

Growth and Development of Preschool Children

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ABSTRACT: Now days, preschool education is a part of uninterrupted education. A healthy generation is the starting point of children's journey to a great life. This article explains in a broad sense that in order to impart modern knowledge, a coach must first properly organize the educational process only when he is well acquainted with the physiological mastery of the growing and developing generation at different times.

KEYWORD: Physiology, hygiene, pedagogue, healthy generation, growth, development, heterophony, acceleration, heredity, environment, dominant, recessive, chromosome, gene, mutation, hereditary diseases.

INTRODUCTION

Preschool education is the first stage of uninterrupted education, the task of which is to bring up a healthy child before school

Thanks to independence, physical education and sports, which are a means of forming the nation's gene pool, promoting a healthy lifestyle and educating a harmoniously developed generation, are increasingly becoming a strategic weapon of the idea of national independence. The first President of the Republic of Uzbekistan. I.A. Karimov on September 30, 2017, and President of Uzbekistan Shavkat Mirziyoyev signed a decree on radical improvement of the management of the preschool education system. The republic has adopted a number of laws and decisions aimed at improving the health of the population and the younger generation. This is confirmed by the Law on Physical Culture and Sports of September 5, 2015, the Cabinet of Ministers of January 25, 2005 "On additional measures to strengthen the health of women and the younger generation." Example No. 32 and others. A healthy generation means a healthy republic. The task of raising a healthy generation is first and foremost the responsibility of preschool institutions.

RESEARCH METHODOLOGY

Now days, the attention to the system of preschool education in our country is high, and the knowledge of the primary, preschool education process is perfect for children to succeed in their future endeavors, to develop into mature individuals for the development of the country. therefore, reforms in the pre-school education process are being carried out at a rapid pace to date.

Resolution PR-2707 on measures to further improve the system of preschool education in 2017-2021 shows how deep attention is paid to this stage of education in our country.

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In accordance with the Resolution of the President of the Republic of Uzbekistan dated September 30, 2018 No PR-3955 "On measures to improve the management of the preschool education system" developed a concept for the development of preschool education in the Republic of Uzbekistan until 2030 was released. According to it, the roadmap for the implementation of the Concept of development of the preschool education system of the Republic of Uzbekistan until 2030 in 2019, targets for the development of the preschool education system of the Republic of Uzbekistan in 2019-2024, Approval of targets for the development of preschool education in the Republic of Uzbekistan in 2025-2030.

In order to impart modern knowledge, a coach must be able to properly organize the educational process only when he is well acquainted with the physiological mastery of the growing and developing generation at different times. Exploring the hygienic importance of the impact of environmental conditions on the child's body will help educators in maintaining and strengthening the health of children. Explaining the laws of growth and development, the characteristics of the functioning of an entire organism, its systems, organs, tissues and cells are determined at different age-related periods. Age physiology traces the evolution of functions during the individual development of an organism, identifies the interrelationships of physiological processes and the reasons for the interrelationships between them. At the same time, it helps to understand that highly structured matter, that is, the cerebral cortex, plays a leading role in the functioning of organs and the body as a whole.

At different stages of the developing child's body, the activity of different organs and systems is characterized by a number of specific features. As the teacher studied the anatomical and physiological features of children and adolescents, the structural features of some systems and organs (musculoskeletal, respiratory, circulatory, nervous, sensory, gastrointestinal tract, endocrine glands, skin, digestive organs), as well as get acquainted with their activities and hygiene. It is especially important to know the laws of functioning of the nervous system in order to organize sleep and mental work in accordance with the purpose.

Hygiene- is a science that teaches a child's body how it interacts with the effects of the external environment, medicine. related to the sciences of pedagogy and psychology.

Without knowing the anatomy and physiology of growing and developing children, the problem of personal hygiene of children, hygiene of extracurricular activities and hygiene of educational work cannot be solved. The subject of hygiene includes a number of tasks: the impact of environmental conditions on the child's body (natural, social), physical development, health and anatomical and physiological features, hygienic conditions of teaching, work and rest of students, prevention of student diseases and many other tasks. Hygiene of each system in the body requires the management of specific measures, for example: hygiene-movement regime of the musculoskeletal system, sitting properly at the desk, keeping the body in the right position during work, normalizing the use of hand paws when writing, and so on. This event will allow to take measures, adhere to them, strengthen the health of growing children, protect it and prevent various diseases.

One of the main problems of modern biology is to learn how to control the development of an organism. Heredity is the ability of organisms to pass on their traits and characteristics from generation to generation. Due to heredity, the characteristics of an organism are passed from generation to generation without change. The invention of the simple microscope by R. Hooke in 1665 led to the birth of the doctrine of the cell. He made a thin section of foam and when he looked under a microscope he saw tiny cells and called them cells. With the invention of the electron microscope, the study of cell structure and metabolism in the cell began. The cells are spherical,

ductile, prismatic in shape. Each cell is composed of a cytoplasmic membrane, cytoplasm, nucleus, and cell organelles.

