

**DEVELOPMENT OF FLEXIBILITY QUALITIES IN PRESCHOOL EDUCATIONAL  
ORGANIZATIONS ON THE BASIS OF PHYSICAL EDUCATION AND HEALTH  
ACTIVITIES OF 6-7 YEARS OLD CHILDREN**

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**Annotation.** At a time when more and more attention is paid to preschool education, the problems of physical development of preschool children are considered as one of the most important issues. With the growing demand for the quality of children's physical development, there is a significant rejuvenation of the highest achievements in sports. In this regard, experts are faced with the problem of identifying the means and methods that will allow children to master the increasing number of problems and difficult physical movements in a short time and achieve a high level of physical fitness.

**Keywords:** flexibility, play, static, preschool organization, 6-7 years old preschoolers, physical education classes.

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One of the ways to solve this problem is to teach 5-6-year-old children the quality of flexibility. The experience of many specialists and coaches indicates a real opportunity and necessity for successful and effective work with preschool children. Physical education of preschool children is a modern preschool education. It is one of the most important directions in the practice of education and training. Flexibility is the main quality of gymnastics, and training for children begins at the age of 4. The results of physical training depend on the level of development of flexibility. Flexibility can and should be developed at the age of 4-5 years.

The problem of the child's physical development has not been sufficiently studied in different periods of childhood, and this activity is determined by the development of children's physical qualities.

The purpose of the study: to study the characteristics of flexibility development in preschool children.

Research object: physical education training for the development of flexibility of preschool children within preschool education organizations.

Research subject: the process of developing flexibility in older preschool children.

Research hypothesis: it is not only possible to develop the quality of flexibility, but it is also necessary to develop it in children of preschool age, which contributes to the general physical development of children and later to achieve high sports results.

Research tasks:

- to analyze the theoretical rules of the problem of developing the flexibility of older preschool children in physical education and fitness classes in a preschool educational institution;
- To study the methodical basis of flexibility development in older preschool children at MTT.

Research methods: analysis of theoretical rules and exercises on research problems.

Physical abilities related to the quality of flexibility are a necessary condition for full-fledged physical development.

Flexibility depends on the elasticity of muscles and joints and determines the limits of the amplitude of movements. It is measured by the maximum amplitude of movements evaluated in

angular or linear values (centimeters). The research conducted by G.X. Ibroimova emphasizes the need to develop flexibility in order to master the techniques of physical qualities in various sports (gymnastics, movement games, sports elements, etc.), as well as the implementation of movements in the research process. It has an optimal level of flexibility development. Children's movements are very clear and reasonable, which greatly facilitates movement and saves energy.

According to A.K. Eshtayev, the development of flexibility creates favorable conditions for improvement of other physical qualities. Nevertheless, the problem of development of flexibility in children of preschool age has been studied very little in our country.

In modern pedagogical technologies, this problem is not given enough attention, the physical exercises used indirectly affect the development of these physical qualities. The results of testing the physical fitness of preschool children obtained by representatives of the field show that only 40% of preschool children have positive results of flexibility. Physical training programs based on acrobatic exercises for preschool children are not supported by sufficient experimental research. In this regard, the main goal was determined: to determine the features of flexibility development in 6-7-year-old children.

Flexibility, as a morphofunctional feature of the locomotor system, which describes the level of movement of its joints, depends to a large extent on innate biological factors. can have a significant effect on the development of physical quality. They showed the specific effect of static exercises on the development of flexibility in adults. In the process of stable development of a certain body weight, when performing individual static exercises, smooth and gradual stretching of muscles is observed, in this process, reflex muscle contraction occurs. In the process of performing contraction exercises in muscles, compared to static stretching, there is twice as much tension, and the reflex muscle contraction returns to the initial state.

Thus, it is recommended to use static exercises to develop the flexibility of adults. Performing static exercises in musculoskeletal systems develops balance and depends on the quality performance of any movement. Static exercises were developed for adults and are aimed at improving the physical and mental abilities of many systems of a person. One of the oldest fitness exercises is Hatha yoga, in which static exercises are a means of developing flexibility. Currently, the system of stretching exercises is widespread. its essence is that with the help of slow and smooth movements (bending and writing) aimed at stretching a certain muscle group, a certain state (position) is taken and held for a while. But no matter how effective the systems listed above are However, they are intended for adults. When working with children of preschool age, using them without changes can harm the immature organism, not taking into account the psychophysiological characteristics of children. According to the results of the conducted research, hygiene and health protection of children and adolescents -experts of the research institute single out 6-7 years of age as the most unstable period in the physical development of children. the processes of tension and relaxation differ, and the child's ability to master a complex program of movements improves in connection with intensive morphological and functional training of the cerebral hemisphere.

