

Methods of Developing Children's Speech Through Physical Education Exercises in Kindergartens

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Abstract – The main purpose of education for preschool children and The tasks are the physical and mental development of children, their psyche, personal skills, aspirations and needs, national and universal values, to ensure that they grow up faithful to the ideas of independence, to pre-school them school in accordance with the state requirements for the education of children of all ages preparation for education

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Games are one of the educational tools of folk pedagogy. Games have been developing and updating for centuries. Play is one of the most important tools in a child's life, in his physical, mental and intellectual development. Through play, children develop all mental processes, such as thinking, imagination, memory, attention, and expand their knowledge of the environment.

The correct and effective use of play activities in preschool education increases the effectiveness of each lesson and field trip. In preschool educational institutions, play activities are carried out in various forms - event, movement, educational, music-educational. For the game to be interesting and meaningful for children, the

educator must be familiar with the rules of the game.

Children's thinking expands and their interests develop through play-based games. Through role-playing games, children get acquainted with the daily life of people around them, their relationships, ways of life. Children always imitate adults, a girl who caresses a doll repeats the words of her mother, sings a doll in the crib, and it is through this one game that she develops family skills. we can observe. In addition, through games such as "Doctor", "Barber", "Shop", "Builders", "Sewers", "Kindergarten", "School - School", the interest, activity, Such qualities as respect for the

work of others, kindness and solidarity, sweetness are cultivated.

From children's fairy tales, staging of Russian folk tales "Turnip", "Bogirsok", Uzbek folk tales "Emerald and expensive", "Two goats", memorization of songs, poems, jokes Shaving exercises the child's memory, helps to develop the ability to concentrate, vocabulary, speech activity, aesthetic culture, performance skills in children, self-confidence

Moving games require agility, agility, concentration, sensitivity. Folk games include "Remember your name", "Blindfold", "White poplar, blue poplar", "geese", "bird's head", "Ball-stone", "Total "Through games, children develop motor skills, independent activity, physical strength and self-confidence. Also, playing with different toys, such as balls, ropes, horses, carts, bicycles, etc., stimulates the feeling of competition in their hearts. Ball games, in particular, help children to develop all the body movements, so the color of the balls should be brighter, lighter, softer, more comfortable for children to play. Teaching children to crawl, slide, climb, crawl under the ropes in the gym, etc. By teaching games to children, they are taught such features as gesture movement, team play, following the rules, guessing, concentration.

Through educational games, the child develops the skills of independence, activism, creativity and a conscious approach to the issue. The game is carried out by means of demonstration,

transition from simple to complex. The educator activates the child's movement during educational games, develops the ability to move independently, if the game is used correctly, it forms the basis of the child's thinking, speech, memory, ie mental education.

Through educational games, children learn about the properties of different objects and

materials used in their construction, their comparison, grouping, through the organs of hearing, construction, perception. Educational games are held in small groups as follows.

Toy games - "What do bears need?", "Our little feet", "Emerald dresses".

Table games - "What goes where?", "Show what I said", "Who has what?".

Oral educational games - "Let's bathe the puppet Lolakhon", "The puppet Lolakhan came to visit", "Wonderful bag", "Find the shape", "Find the color" `games are included.

Games play an important role in strengthening, deepening and broadening a child's economic knowledge, understanding and imagination. Because when a child plays, the world knows. The child is interested in learning more quickly what is reflected in the game and reinforces it in his memory.

Therefore, the educator should pay attention to the following requirements when organizing children's games that provide economic knowledge to preschool children or strengthen their economic knowledge: the content of the game has an educational and pedagogical value; accurate and complete perceptions of what is being reflected, play activities should be actively goal-oriented, creative in nature. It is also important to guide the game, taking into account the interests of all and some children, to use toys and necessary materials in a purposeful way, and thus ensure that children are happy and happy in the game.

When an educator directs children's play, he or she must influence all aspects of the child's personality: consciousness, emotions, will, behavior, and use it mentally, morally, aesthetically, and physically, as well as in economic education. Then, as a result of games,

children's knowledge and imagination will be enriched and deepened.

From the day a child is born, it is the responsibility of the state and society as well as the parents. The task is to bring him up healthy, smart and cheerful. State and society. The future depends in many ways on how the younger generation grows up. In turn, the development of society is determined by the spiritual level of the nation.

For educators and parents to bring up children physically fit and What should we pay attention to in development? What a great lesson in this regard does it matter? First of all, what physical qualities and skills to develop necessary? Which action games should be used? To the age of rapid development. The most important thing for a child who takes a step is to control his own body whether to go or to be strong, agile, resilient, to acquire knowledge, new to be aware of information and data or to be able to express one's opinion? In this regard, both directions are very important. Because in this direction any deficiencies, shortcomings will certainly be known soon.

At a time when the development of modern technology has increased, children have become more active. The demand is not so great. That is why recently the press and medical and physical education and sports specialists via television hypodynamics, ie physical exercise, physical labor, active movement concerned that it is declining day by day in human activities they are talking. This, in turn, is typical of the cardiovascular diseases of our century year by year. Decreased physical activity, especially for children of kindergarten age is dangerous. That is why all-round physical training is physical. The most basic stage of the educational system is preschool children you need to start with physical training. If we look at the lifestyle of preschool children, in kindergarten Children spend a lot of time drawing, doing tasks on handicrafts

spend time listening to various fairy tales and stories, watching TV, sitting and playing with toys. As a result, motor activity decreases and, as mentioned above diseases occur.

Physical activity is the viability of a child's body and is the basis of individual development. SHE IS the golden rule of health: "spend and get." subject to. The individual development of the child movement based on the energetic principle of activity. Movement activity functional induction of recovery processes (anabolism) is the main factor. Based on movement activity, the child ensures its full physiological development. Nature because of man's need to act as a child lives and develops. This need is nurtured through the system will be socially oriented. It follows that action activity acquires a biosocial status.

CONCLUSION

A healthy and harmoniously developed generation in our country nurturing the creative and intellectual potential of young people make out each of the young men and women of our country mature adults the conditions and facilities necessary for delivery created. There will be goals and objectives of physical education various theoretical knowledge, physical education of the younger generation historical laws, methods of system development, features of teaching and physical education along with giving them comprehensive and in-depth knowledge about them which is of practical importance in future business activities building knowledge, skills, and competencies. Physical education is a physical and volitional qualities in children shaping them mentally and physically A pedagogue focused on preparing for the defense of the homeland is a process and an integral part of social education appears as Highly advanced development.

The existing social conditions based on the removal of the physical energetic, with high

productivity in the production process able to work, not afraid of difficulties, as well as young people who are always ready to defend the homeland shows the need to educate the next generation. Physical education is young based on socio-historical experience is a process of comprehensive development of the generation, the formation of its consciousness, behavior and worldview

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