

FEATURES OF PHYSIOLOGICAL DEVELOPMENT AND THE USE OF BIOLOGICAL TERMS IN THE PREPARATION OF PRESCHOOLERS FOR SCHOOL

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ANNOTATION

The article pays great attention to the physiological development of preschool children in school preparation and makes recommendations that have a positive impact on the proper development of the child's body, as well as the organic relationship of the application of biological terms.

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INTRODUCTION

The main task of the preschool educational institution is to ensure the quality development of each child's personality in accordance with his age and to ensure his thorough preparation for the next stage of education and to create a positive environment in the institution. One of the most urgent and important tasks for parents and teachers is to bring up children in preschool education in all respects, to increase their literacy and maturity. The preschool period plays an important role in the future development of the child, regardless of the profession.

In the upbringing of children in preschool education, special attention should be paid to its anatomical and physiological condition and age. Certain physiological changes are observed in the development of each child. The word "physiology" is a Greek word meaning "Nature" and "knowledge".

"Physiology" studies the specific age characteristics of the organ system and the changes that occur in the whole organism during the development of organisms of different ages.

The educational process is a priority, and the educator, along with the use of modern pedagogical and information technologies in his work, must have a thorough knowledge of the anatomical and physiological structure, hygiene, laws of growth and development and age characteristics of pupils in preschool education.

In the upbringing and education of foster children in a pre-school educational institution, quality preparation of 6-7 year old children for school includes specific age characteristics related to the child's birth, growth, development and age.

In the quality preparation of pupils for preschool education, the educator must take into account the age characteristics of the child. We will be able to apply the following in practice to determine the readiness of preschool children for school.

1. Defects in pronunciation.
2. Observe the intersection of the circle.
3. Adequate response to the effect of speech.
- 4.3 Activation of psychological maturity by giving a test.
5. Draw a picture of a person, move the points in a pentagonal shape.

Here are the health of children who are able to perform these tasks and

Preparation for school is determined and assigned to the main or preparatory groups. In the preparation of children aged 6-7 in preschool education, an individual approach to each child, respect for him as a person, education in accordance with the interests and needs of the child, the age of each child to ensure the appropriate

quality development and thorough preparation for the next stage of education, as well as to create a positive environment and the necessary conditions in the institution.

In the seventh year of a child's life, the range of action in him expands and becomes clearer. At the age of 6-7, the child begins to be able to control himself and control his movements.

At this age, the child develops independent activity, initiative, curiosity, a desire to listen to adults, can control their health.

The child reaches a height of 122-128 cm and weighs 25-28 kg.

It should be borne in mind that a preschooler has a high level of curiosity, but his or her natural abilities are limited to a certain extent. In general, education and learning should be appropriate to the child's abilities and age. In preparation for school it is advisable to pay attention to the fact that he moves more, the knowledge imparted is carried out through simple play and exercise. The educator should observe how exercise affects the child's body.

If he sits and writes and draws for a long time, this situation may not give this positive result. This condition leads to adverse effects on the physiological development of the child, in which there are cases of rapid fatigue, boredom, abnormal posture. For the child to stand properly, when sitting on the table and chair, the body should be upright, shoulders should rest on a flat lumbar support, legs bent at right angles to the knee joint, the distance between the chest and the table should be 3-5 cm.

Normal development of the spine is important in the formation of the child's stature. Normally, the spine is slightly bent forward in the neck and waist, and slightly backward in the chest and buttocks. As the child stands, walks, and keeps his head upright, these bends gradually form. There are several types of stature malformations, curved, lordosis, kyphosis, arched, scoliotic stature.

Gastrointestinal disorders not only change the appearance of the child, but also adversely affect the developmental function of its internal organs (lungs, heart, liver, kidneys, stomach and intestines). Such children get tired quickly during exercise, their heart rate increases and they have difficulty breathing.

Spring beds and high pillows cause the child's spine to bend. Children aged 6-7 should not sit in one place for long periods of time, stand upright, run long distances, or lift heavy objects. When children stand for a long time and wear narrow shoes, the toe dome flattens, resulting in flat feet. Flat feet cause pain in the heel and calf muscles of the foot.

