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The importance of outdoor games in the formation of motor skills in preschool children

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Abstract
Aim: The purpose of the study is to develop a method of outdoor games used for the formation of motor skills in preschool children.
Methods: Literature analysis, pedagogical observation, questionnaire survey, anthropometry, pulse measurement, pedagogical experiment, mathematical and statistical methods.
Results: Development of a special set of exercises for the effective organization of the process of physical education of preschoolers, the development of physical qualities of the child, depending on the age and development of physical development and the level of fitness.
Conclusion: Results of experiment indicates a higher efficiency of the program developed by us and applied in the experimental group compared to the traditional program used in the control group.

Keywords: Motor skills, outdoor games, physical education, preschool education.

Introduction

Preschool education is considered the primary and most important part of the education system. The education of a healthy geno fund, full-fledged personnel, first of all, begins with this system. However, until now, this system has lagged behind in development. Over the past 20 years, the number of state pre-school educational institutions has decreased by 45 percent. As a result, only 33 percent of preschool-age children are covered by pre-school education institutions. (This figure is 99 percent in Denmark, 97 percent in Japan, and 95 percent in South Korea.) Educational programs on social, personal, emotional, speech, mathematical, physio-psychological, physical and creative development of children are not implemented in preschool educational institutions.

Today the Ministry of preschool education of the Republic of Uzbekistan was adopted more than 30 regulatory documents, among them "State requirements for the development of children of early and preschool age", educational program "First step" and developed it by age groups of children thematic planning, theoretical and practical complex of physical education, working journal of physical education instructors of preschool education institutions. This scientific work to a certain extent serves to fulfill the tasks outlined in the Resolutions of the President of the Republic of Uzbekistan Sh. M. Mirziyoyev № PD-2707 of December 29, 2016 "On measures to further improve the preschool education system for 2017-2021" and № PD-3261 of September 9, 2017 “On measures to radically improve the preschool education system”, decree № DP-5198 of September 30, 2017 “On measures to radically improve the management of the preschool education system”, as well as in regulatory documents in this area(1,2).

Research objectives:

scientific and practical justification of the indicators of normative movements and analysis of daily active movements, as well as the level of physical development of preschool children in the age section;

development of a program to improve the skills of preschool children in the process of physical education;

optimization of regulatory documents and activities of physical education instructors in preschool educational institutions.

Methods

In preschool institutions, the daily schedule is organized through clearly defined activities in the following age groups: junior (3-4 years); middle (4-5 years); senior (5-6 years), preparatory (6-7 years). The educational institution conducts educational work in 5 areas, the initial link is the organization of physical education and a healthy lifestyle(3,4). With the regular organization of physical education classes, children develop motor skills and improve their skills. During some classes, the main focus is on teaching children new physical exercises together with previously learned ones; during other classes, attention is paid to the degree of development of motor material by children. The implementation of the

goals and objectives set before the physical education class, as well as the results achieved, are associated with the ability to correctly divide the classes into parts and activities in them (see figure 1).

heights, rolling balls to each other, developing a two-handed throw from below, from the chest, above the head(5,6) (see table 1).

During the pedagogical experiment, a statistically significant change (with a degree of