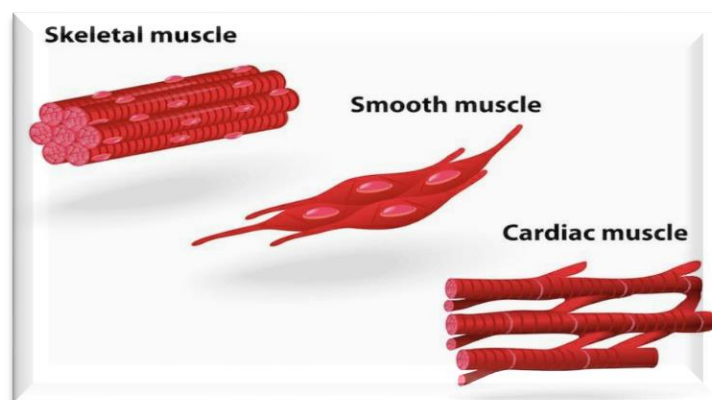
A set of cells whose structure and function are similar in origin is called tissue. All tissues in the body are divided into 4 groups: epithelial (bleeding), connective (base-graphic), muscle (muscle) and nerve tissue. Epithelial tissue is single and multilayered, composed of thin plate-shaped cells. The connective tissue mainly forms the inner part of the esophagus and is divided into blood and lymph tissue, connective and bone tissue, and smooth muscle tissue. The cell is a functionally and genetically simple structure of multicellular organisms. Each cell is made up of a nucleus, a cytoplasm, and a cell membrane. An electron microscope, now magnified several thousand times, is now used to study the structure of the cell.

The cell membrane has a three-layer structure, with each layer approximately 25Å thick. The outer and inner layers are made up of a series of arranged protein molecules. The middle layer is composed of two rows of lipid molecules. Water, amino acids, glucose, and mineral salts, which are involved in metabolism in the cell, pass into the cell through this membrane.

The lysosome is rounder in shape and the membrane is composed of three layers. Under the influence of enzymes in it, proteins, nucleic acids, lipids are broken down. The endoplasmic reticulum consists of complex structured channels and cisterns bounded by a membrane. In many cells, many granules are located on the surface of the endoplasmic reticulum membrane. They are called ribosomes. Ribosomes are very small in the cell and are also present freely in the cytoplasm. Nuclear proteins are synthesized in ribosomes located in the nucleus. Ribosomes located in the endoplasmic reticulum play an active role in the synthesis of proteins.

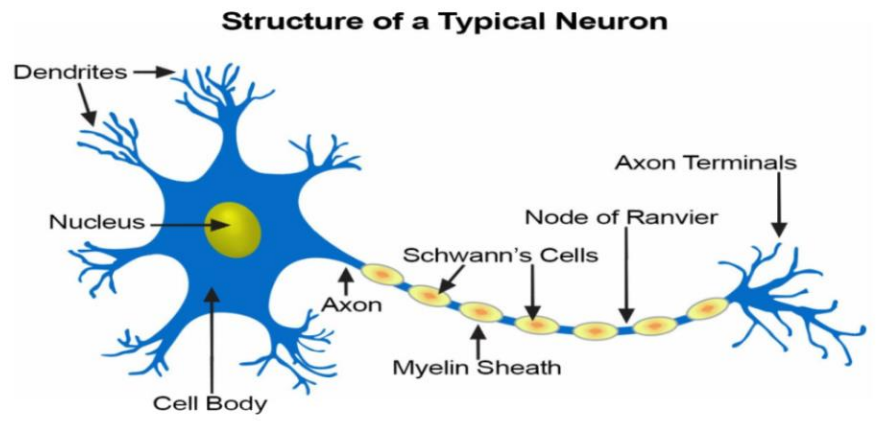
The Golgi apparatus consists of intricate mesh-shaped structures with a double layer of membrane located around the nucleus.

Mitochondria are also referred to as the power stations of the cell. They are oval, rounded, slightly elongated or rod-shaped, thread-like in shape. There are up to 50 mitochondria in a cell, and up to 900 in some cells. The mitochondrial membrane consists of two layers. They contain proteins, lipids and nucleic acids. They also contain many enzymes involved in energy exchange in the cell. Mitochondria produce adenosine phosphoric acid. Muscle tissue. These are myofibrils that have the property of contracting in the tissue fibers. At the same time it is different from other tissues. The body has smooth and transverse muscle tissue



Nerve tissue performs the function of transmitting impulses, ie nerve impulses, which occur in the internal organs under the influence of the external environment. Nerve tissue is made up of neurons

and neuroglia. Without studying the heredity of the organism, it is impossible to prevent and treat hereditary diseases.



