

**THEORY OF PHYSICAL CULTURE AND TEACHER OF THE
DEPARTMENT OF METHODOLOGY
THE ARTICLE REVEALS GAMES BASED ON THE INTELLECTUAL
DEVELOPMENT OF 4-5 YEAR OLDS THROUGH PHYSICAL PLAY.**

Muxitdinova Nigora Mexriddinovna
Bukhara State University

Abstract: *The article reveals games based on the intellectual development of children 4-5 years old through physical play.*

Key words: *preschool education, physical and intelektual deveopment physical game, mexanizm, correction, game, sports elements*

I. INTRODUCTION

The head of our state pays special attention to the development of preschool education system in the first and main part of the education of the younger generation. At the meetings held on August 16 and October 19, 2017, this issue was discussed in detail. The decree" on measures to radically improve the management of the preschool education system "and" on Organization of activities of the Ministry of preschool education of the Republic of Uzbekistan" were adopted. The following tasks were set for this decision:

- in-depth assessment of the situation of pre-school educational institutions in places;
- step-by-step elimination of shortcomings in the field;
- formation of address list on construction, provision and equipment of preschool institutions;
- to attract qualified pedagogical personnel who are well versed in their work in the process of children's education. [1].

On March 5, 2018, the Decree of the President of the Republic of Uzbekistan "On radical improvement of public administration in the field of physical culture and sports" was adopted. tasks such as the construction of sports facilities and their commissioning. [2].

A person who is truly physically healthy, in turn, will have a broad outlook, sound thinking, intellect, mind, and reasoning. Human education is recognized as purposeful only when physical and mental activities are carried out together. We all know that the XXI century is the age of information technology. The interests of children in this period are becoming more and more computer games and the Internet.

In fact, we need to develop such a complex that from the earliest stages of a child's life we need to form an interest in physical games and, if necessary, awaken love. Therefore, there is a need to create, collect, apply to the school of life, to develop ways and means of development, a single set of physical games that will serve the intellectual development of the younger generation.

There are also research and PhD dissertations on the role of physical education and sports in the physical and mental development of preschool children, as well as issues of physical education of the younger generation. After the independence of Uzbekistan, radical reforms have taken place in the field of education. In particular, the adoption of the Law "On Education" and the "National Training

Program" of August 29, 1997 is a vivid expression of our opinion. According to this program, the most basic and basic stage of education is the stage of pre-school education. The most necessary process of education and upbringing is carried out in this type of education.

To date, a number of studies have been conducted on the importance of movement games in the system of physical education, the order of conduction, the positive effects on the child's body. Including X.B. Tulenova, [3].T.S. Usmonxo'jaev, Xo'jaev F. [4], Usmonxo'jaev T.S. [5] Studies by scientists such as found that children's physical development and physical fitness, sluggish physical activity. One of such works is the work of Professor T.Usmonkhodjaev. The scientist mainly focuses on children's moving games, classifies and describes them.His research has developed new conceptual approaches to the concept of physical maturity of the younger generation, taking into account the specific conditions of Uzbekistan. In her research, MS Masharipova focuses on the targeted organization of children's potential activities in preschool institutions. According to him, it is important to improve the physical and mental health of preschool children, to develop the child's motor skills, to increase the interest in movement on the basis of vital needs, such as agility, strength and courage, and to find effective means to this end.

The solution to this problem, in our opinion, is to create a unified socio-pedagogical conditions that ensure a holistic educational process, balanced all-round development of the child, including physical and personal development. Many of our scientists have done research on the physical and mental effects of movement games on a child's body but I want to focus on developing children's intellectual activity through physical games in a scientific article. In a scientific article, I found it necessary to develop separate games to strengthen the role of physical games in the mental development of children aged 4-5 years.

Preschool is a period when a child has a strong desire to grow, develop, strive for self-expression, to learn, to know. During this period, it prepares the ground for the development of the child's human qualities and mental potential. The role and importance of physical education and sports in the formation of a child in all respects is very important. In particular, the development of games develops in accordance with the interests and needs of the child. In particular, the use of action games is advisable.

Exercises are based on correctional-educational tasks. By organizing them, the prevention of psycho-emotional disorders in children can be achieved by improving children's relationships with adults and peers. The exercises are in the form of rubbing and are mainly designed to activate children. The development of games in terms of their content, in terms of developmental structure - concise, and in terms of conduct - is in a non-traditional form, aimed at the development of children mentally, emotionally, physically, spiritually mature.

The exercise included educational, pedagogical, action-oriented games using developmental environmental factors. We would also like to emphasize that we use a more active play program in preschool children. Moving games leave a very good impression on children during the game, give them fun and high mood. But it is also important to create a set of games in the child that will have a positive impact on the physical and intellectual development of the child.

At the end of each recommended physical game, conclusions are given about how a child's activities affect his or her mental development. The game is held in collaboration with parents to help children.