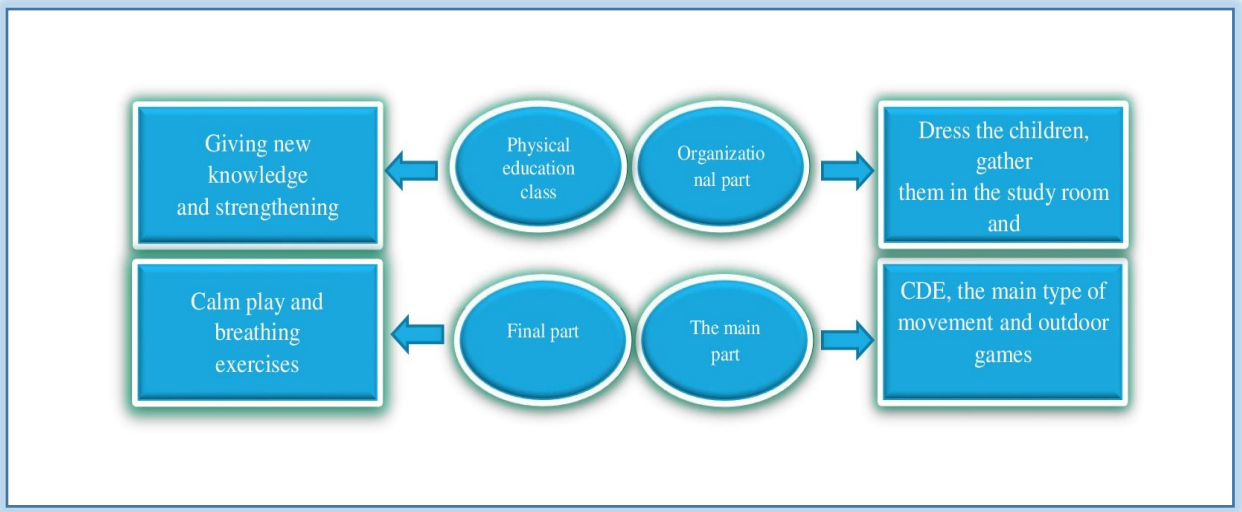


Figure 1. The distribution of the classes, giving new knowledge and enshrining them according to results.

In the course of the study, based on the physical education program, we gave a characteristic of the development of motor skills and skills of large, sensory and fine motor skills of preschoolers when performing movements. The appropriate outdoor games are selected in order to strengthen the child's motor skills in performing basic motor exercises, such as walking, running, jumping, rolling, throwing, grabbing

significance $p<0.05$) was revealed in the control group in the height of the subjects (tst=2.57), in weight (tst=2.63) and in the results of throwing a 150 gram sandbag (tst=2.55). For the remaining three indicators (the values of tst varied between 1.72 and 1.85), statistically unreliable changes were observed during the pedagogical experiment ($p>0.05$). Body height, weight, growth dynamics for the selected exercises:

Table 1. Recommended outdoor games for the development of motor skills and abilities of children from 5 to 7 years old

№	Gross motor skills	Names of games that form motor skills and abilities	Fine motor skills	Names of games that form motor skills and abilities	Sensorimotor skills	Names of games that form motor skills and abilities
1	Walking one after the other in formation	Train	Self-buttoning and unbuttoning of clothes buttons	A diligent child	Throwing the ball with both hands forward or up	Throwing up
2	Snake walking (zigzag)	Snake	Collects small toys in a box	Tying shoelace	Throwing a small sandbag	Throw
3	Walking in a column of one or two without holding hands	Relay race	Stringing large beads on a thread	Creative game	Catching a thrown ball	Catch a ball
4	Traversing items in large steps	Agile	Correctly holds the pencil and brush with fingers	Painting	Rolling the ball with two hands	Pass the ball!
5	Running with a change of direction	Victory is ours	Place the figures in the appropriate places	Geometric board	Throwing the ball with two hands forward	Creative ball games

(receiving the ball), crawling, climbing, keeping balance, as well as jumping from different

running for 10 meters, long jumps from a standing position, throwing a 150-gram sandbag,

jumping with a jump rope of 6-7-year-old subjects of the experimental and control groups preparing for school during the pedagogical experiment are shown as percentages (see figure 2).

In the preparatory school control group, the largest growth (10.51%) occurred in the weight of the subjects, as well as when the subjects ran 10 meters (8.17 %), the smallest growth (4.85 %) was revealed in the long jump from a place, the average growth rate in the control group was 7.49 %. There was a superiority of the results during the pedagogical experiment in all the exercises of preschool children of the experimental group over the results of the control group. In particular, for the four exercises studied in the control group, the arithmetic mean value of relative growth was 13.32%, the lowest relative growth was observed in the subject's heart rate (HR) for one minute-4.66 %, the highest relative growth in the dynamometry of the right hand was 9.33% .

gram sandbag (tst=2.55). For the remaining three indicators (the values of tst varied between 1.72 and 1.85), statistically unreliable changes were observed during the pedagogical experiment (p>0.05). Body height, weight, growth dynamics for the selected exercises: running for 10 meters, long jumps from a standing position, throwing a 150-gram sandbag, jumping with a jump rope of 6-7-year-old subjects of the experimental and control groups preparing for school during the pedagogical experiment are shown as percentages (Figure 2).

