

Organizing Morning Exercises

*Sanayev Ikram*¹

Annotation: It has been reported that the importance of morning physical education is high in the formation of the growing young generation to be mature, energetic, mentally and physically strong in all aspects.

Key words: morning physical education, wellness, preschool education, motor functions, technique, high maturity, physical fitness, flat feet, proportional receptors, physical exercises, health promotion.

Healthy types of morning physical exercises. Children of pre-school educational institutions include morning physical education exercises. These types of morning physical education exercises are used for the purpose of all-round physical improvement of participants, strengthening of health and improvement of movement functions. Sports in morning physical training. This group includes morning physical exercises. These types have a sports orientation and are promoted as sports. The purpose of these is to achieve high perfection in the technique of performing exercises, to show high sports skills, and to be able to perform many complex morning physical training exercises based on high physical training in all aspects. Practical types of morning physical exercises.

Morning physical education is a form of practical exercises. Morning physical education is used to restore the child's health more quickly and fully, and is also used to develop physical qualities. Means of morning exercises - line-up exercises, types of movement and dance steps; types of general rhythmic exercises performed without objects and with objects (sticks, dumbbells, bars, balls, etc.), and practical exercises (running, jumping, crawling, skipping).

The main forms of morning physical education in preschool educational institutions, morning physical education is held before training. Its importance: preparing the body for the training process.

Morning exercise lasts 7-15 minutes. Physical education exercises consist of 5-7 exercises. The most weight is spent in the middle of training. Morning exercises in groups of kindergartens perform health and educational tasks. Being an integral part of the daily routine, it is mandatory for every child. Every day after waking up (after 5-7 minutes), specially selected 7-12 physical exercises activate the activity of the body for 10-15 minutes, have a positive effect on the skills of proper growth of the body, warns of flat feet.

Participating in morning exercise provides a daily morning exercise routine that is beneficial for children. The level of productivity of mental and physical work will be somewhat reduced. The importance of morning physical training is that the central nervous system receives a stream of signals from the receptors of powerful analyzers, especially from the proportion-receptors, which restores the norm of the central nervous system's rapid arousal and fitness for work. If the morning exercises are combined with the effects of skin receptors on cold and water, the process of excitation of the nervous system will be started faster. The effects of certain observers in the external environment (water processes, fresh air and the influence of the sun) help the body to train, along with the excitement of the nervous system.

Morning exercise helps to increase blood circulation by moving all parts of the body and muscle groups. Restoration of normal activity of the heart and lungs increases the level of normal metabolism. It improves the strength, speed and coordination, the stability of the physiological functions of the

¹ Physical education teacher, school 24, Kitab district



movement apparatus and internal organs by the central nervous system, it helps to preserve the specific chemical properties of the developing muscles during systematic muscle exercises.

Exercises should not cause fatigue. Therefore, it is necessary to gradually move from simple exercises to slightly more complex exercises, and at the same time, it is necessary to gradually increase the tension on the body. Intensities are increased by increasing the difficulty of the exercises, by increasing the number of repetitions, increasing the speed of the movements, and reducing the rest between certain exercises.

The content of the exercises includes general developing arm and shoulder exercises, leg exercises, body and neck exercises, which are categorized by the anatomical features of rhythmic physical education. It is known that various physical characteristics are developed and perfected due to the characteristics of movements and the effect of one or another exercise. Therefore, to speed up orientation and summation of exercises, groups of exercises are grouped according to their anatomical features, each of which has multiple effects. divided into groups: exercises for strength, exercises for flexibility, exercises for self-conditioning, exercises for developing coordination and speed of movements, exercises for testing will. Exercises for the waist are divided into separate groups, which form the main, heaviest part of the training. Regular exercises are the main ones - running, jumping, dance moves, and other nerve-controlling exercises:

- a) It is necessary to transfer the exercises from light walking to light running, while walking and running, it is necessary to pay attention to the uprightness of the body. It is necessary to keep the head straight, the set of exercises begins with the proper posture of the body, performing special exercises necessary for relaxation;
- b) 2-3 exercises of general effect should be performed. These are usually simple, low-impact exercises. They stimulate the activity of the heart and blood vessels, the respiratory system and metabolic processes;
- c) Then exercises for arms, muscles, shoulders, body, and legs are performed. At this time, each part of the body should be joined one after the other. The execution of the exercises will increase in the next parts; different groups of muscles will be added to the work. Exercises for the trunk (bends, twists) strengthen the abdominal muscles, support and develop the mobility of the spine;
- d) And then 2-3 exercises of a strength-using nature are performed with all parts of the body (arms, abdominal muscles and body). After active muscle fatigue, 1-2 exercises should be performed to relax the muscles;
- e) followed by jumps. They strengthen the leg muscles. After jumping, it is necessary to switch to walking with less exercise. 1-2 breathing exercises calm the body allows it to happen;
- f) a set of exercises with proper body awareness exercises will be completed.