The main results of scientific research

Great attention is paid to the health of the younger generation in our country. The future of the nation and its well-being depends on strengthening and protecting the health of the younger generation. It is known that the health of a child depends not only on whether they have the disease, but also on its development with age and the functioning of systems. Preschool children are mainly healthy children, they (30%) belong to the first group; (40%) - to the second group; (28%) belong to the third group and (2%) to the fourth group. The incidence of children and their prevalence are not the same everywhere on Earth, they depend on the organization of sanitary and anti-epidemic measures.

It should be noted that the incidence of children and adolescents in our country is declining from year to year. One of the important indicators of children's health is their physical development, i.e. body length (height); weight (body weight); chest rotation (excursion); the power of the lungs; (dynamometry); base - the condition of the musculoskeletal system (shape of the chest, legs, heel position, muscle development, etc.). Various diseases can affect the proper development of these.

The physical development of children depends on their age, gender, nationality and changing social, economic and environmental conditions. Based on this, local standards of physical development will be developed and will need to be updated every 5-10 years. The younger the child, the more often he should be examined every month until the age of 1: every 3 months until the age of 1-3; At the age of 3-7 years, once every six months. In the European Union, there is a decline in health care in children, young people and young families.

What is affecting this. In all EU countries, there is a systemic correlation between health status and social status - there is a decline in social status, as well as a decrease in health status.

These social gradients in health care are harmful and unfair, especially when it comes to children and young people, and this injustice is obvious because the challenges of the early years affect health levels throughout the life cycle.

Organizing morning physical exercises

Healthy Morning Exercises Preschoolers include morning physical activity. These types of morning exercises are used to help the participants achieve full physical development, improve their health and improve their motor functions. Sports in the morning exercise. This group includes sports

morning physical exercises, artistic morning physical exercises. These are sports and are promoted as sports. The goal is to achieve high perfection in exercise technique, high sportsmanship, and the ability to perform many complex exercises in the morning on the basis of high levels of physical fitness in all respects. Practical types of morning physical training exercises. Morning exercise is a form of practical exercise in which morning exercise is used to restore a child's health more quickly and completely, and is also used in endurance to develop physical qualities. The means of morning exercises are purification exercises, a variety of movements and dance steps; types of general rhythmic exercises without objects and with objects (sticks, dumbbells, swings, balls, etc.), exercises on the exercise wall in rings and practical exercises (running, jumping, climbing, jumping)

The main forms of morning physical education in preschool institutions:

Morning exercise is done before training. Its importance: to prepare the body for the process of exercise. Morning exercise lasts 7-15 minutes. Exercise consists of 5-7 exercises. Most weight training is done in the middle of a workout. Morning exercises in kindergarten groups have health and educational functions. As an integral part of the agenda, it is mandatory for every child. Every day after waking up (after 5-7 minutes) specially selected 7-12 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 exercises allows children to do daily morning exercises that are beneficial. The productivity of mental and physical labor will be slightly reduced. The importance of morning exercise is that the central nervous system receives a stream of signals from the receptors of powerful analyzers, especially from the proportional receptors, which restores the central nervous system's ability to move quickly and work.

When morning exercises combine the effects of skin receptors on cold and water, the excitation of the nervous system is accelerated. The effects of certain environmental factors (water processes, fresh air and the sun) stimulate the nervous system as well as help the body to exercise.

Characteristics of physical exercise. Standing exercises are not difficult movements. General developmental exercises (morning physical exercises are widely used in all types. This is an exercise that leads to less difficult movements), in to deepen the physical ability of different muscle groups, to acquire elements, motor skills, work with objects, general physical fitness. It is a physical training tool that actively interacts with the environment in addition to exercise and skills. Free exercise is a type of morning exercise that focuses on developing endurance.

Rhythmic morning exercise and its types.

Rhythmic exercise is one of the most popular forms of fitness training. Its main purpose is to run, jump, play games. All this helps to improve health. Rhythmic morning exercises can be done by children of all ages. In a rhythmic morning workout, the movement is unrestricted, affects all parts of the body, agility, dexterity, flexibility, endurance. The rhythm of the music organizes the movements and lifts the mood of the participants. The positive state of the senses motivates the action to be more active, which intensifies their effect on the body. Rhythmic morning workouts can be athletic in nature if endurance, plasticity, play, or mixed exercise predominate. Dance moments make up the bulk of the workout set.

The tasks of rhythmic physical training are:

- Maintaining and strengthening all-round health, improving physical development, strengthening, increasing the body's resistance to adverse environmental conditions;

- Develop a person's spiritual and physical abilities, cultivate self-confidence and develop creative qualities;
- Have a range of knowledge on how to use exercise independently and the basics of physical education;
- Develop a sustained interest and habit in regular physical activity, and include physical activity in your routine.

CONCLUSION

In conclusion, if a young organism develops healthy from the very beginning, it will not affect the efficiency of future activities. Its gene pool is also important for the development of a young organism. For the healthy development of every organism, of course, a healthy diet, a properly structured agenda and, of course, exercise are necessary.

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