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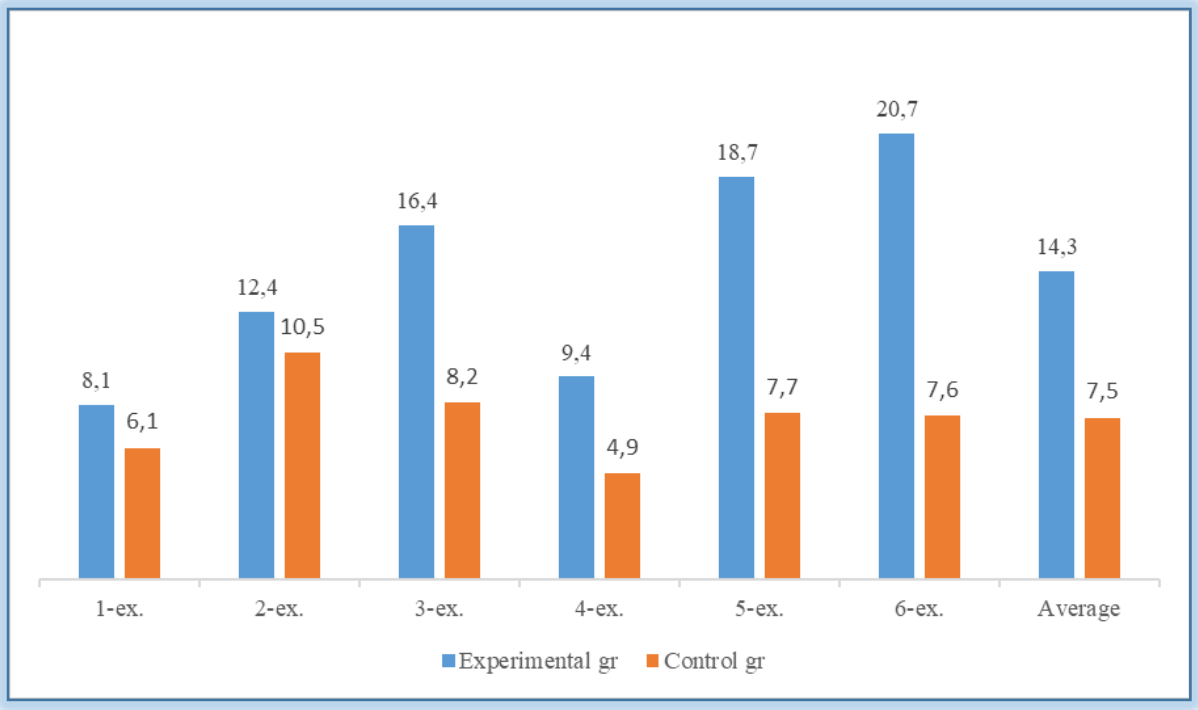


Figure 2. Growth dynamics for the selected exercises of 6-7-year-old subjects of the experimental and control groups preparing for school during the pedagogical experiment (%).

Results and discussion

During the pedagogical experiment, a statistically significant change (with a degree of significance p<0.05) was revealed in the control group in the height of the subjects (tst=2.57), in weight (tst=2.63) and in the results of throwing a 150

average arithmetic value of relative growth was 13.32%, the lowest relative growth was observed in the subject's heart rate (HR) for one minute-4.66 %, the highest relative growth in the dynamometry of the right hand was 9.33% .

In children of senior preschool age, the 6-7 -year-old control group, the average arithmetic

value of growth for 3 unlearned exercises was 6.96%, the lowest relative growth in this group was revealed in the energy spent during the distance for 20 minutes-5.89 %, the highest growth was observed in the number of steps taken by the subject for 20 minutes – 7.60 %.

The indicators of motor activity of the subjects of the experimental group changed during the pedagogical experiment, the smallest changes occurred in the energy spent by the subjects when passing the distance for 20 minutes – 8.89% and the largest changes in the number of steps taken by the subjects for 20 minutes – 15.50%, the average increase in results for three exercises in the experimental group was 13.17% (Figure 3).