It is better to pay attention to the structure of the child's legs, to run in the open air at a speed of 40-50 meters, to perform various hand movements through various games, because play is an effective means of attracting the child's attention. , it would be expedient if the actions corresponding to the music consisted of the performance of small types of labor.

Reading becomes a joy for the child as he or she moves on to the next stage of learning, as the types of activities serve to match their desires, acquire new knowledge and skills, and strengthen their imagination. Conducting his play activities in a meaningful and purposeful way plays a crucial role in preparing for school education. The organization of didactic games in accordance with the rules of law is an important process in the education, upbringing and general development of the child.

In this case, the teacher plays an important role in the game, to control the actions of peers, to evaluate and motivate the results. In addition to exercise, children need to develop skills of cultural and hygienic (washing, cleaning, dressing and order). The child learns his body parts and hygiene.

To accustom a child to a healthy lifestyle, to give them information about the internal organs of the person (heart, liver, stomach, lungs) and their location functions (the person breathes through the lungs, the heart is constantly beating, the stomach is digesting food, these members should be taught to say the name to indicate where the body is located).

When preparing a 6-7 year old child for school, the teacher should know and systematically perform the following tasks:

- mastering the rules of children's play activities;
- the child's health and physical development are at the required level;
- to develop the child's ability to speak, to communicate;
- to have the concept of spatial imagination, in which the child is able to express themselves freely;
- Education of sophistication, music, songs, poetry, fairy tales, narration and interest in it; -Small monologues, dialogue, exchange of ideas, the development of quickness;
- formation of elementary mathematical literacy in the minds of children;
- The concept of caring for animate and inanimate nature, conservation of flora and fauna, fostering a caring attitude to the environment;
- Primary sanitation, personal hygiene, a healthy lifestyle, training to maintain their health;
- inculcate in the heart of the child respect for national traditions, values, traditions, holidays and historical monuments;
- creating and creating conditions for the basic understanding of state symbols;

Preschool is a period when a child has a strong desire to grow, develop, express himself, learn. It is during this period that the foundation is laid for the development of the child's human qualities and mental potential.

The main goal and driving force of the ongoing reforms in our country is the human being, his harmonious development, innovative thinking, social behavior. In particular, all our tasks in the field of education are aimed at educating the younger generation physically and spiritually healthy.

In fact, what is meant by "healthy child" is that the word "healthy" means pain-free, mentally pure, clean. The "child" is a newborn baby who has not yet been weaned. Nowadays, the preparation of children for school requires the search for new factors, experimental testing. Having basic elementary mathematical concepts, basic preparation for writing, knowledge of some words play an important role.

At present, the development of the child's adaptive capacity is of great importance for the formation of the child's personality. Its activity is regulated within the "child-adult" relationship. The following are examples of the most commonly used biological terms in the educational process in the preparation of students in preschool education. For example: birth, growth, development, organs: head, trunk bones, limb bones, muscles, age: infancy, childhood, early age, young age, middle age, adulthood, pre-school age, adaptation, acceleration, hygiene, sensory analyzers, terms such as healthy, nervous, body, brain, stature, flat feet are used. For example: The term related to the birth of a child:

The average weight of a newborn girl is 3.4 kg and that of a boy is 3.5 kg. The term related to the development of the child: The weight of the child increases by 600 g in the first month after birth, 800 g in the second month. The child is considered a baby until one month old. The period of breastfeeding is from the date of birth of the child. Includes period up to 2 years. Terms related to the growth of the child: The height of a newborn baby is 50 cm. Grows 2cm per month until 1 year of age. At the end of 1 year it reaches 74-75cm, then the annual growth

is 5-7cm. In some stages of childhood, growth in height accelerates. Growth accelerates by 3 to 5 years of age. As a child grows, his sensory organs and nervous system gradually develop.

A one-month-old baby moves his eyeball to the side where the toy is moving. The three-month-old begins to look in the direction of the sound, laughs, pushes the toy with his hands, and begins to hold his head upright.

