

## **IMPROVING SMALL MOTORCYCLES IN CHILDREN'S PHYSICAL DEVELOPMENT AND HEALTHY LIFESTYLE**

**Akhunov Umidjon Ruzibaevich**

And SUPI t.m. docent

### **ABSTRACT**

*This article provides information on ways and practical solutions to improve fine motor skills in the physical development and formation of a healthy lifestyle in preschool children.*

**Keywords:** *socio-spiritual, parent, family, neighborhood, quality culture, investment.*

### **ANNOTATSIYA**

*Ushbu maqolada maktabgacha yoshdagi bolalarning jismoniy rivojlanishi va sog'lom turmush tarzini shakllantirishda nozik vosita mahoratini oshirish yo'llari va amaliy echimlari haqida ma'lumot berilgan.*

**Kalit so'zlar:** *ijtimoiy-ma'naviy,, ota-ona, oila, mahalla, sifatli madaniyat, sarmoya.*

### **АННОТАЦИЯ**

*В данной статье представлена информация о способах и практических решениях совершенствования мелкой моторики в условиях физического развития и формирования здорового образа жизни у детей дошкольного возраста.*

**Ключевые слова:** *социально-духовное, родитель, семья, соседство, культура качества, инвестиции.*

### **INTRODUCTION**

Education is a fundamental factor for the development of a nation and the most reliable investment for the future. Like other types of capital, human capital is formed through investment, and this investment is called education. Scientific observations and research have shown that seventy percent of all the information a person receives during his or her lifetime can be obtained by the age of five. Indeed, in this period, the human child understands the world, learns his native language, awakens love for parents, family, neighborhood, homeland, prepares the ground for lifelong knowledge. The economic power of each country, the increase in the level of socio-spiritual life is

determined by the competitiveness of the education system, the development of science.

## **DISCUSSION AND RESULTS**

Great attention is paid to the development of preschool education, which is an important stage of the education system in our country. In other words, this issue has become the most important and priority direction of public policy. Today, the head of state has taken into account the best international practices in the field of preschool education, creating conditions for comprehensive intellectual, moral, aesthetic and physical development of children, improving the quality of preschool education, radically improving the quality of pre-school education. the introduction of modern educational programs and technologies, the need to improve the mechanism of training and retraining of teachers in preschool education. Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On approval of the State Standard of Preschool Education and Upbringing"

In order to ensure the implementation of the Law of the Republic of Uzbekistan, as well as to provide effective education and create favorable conditions for children of primary and preschool age, the Cabinet of Ministers decides.

The field of "Physical development and the formation of a healthy lifestyle" is divided into the following sub-areas:

large motor skills;

small motor skills;

sensomotorics;

healthy lifestyle and safety.

What exercises, games and exercises to do with children to develop motor skills Small motor skills are the ability to perform small and precise movements with the palms and fingers of the hands and feet. The field of fine motor skills involves a wide variety of movements: from simple gestures (e.g., holding a toy) to very complex movements (e.g., writing and drawing).

Fine motor skills begin to develop from birth. First, the baby learns his hands, then moves on to control them. He palpates the objects with his whole palm and then picks them up with only two (thumb and index) fingers. The children are then taught to hold objects such as spoons, pencils, and brushes correctly.

Fine motor skills are a very important feature. With it, the nervous system's ability to see is related to attention, memory, and perception. In addition, great attention should be paid to the development of fine motor skills for the development of the child's speech.

Exercises, games and exercises designed to develop fine motor skills

There are many exercises, games and exercises to develop fine motor skills. They can be divided into the following groups: finger games, games related to small objects, shape making and drawing finger massage.

Here are the simplest and most effective games:

Massage the palms. This is the simplest and most universal method of developing fine motor skills, suitable for any age. You rub the baby's palms with your finger and massage them. Your actions should be accompanied by the introduction to the joke "Hakka-crow".

Italian educator Maria Montessori, based on her pedagogical views, emphasizes the need to develop children mentally and physically, to teach them to feel. The development of sensory and motor skills in children forms the ability to write and count in infants. The essence of the Montessori methodology is to create conditions and help the child to demonstrate their personal abilities through independent activity. Montessori materials also develop logical thinking in children. It promotes the development of the child's inner strength and the formation of his personal qualities. In addition, the child's perceptions of the environment are also systematized.

### **CONCLUSION AND RECOMMENDATION**

**In** the process of education, the focus of the educator should be to meet the individual and socio-emotional needs of the child. Didactic materials selected for lessons and games should focus on the development of motor (movement) and sensory (intuition) in the child. As a result of the child's independent movement, his inner strength becomes free and he gradually acquires the ability to perform on his own even without the help of an adult.

### **REFERENCES**

1. Resolution of the Ministry of Preschool Education 802 "On approval of the State Standard of Preschool Education and Upbringing". - T .: 2020.
2. The state curriculum of the preschool educational institution "First step". - T .: 2018.
3. Sh.Sodiqova. Preschool pedagogy. T.: 2012.