Methodical feature of morning physical education.

Characteristics of physical education exercises. Rowing exercises are easy range of motion exercises.

1. General development exercise (morning exercise is widely used in all types of physical education. This is a not so difficult movement exercise), that is, to deepen the physical ability of various muscle groups, to acquire elements, movement skills, with objects work is done in order to develop general physical fitness.
2. Physical education is a means of active interaction of additional training and skills with the environment.
3. Free exercise is a type of morning physical training aimed at increasing and developing endurance.

Morning physical education tasks are:

- to normalize model parameters related to a person's health according to the criteria specific to his physical condition:



- maintaining physical loads to the norm:
- health- activities that have an optimal exercise effect on him in order to reach the model level of health and maintain it. Conditions for training in morning physical education.

Creating conditions for teaching physical education includes several conditions. This includes training of educators and the use of various methodological and technical tools. The exercises taught by the teacher should be deep and perfect. Before teaching, the tutor must have a work plan. There should be a sequence of actions in it. He should know the qualities of each child, the conditions of the exercises. Most often, when teaching exercises, the teacher uses ready-tested teaching methods.

In this case, it is necessary to determine the model of the teaching method. The teacher's behavior during the training is of great importance. He should carefully monitor the child's movement and always evaluate it, help the child in time, facilitate the execution of exercises, correct mistakes if difficulties arise. Managing the teaching process in this way is a creative process on the part of the educator and defines pedagogical skill.

Physical minutes (short-term physical exercises) are held in intermediate, kata and preparatory groups during the break between classes, as well as during the course itself. The importance of the physical moment is to replace the child's activity and state through movement activity, which will relieve fatigue and restore the child's emotional and positive state. If the child stays relatively still during the training process, exhaustion occurs. Boredom increases due to the violation of the same work and training load, which weakens the attention of children. This is explained by inhibition that develops in the cortex of the brain and the child's ability to learn learning material. He starts to get distracted, his attention activity and perception decrease.

All of these signs indicate the need for a change in activity. Research shows that even 6-year-olds can stay relatively still and focused for only 20 minutes, after which they are unable to absorb knowledge and acquire skills due to exhaustion. Performing physical exercises activates muscle work, which, in turn, increases blood circulation and, as a result, increases the intensity of heart work, breathing, activates blood supply to the brain. Together, all this affects the formation of the emotional and positive state of the child's psyche, the increase of attention, mental activity and general physical condition. Tiredness disappears, the child rests and begins to work with enthusiasm again.

Physical minutes include 10-15 jumps, 10-12 squats, or standing sprints (30-40 seconds). Physical minutes include 2-3 exercises for the shoulder girdle and arms, pull-ups, bends and twists. Physical minutes last 2-3 minutes.

Foydalanilgan adabiyotlar ro'yxati.

1. Sh. Qurbonov., A. Qurbonov Jismoniy mashqlarning fiziologik asoslari Toshkent 2003 y
2. D.X.Umarov "Jismoniy mashqlar biomexanikasi " Toshkent., 2017 y.
3. Abdullayev M.J., Radjapov U.R., Muxametov A.M "Jismoniy tarbiya nazariyasi va metodikasi" 2-qism Toshkent., darslik "Turon-iqbol" 2020 yil - 278
4. Salomov R.S. Sport mashg'ulotning nazariy asoslari – Toshkent. O'quv qo'llanma O'zDJTI, 2005 yil - 238 b.
5. Mahkamdjanov K.M. Jismoniy madaniyat nazariyasi va metodikasi Toshkent. darslik "Iqtisod - moliya" 2008 yil - 300 b.
6. B.H.Oralova "Jismoniy mashg'ulotlarning sog'lomlashtiruvchi yo'nalishi " maqola INTERNATIONAL SCIENTIFIC ONLINE CONFERENCES11.09.2023.
7. Urolovich, B. C. (2023). ANALYSIS OF THE PRIORITY METHOD OF DETERMINING THE DEVELOPING AND HEALTH-GIVING EFFECT OF PHYSICAL EXERCISES IN SPORTS TRAINING.



8. Shaxboz, A., & Urolovich, B. C. (2023). The Effective Influence of Moving Moving Games with 5-6-Year-Old Children. *IQRO*, 2(1), 545-550.
9. Bobokulov, C. U. (2023). THE MEANING AND IMPORTANCE OF DEVELOPING MENTAL ABILITIES OF CHILDREN OF JUNIOR SCHOOL AGE. *Modern Scientific Research International Scientific Journal*, 1(6), 125-132.
10. Urolovich, B. C. (2024). THE ROLE OF DIDACTIC GAMES IN PERSONALITY FORMATION OF PRIMARY CLASS STUDENTS. *Miasto Przyszłości*, 48, 1484-1490.