Physical games that develop a child intellectually are made up of tasks that are unknown to children and require them to use their mental abilities. The mental development of a child has many characteristics. Physical games should be chosen in such a way that the tasks given to children fulfill the most necessary features that represent their mental development. If the tasks given in physical games do not correspond to the age characteristics and specific levels of development of children, it is possible to draw completely wrong conclusions about the child's mental activity. The type of human activity is divided into 3 types. 1. The game. 2. Reading 3. Work. Since this article is about the intellectual development of preschool children through physical games, one of the types of activities reveals the peculiarities of play.

In early childhood, a person is accompanied by play activities. So what physical games can be used for the intellectual development of children of kindergarten age?

For example, breaking up an entire object into small pieces, combining the discarded parts, moving the various labyrinthine paths with dexterity and agility, and finding the right path at the right time. Physical games that serve the mental development of such a child help the kindergarten-age child to develop his mind, thinking, physical and mental abilities such as agility and dexterity. At the same time, it is advisable to use music and various sports elements in the selection and creation of physical games.

Game 1 "Let's move to the accompaniment of music"

Try to do the physical activity you like first slowly, then faster. Depending on which part of the body (arm, leg, or body you are doing the exercise, hold your child in a comfortable position to do the exercise.) Sing the song softly during the exercise. Accompanied by music, the exercise will help your child concentrate and develop movement skills.

Game 2 "Pick up the ball"

Put your child on a certain side and collect balls of at least 3 different colors around him (red, green, white) Tell your child to take turns telling the color of the ball and roll it towards you. This shapes the child's finger movement and ability to aim.

Game 3 "Let's separate the colors"

How to play this game: Spread balloons of 3 different shapes (green, red, black) around the child, put 3 baskets in front of him and tell him to fill one basket by separating each color. In the process, the child distinguishes colors, imagines objects in nature, and develops the child's physical qualities such as speed, agility, concentration in the psyche, and sensory ability in the fingers. Another unique aspect of games is to strengthen the child's attention and memory.

Game 4 "Find your home"

1. How to play 3 types of houses (we use children's legos) are made in the designated area and it is explained that one of these houses is a child's play. The child remembers the shape and color of the house that belongs to him, in which part of the house it is located.

2. He is given (10-15 seconds) to find his home. The child will have to find his home during this time.

During this game, the child tries to complete the given tasks with shapes, colors, as well as speed and agility.

Game 5 "Disappeared"

The game is designed for children up to 5 years old and can be played by at least two people. The purpose of the game: to develop attention and short-term memory of children; Learn to memorize targeted information, teach honesty.

Materials: Several small toys.

Game Traffic:

If you have multiple children, you should choose a leader at the beginning of the game, and if you are playing with one child, it is recommended that you take a leadership role. A few small toys are placed on the table. Children are encouraged to remember what is on the table. He then plays and the leader hides something and asks the participants to guess which element is missing. Points are awarded for each correct answer. The winning child is encouraged.

Note: There are situations where a child cannot cope with the game because he or she still needs a means to master arbitrariness and memorization.

In this sense, "point to point" (the child himself) and the point at which these objects are placed and their spatial location are introduced to the spatial location you need to remember and repeat. The child is invited to play each toy (one of the things you need to keep in mind), look, feel, watch the emotions, then the toy is explained. "Explain to yourself" is no coincidence: no one else can barely understand this explanation because group members often don't have the concepts of "left," "top," "bottom," and "bottom."

At first, all the processes are loud, with a whisper after a while, then to myself. Then just finger the toy. As a rule, this method of memorizing the result is not bad. Mistakes start again when the child just tries to remember.

Game 6 "Buttons"

The game is designed for five-year-olds (the simplest selection of buttons). Two people can play. The purpose of the game: To develop the memory and attention of preschool children; Learn how to memorize objects.

Materials: Two different buttons are set (for each player) and no buttons are repeated in the set. The number of buttons set depends on the difficulty level of the game: no matter how difficult the game is, you can hold three buttons first, but at the same time you can get a set of players in front of the players which of these buttons. Each player must have a playing field square separated by cells. The harder the game, the more cells there must be on the field. To get started, you can get a playground that contains four or six cells.

Game Traffic:

Displays three buttons on the game field. The second player in the game should appear where the buttons are located, after which the first player closes his field with a handkerchief or sheet and in the second he has to select the desired buttons and place them on the playing field accordingly. The first player then opens his playing field and both check the correctness of the task. While the game continues at the team level, memory time and hearing time and hearing are not taken into account by the complexity of the game, the time limit should be one of the conditions of the game. The player who makes no mistakes wins.

In the performance of these recommended games, of course, time must be taken into account. During the performance of games, the child develops psychological stability, such as attention, sensitivity, perception, as well as physical qualities such as speed, ability to aim, agility.

CONCLUSION.