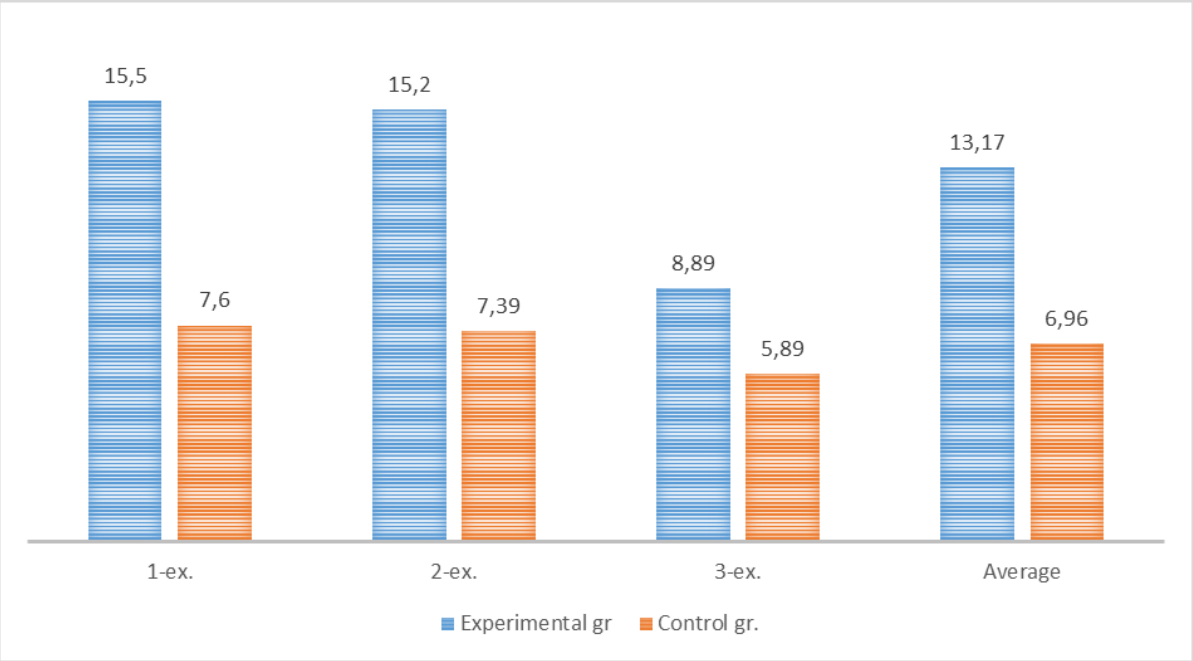


Figure 3. Dynamics of changes in the results of motor activity of 6-7-year-old subjects of the experimental and control groups preparatory for school (%).

From the results of the experiment, it became known that if we educate on the traditional summer program 3-4 year olds, their body length and weight by the end of the experiment increased by 4.96, respectively, and of 10.59 %, then educated at the optimized experimental group, EG, the figures were of 6.36 % and 12,02 %. Similarly, physical abilities (running for 10 m, long jumps from a standing position and throwing 150 grams of weight) in EG children were characterized by a more rapid growth than in control group, CG, children, i.e. the growth rate of speed and strength ability in this group rose to 9.72-16.58% (P<0,001). And in CG, these indicators are equal to 5.68-6.56% (P>0.05).

The arithmetic means of the results for the test exercises selected for the study of speed-power qualities, and indices of physical development (anthropometry) in terms of age of the children in the experimental groups of younger preschool age (3-4 years), medium (4-5 years), senior (5-6 years) and preparatory school (6-7 years) groups, high and statistically significant growth in the EG compared with the results of CG during the pedagogical experiment (3-4 year olds CG 6,35%, EG 13,35%; in the summer of 4-5 CG of 6.74%, EG 14,92%; year 5-6 KG of 7.22%, EG 14,30%; in 6-7-year-olds (CG 6.96% and EG 13.17%), they indicate that the method of physical education developed by us and applied in the experimental group is more effective than the traditional program used in the control group.

Conclusion

Based on the results of a pedagogical experiment conducted to determine the motor activity of children, their analysis, conclusions and mutual comparison of recorded statistical indicators, it was revealed that the average arithmetic values of the results shown in the age section by children of the experimental group of preschool age during the pedagogical experiment are relatively higher than the results of the control groups of the corresponding age (in 3-4 – year olds in CG 7.03% and in EG 11.26%; in 4-5-year olds in CG 7.87%, in EG 12.67%; in 5-6-year-olds in CG-8.15%, in

EG-13.34%).%; in 6-7-year olds in CG-7.49%, for EG-14.16 %) and they statistically significantly changed progressively. This indicates a higher efficiency of the program developed by us and applied in the experimental group compared to the traditional program used in the control group.

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