On the other hand, despite the well-developed muscles of the trunk and limbs, which most actively ensure the vertical position of the body, the small muscles of the spine, neck, chest and back are lagging behind in development. with, if the muscular systems are not proportionately strengthened, the forced development of flexibility can cause overloading of the joints and improper development of the locomotor system.

Before and after the experiment, the following tests were used to observe the flexibility dynamics of musculoskeletal system connections. To determine the flexibility of the spine - "Bend back while standing", "Bend to the sides", "Bend forward while sitting". The result was measured in

centimeters. To determine the flexibility of the pelvis, the tests "Leg back", "Leg forward, sideways" are used.

The flexibility of the shoulder girdle part of the trunk was determined using the tests "Moving the hand from above back", "Moving the hand from below back". The result was determined by degree measurement.

For shoulder and elbow joints - "Archer", "Zamok", "Swan", "Mountain" exercises.

To develop spine flexibility - "Suitcase", "Snake", "Cat", "Boat", "Swallow" exercises.

For the development of the hip joint - "Tree", "Full forward bend", "Side bend to the end", "Butterfly", "Obstacle", "Big shot" exercises. Some exercises were adapted and changed taking into account the physiological characteristics of 6-7-year-old children.

Our research has shown that it is appropriate to include static exercises for the development of flexibility in a set of general development exercises that have a specially designed movement system and can be performed at different muscle tension, different speeds, amplitudes, different rhythms and tempos.

In this case, the development of the quality of flexibility is carried out without harming other types of active movements. In addition, general development exercises are performed after a short preparatory part, which has a positive effect on flexibility, stretching of warmed muscles gives a more effective result.

The correct selection of exercises of various nature and their rational combination largely determines the effectiveness of physical education.

Means and methods of developing the physical quality of "flexibility" in children aged 5-6 years.

All exercises for the development of flexibility with children can be divided into two categories: Dynamic (Ballistic) - (jumping, rhythmic movements, frequent dynamic, fast, isotonic, kinetic stretches.

Static - exercises that involve the maintenance (correction) of certain conditions. Umarov M.N. (2015) suggested dividing all exercises into groups based on the way muscles work: as well as static, dynamic and combined. The effect of joint stretching exercises is provided by internal and external influences. When they are performed, variable active and passive movements are observed. For example, with the help of a partner, slowly raise the leg forward and hold it at a very high point for 3-4 seconds.

The main method of developing flexibility is the multi-repetition method, which involves performing stretching exercises in a row, several repetitions of each, and performing active rest periods between the series to improve the child's mobility.

Depending on the tasks to be performed, the method of stretching, age, gender, physical fitness, the structure of the joints, and the load at the time of its application can be very different. These methods have different options: the method of repeated dynamic exercises and the method of repeated static exercises. The basic statistics of liq. are as follows: maximum control, complete (small) immobility, etc.

The method of static stretching is very effective from a scientific point of view for increasing the amplitude of the conditional movement. Ratios for static stretching: physical exercises are associated with less energy consumption, less muscle strain and relief from muscle stiffness.

Methodology of conducting physical education and fitness training for 6-7-year-old children in the conditions of a preschool educational institution.

Flexibility exercises can be done passively, independently, with the help of partners, or with weights. Active exercises are divided into weightless exercises (dumbbells, dumbbells, barbells, etc.).

Methodological basis of flexibility development in preschool children general flexibility is achieved in the process of performing many and varied exercises aimed at comprehensive

physical development. Among the complexes, there are many exercises that develop additional mobility. These are various bends, turns, swings, etc., performed at maximum amplitude. General flexibility is the basis for the development of specific flexibility. Special flexibility is carried out during the performance of special exercises, which increases the mobility of the joints strictly corresponding to the specific characteristics of physical exercises. Special flexibility is provided in the process of performing special exercises that increase the mobility of the joints that strictly correspond to the characteristics of the selected exercise.

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