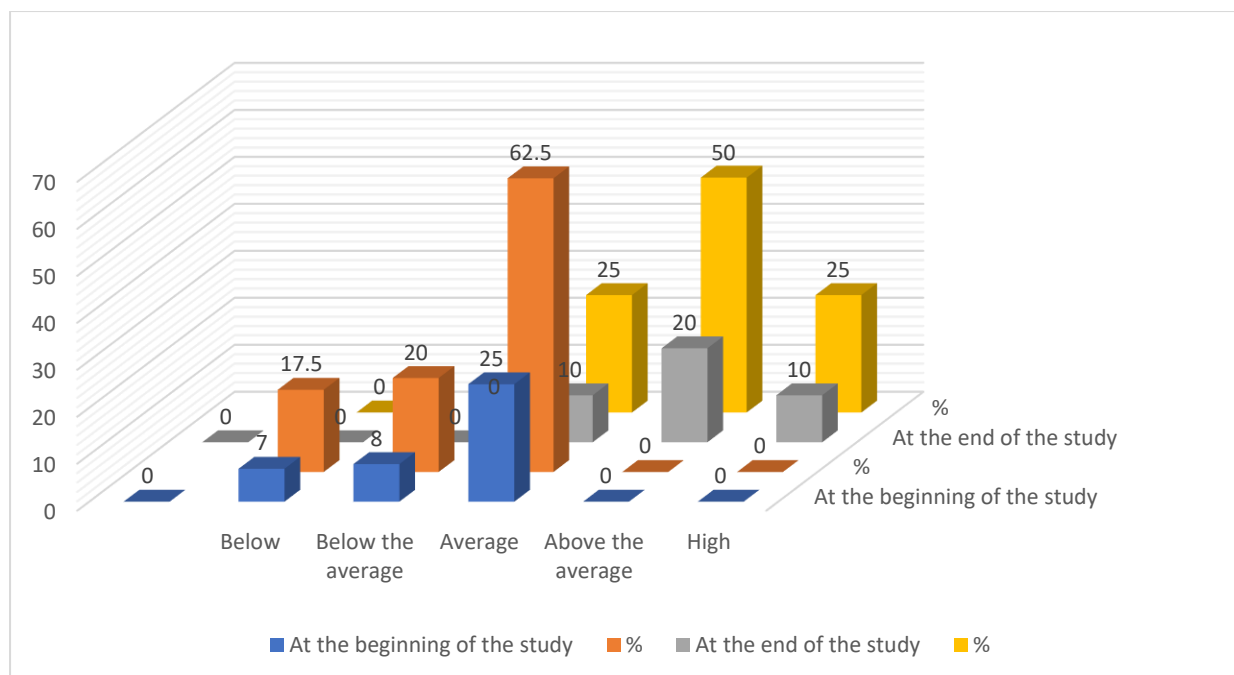
Pre-school age is the best time to develop physical attributes, co-ordinate skills and tools. At this age, there are favorable conditions for the development of coordination skills, as well as the formation and improvement of the balance-saving function. The level of development of the health, vehicle and coordination capacity of pre-school children is determined by the extent to which they develop their basic physical qualities (speed, mobility, balance and coordination). General tasks for the development of motor and co-ordinate skills of preschool educators are to optimize their development process and to improve the physical education of the preschool education program.

Pre-school age is the child's main physical and psychological wellness. One of the most important and important aspects is regulation of action.

Table 1: During the pedagogical research period, the development of the statistical equilibrium capacity of the experimental group in boys and girls.

№	Control exercises	Sex	Experimental group [n=40 b, 40 g]			
			At the beginning of the research	At the end of the research	t	P
			$\bar{x} \pm \sigma$	$\bar{x} \pm \sigma$		
1	Keeping a static balance on one leg (M.E.Romberg test) Seconds	B	6,1±0,6	10,7±0,71	4,28	<0,001
		G	6,6±0,8	11,4±0,71		
2	Keeping static balance on one leg by closing the eyes, p	B	2,2±0,27	3,4±0,22	2,94	<0,05
		G	2,4±0,28	3,5±0,2		
3	Balancing on both feet (M.E. Romberg's test) p	B	68,2±6,49	88,4±4,65	4,19	<0,001
		G	73,3±6,54	91,6±4,82		
4	Keeping balance in two legs with eyes closed (M.E. Romberg test) Seconds	B	9,94±1,1	16,87±1,05	3,18	<0,001
		G	10,42±1,05	17,16±1		
5	Keeping the "swallow" position	B	2,28±0,28	3,56±0,19	3,61	<0,001
		G	2,40±0,29	4,24±0,22		
6	Keeping the "Swallow" position closed with eyes	B	1,29±0,16	2,56±0,16	2,98	<0,05
		G	1,44±0,16	2,92±0,16		

Statistical equilibrium control at one leg (Romberg test) improved the results of experimental group 4.6 seconds and girls 4.8 seconds. The control group showed statistically significant statistical equilibrium levels in boys and girls during the study period, but in all cases, the duration of administration of static equilibrium in one patient with control group was significantly lower than in the experimental group. The experimental group shows that the statistical equilibrium levels in one leg in boys and girls are 34 times higher than that of the control group. Reliability of differences between experiment and control group is significant in all cases.



Picture 1. The beginning and the end of the pedagogical research is the change in the level of development of the SMS skills of children in the experimental group

This is confirmed by the results of the pedagogical experiment, whereby the methodology and program developed by us is proven by statistically significant and statistically significant changes in all levels of static and dynamic equilibrium in boys of experimental group of preschool children.

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