

MONITORING AND EVALUATION OF PHYSICAL DEVELOPMENT IN PRESCHOOL AND PRIMARY SCHOOL CHILDREN

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ANNOTATION

In this article, the importance and task of physical education classes in the development of children consists of regular training in physical exercises and paying attention to their selection and moderation. The importance of the training consists in the complex formation of the culture of action, health promotion, and the regular implementation of educational and educational tasks.

**Key words:** physical training, diagnostics, rehabilitation, educational, educational tasks, evaluation, physical qualities, action games, healthy lifestyle, physical development, sensitive period.

Further improvement of the pre-school education system, strengthening of the material and technical base, expansion of the network of pre-school education organizations, provision of qualified pedagogic personnel, radical improvement of the level of preparation of children for school education, modern approach to the education process Educational programs, including the implementation of diagnostic and correctional technologies, tasks of all-round intellectual, moral, aesthetic and physical development of children, expressed in a number of decisions and orders. Decision No. PQ-2707 "On measures to further improve the preschool education system in 2017-2021" (December 29, 2016). Decision No. PQ-3276 "On measures to further develop the provision of non-state educational services" (September 15, 2017).

Decision No. PQ-3261 "On measures to fundamentally improve the preschool education system" (09.09.2017). Resolution No. PQ-3305 (30.09.2017) "On the organization of the activities of the Ministry of Preschool Education of the Republic of Uzbekistan" "On measures to fundamentally improve the management of the preschool education system" Decree No. PF-5198 (September 30, 2017) was adopted. The adopted regulatory documents mention the importance of acquiring theoretical and methodical knowledge for physical education of preschool children in preschool education organizations.

**The modern pedagogical diagnostic directions of monitoring the physical development of children of preschool education organization are as follows:**

- performing exercises aimed at developing physical qualities;
- perform basic movement actions;
- forming initial ideas about some popular sports;
- mastering action games;
- acquisition of goal-oriented and self-management skills;
- mastering the simple rules and requirements of a healthy lifestyle

In order to effectively organize the physical development of a child at the age of preschool education, it is necessary to take into account a number of fundamental differences in the physical

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development of a person during his life. For example, since preschool age is not considered a sensitive period, not all abilities are controlled.

Preschool educational organizations can choose important diagnostic methods for the implementation of educational and educational tasks in accordance with their existing conditions.

General conditions for choosing diagnostic methods:

- individualization of education (including child support, development of his educational trajectory and professional characteristics);
- optimization of work with children

The main difference between these recommendations is that the models of mathematical calculation and statistical analysis of the accuracy of the results are described, which allow to objectively confirm the effectiveness of pedagogical activities on the physical development of children.

### Diagnostic control tests (tests)

In order to determine the level of development of children's physical qualities (mobility), control tests are conducted through special exercises, standardized measurements, or tests. Through testing, the positive and negative sides of the tools and methods used in the process of physical education are determined.

There are general requirements for the selection of control tests:

- conducting tests under standardized conditions (time, feeding, volume of load, etc.) for all children participating in diagnostic control;
- to be easy and understandable for all children, regardless of the level of physical fitness;
- all tests have their quantitative indicators (seconds, times, meters);
- simplicity of measurement and assessment of control exercises.

**Table 2**

### Approximate control exercises (tests)

Movement skills	Sample for control exercises (tests).
<b>Endurance is a physical quality</b>	
General endurance	Mixed movement for 1000 meters (alternation of walking and running)
<b>Strength is a physical quality</b>	
Dynamic power	Raise and lower the body while lying on the back (how many times per minute)
Quick power ability	Standing long jump (cm)
	Throwing a 150 gram ball at a distance (m)
	Throw the ball behind the head with two arms (m)

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<b>Speed is a physical quality</b>	
Quick skills	30 meter run
<b>Flexibility is a physical quality</b>	
Active flexibility	Bending forward while standing on a gymnastic chair (from the edge of the chair - cm)
<b>Agility is a physical quality</b>	
Coordination ability	3x10 meters (s) - shuttle running

**EXPERT EVALUATION METHOD OF DIAGNOSTIC ANALYSIS**

Some objects of pedagogical diagnostics do not have a quantitative expression:

- level of mastering action games;
- expediency and self-management in movement activity;
- mastering the basic norms and rules of a healthy lifestyle.

In this case, with the involvement of experts, it is possible to evaluate the event according to its quality, their opinions complement and complement each other in terms of mutuality and objectivity. When using this method:

1. Professionals who know children well and can objectively evaluate the studied phenomenon are carefully selected (teachers, parents, experts).
2. A convenient evaluation system (measurement scale) is selected, which allows to describe the pedagogical phenomenon in certain values. For example, evaluating the level of development of children's self-management on a 5-point scale:
  - 1 point — never shows self-control;
  - 2 points — rarely shows self-control;
  - 3 points — sometimes shows self-control;
  - 4 points — mostly shows self-control;
  - 5 points - always shows self-control;

3. In order to avoid mistakes in the collective assessment of the event, experts are trained in advance to use the proposed measurement scale. It can be considered to be close to objectivity if the estimates set independently by experts are close to each other. If the ratings are very different from each other, then it is possible that it is an unsuccessful choice of the measurement scale or the incompetence of experts. Depending on the concordance coefficient, it is possible to assess the level of compatibility of experts.

In short, the preschool education system is the primary and most important link. Education of a healthy gene pool and mature personnel begins with this system. However, so far this system has been lagging behind in development. Over the past 20 years, the number of state-run preschool education organizations has decreased by 45 percent.

As a result, only 33% of children of preschool age are enrolled in kindergartens. This figure is 9% in Denmark, 97% in Japan, and 95% in South Korea. Educational programs for social, personal,

emotional, speech, mathematical, physio-psychological, physical and creative development of children have not been introduced in pre-school educational organizations.

In general, kindergartens have become "an institution where parents take care of children while they are at work." For this purpose, timely development of the physical, mental and social cognitive processes of the child from a young age is one of the urgent issues in the preschool education system. It should also be noted that in recent years, it is not an exaggeration to say that the door to this type of education has opened wide opportunities.

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