Physical play raises the emotional state of the child, helps in the development of colors, shapes and their peculiarities, as well as mental development and sensory abilities. It is advisable to use a variety of sports equipment), mainly in the formation of movements in the child. Especially the movements performed with the ball allow the development of the child's psyche and motor skills. Out of the elements, the ball is of great interest to the child with its originality and appearance. Especially the presentation of balls painted in different colors to the child gives him aesthetic pleasure. It takes a certain amount of time for children to develop the skills of throwing the ball. The 3-year-old has no preparation phase, the throw is weak, and the approximate target direction is unclear. Only 10-12% of boys at this age are able to perform a proper throwing motion with the right hand. Girls, on the other hand, do not have throwing skills at all. Even at the age of 4, some girls do not develop this skill. But as a result of continuous repetition of physical movements, even a 3-year-old child can develop physical qualities strength and endurance. The preschool period is when a child has a strong desire to grow, develop, express himself, learn, learn. The earlier education begins with a preschool child, the earlier the results will be seen. Therefore, the development of children's mental activity becomes one of the main tasks. To do this, it is necessary to develop his large and small hand motor skills. Because human hands and fingers have nerve fibers. Through fingers, a person receives information. A child's fine motor skills affect his or her speech, logical thinking, and mental formation. When children's hand and wrist motor skills are developed properly, brain activity improves just as well. The development of motor skills of the fingers leads to the following conditions:

- development of mental activity;
- development of coordination;
- increase memory and attention;
- The formation of the ability to hold objects.

For example, performing a single physical movement with objects (balls, clubs, ribbons) gives an idea of the nature and appearance of the object. Acquires knowledge of the shape, appearance, and significance of an object needed to perform an action.

In the 3rd year of a child's life, involuntary perception becomes a goal-oriented, selective perception in an older child of preschool age, and observation is formed. During this period, the more physical exercises are performed with objects, the more the child will have a thinking about the quality and characteristics of the object. This, in turn, expands the scope of the child's imagination, develops the nature of mental activity, expands the activity of speech growth, the formation of new thinking. The child first develops the ability to divide all things and objects into pieces and then generalize. The child will involuntarily remember what he sees in his impressions if he is interested in it. Exercise - the more a person who accompanies a child in the process of organizing games, leans on him, that is, often tells him that he is defeated, the more interest and high emotional mood the child has. Because this situation helps to increase the child's self-confidence.

REFERENCES

1. The meeting held on August 16 and 19, 2017, the Decree "On measures to radically improve the management of the preschool education system" and the resolution "On the organization of the Ministry of Preschool Education of the Republic of Uzbekistan."
2. Decree of the President of the Republic of Uzbekistan dated March 5, 2018 "On radical improvement of the system of public administration in the field of physical culture and sports."
3. Tulenova X.B. Improving the physical education of children aged 5-7 in preschool institutions. Ped.fan. candidate.ilm.daraj.write to get..dis. - .T.: 2000. -125 p.
4. Usmonxo'jaev F.S. Xo'jaev F. Moving games.T.: Teacher.1992. -180.b
5. Usmonxo'jaev T.S. 1001 games. - T.: Ibn Sino.1990, -350 p
6. Rahimov J. The role of the author's personality in physical education. T: Teacher. 1983.
7. Action games: Methodical manual. Developer: A. Qosimov. -T: Teacher. 1983.
8. Mukhitdinova N.M. Methodology of physical exercises and games in preschool educational organizations // Problems of Science. No. 9 (57), 2020. P. 81-83.
9. Mukhitdinova N.M. The mechanism of intellectual development in preschool children with the help of sports games // Academy. 2019. From 92-93.
10. Yusupova Z. Sh. Methods of organizing physical training in preschool educational organizations // Problems of science. No. 9 (54), 2020.P.46-48.
11. Muzafarova F.B. The influence of the use of teams and competitions in the study of motivation and motor skills of new skills in physical education // Problems of Science. No. 9 (57), 2020. P.78-81
12. Afraimov A.A. The place of physical education lessons in the physical development of young people // scientific 21st century April 2019. pp. 89-90.
13. Davronov N. I. Development of physical qualities of children in the heritage of our ancestors // European Journal of Research and Reflection in Educational Sciences Vol. – 2020. – T. 8. – №. 3.
14. Davronov N. I. The concept of physical education and physical culture // УЧЕНЬИЙ XXI ВЕКА. – С. 91.
15. Давронов Н. И. «Авеста» как ценность и источник по физическому воспитанию молодежи //Педагогическое образование и наука. – 2020. – №. 1. – С. 87-91.
16. Давронов Н. И. Предотвращения вредных привычек у подростков на основе физической культуры и спорта // European Research. – 2018. – С. 132-134.
17. Mamurov B. et al. Acmeological Approach to the Formation of Healthy Lifestyle Among University Students //III International Scientific Congress Society of Ambient Intelligence 2020 (ISC-SAI 2020). – Atlantis Press, 2020. – С. 347-353.