A five-month-old baby begins to recognize loved ones, laughs, shouts.

At seven months, it sits comfortably. She starts to get up at eight months old. At 11 months, he begins to say simple words, and when he leads, he begins to walk. At 12 months, he begins to walk independently, saying 10-12 words. The normal development of the child's skeletal system is determined by the eruption of his baby teeth. Milk teeth begin to appear at 6-7 months.¹ By age 1, there should be 8 milk teeth. The term "adaptation" is often used in biological terms in the development of skills in the preparation of children in preschool education.

Kindergarten age is from 3 to 6-7 years. The child begins to behave normally 1 month after attending preschool. The child adapts to preschool.¹ Easy adaptation The child's gait returns to normal within 10-15 days ². Medical adaptation Changes in the child's gait or emotional state return to normal within 15-30 days. If the child loses weight, then recovers its weight. ³ Severe adaptation is manifested by the fact that children often have recurrences (bronchitis, pneumonia). This condition lasts for more than 1 month. To prevent such a situation, it is necessary to form a uniform approach to the child in the family and preschool, family involvement 3-4 days after the child's participation in preschool, to support the child's mental and emotional state.

Preschool is a period when a child grows, develops, strives for self-expression, has a strong desire to learn. It is during this period that the foundation is laid for the development of the child's human qualities and mental potential.

The earlier education begins with a preschooler, the earlier the effect will be seen. The use of biological terms such as hand and foot, wrist, elbow, knee, head, face, brain of a child, sensory analyzers of a child greatly contributes to the development of a child's thinking in order to bring up physically healthy children in preschool education.

Because the child has nerve fibers in his hands and fingers. Through the fingers, the child senses everything. The child's fine motor skills influence the formation of his speech logical thinking. The better the child's arms and legs, wrist motor skills are developed, the better the brain activity will develop. The development of hand-finger motor skills leads to the following conditions: the development of thinking increases movement and memory, attention.

Formation of writing skills. Leads to the development of speech. One of the main tasks of preschool education is to visualize objects and events in the child's brain. For example, drawing, making something from different cubes develops the child's thinking. It is necessary to take into account the development of all its analyzers, organs of sight, hearing, smell, taste and taste.

During the daily activities, "planning a trip, interacting with nature on the trip gives children pleasure.

In the 19th preschool of Termez city, Surkhandarya region, we observed a 6-7-year-old group of students preparing for school, together with students undergoing internships. "Find me", "Take care of the rabbit" teach children to develop physical activity, to determine direction, to be resourceful.

The same applies to speech development, speech grammar formation, elementary mathematical skills and knowledge, writing numbers from 0 to 9, logical thinking, drawing, literacy training, application, music, plasticine, clay work, introduction to living nature, environment we observed that classes such as environmental protection were distributed on weekdays and that the trainees were given week-long training sessions.

During the lessons, educators read fairy tales to children, and in this case, their imagination develops, their ability to respond with facial expressions. At the same time, listening to fairy tales such as "Emerald and Precious", "Egrivoy and True", "Fox and Crow", "Bogirsak" develops children's ability to distinguish negative and positive qualities, to react, to connect with life.

CONCLUSION

In short, today's educator must be able to improve the quality of education through the skillful use of interactive methods and techniques, the extent to which innovation has a profound effect on the minds of children. Given the fact that the biological terms used in the educational process also have their own advantages, it is aimed at directing this process on a scientific basis in preschool education.

In the preparation of pupils in preschool education, the educator, in addition to the use of biological terms, also monitors the physiological changes in the child, prevents external factors that hinder the healthy growth and development of the child. The age characteristics of the child and the biological terms used are inextricably linked, which places a great responsibility on the educator.

Preschool educators stimulate children's interest in learning through the use of innovative technologies and interactive teaching methods in effective play to ensure that children develop active and logical thinking, speech culture, attention, memory and mental abilities. In pre-school educational institutions, children brought up in this way go to school ready for primary school.

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