IMPROVING THE SYSTEM OF GYMNASTIC EXERCISES AIMED AT DEVELOPING COORDINATION IN PRESCHOOL CHILDREN

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Annotatsiya: *Mazkur ilmiy maqolada maktabgacha yoshdagi bolalarda koordinatsion qobiliyatlarni rivojlantirishga qaratilgan gimnastika mashqlari tizimini takomillashtirish masalalari yoritilgan. Tadqiqot davomida muvozanat, harakat aniqligi, fazoviy yo‘nalishni anglash va harakat uyg‘unligini rivojlantiruvchi maxsus gimnastika mashqlari majmuasi ishlab chiqildi hamda amaliyotda sinovdan o‘tkazildi. Tajriba natijalari takomillashtirilgan mashqlar tizimi bolalarning koordinatsion tayyorgarligini samarali rivojlantirishini ko‘rsatdi.*

Abstract: *This scientific article discusses the issues of improving a system of gymnastic exercises aimed at developing coordination abilities in preschool children. During the research, a set of special gymnastic exercises focused on developing balance, movement accuracy, spatial orientation, and movement coordination was developed and tested in practice. The results of the experiment showed that the improved exercise system effectively enhances children’s coordination preparedness.*

Kalit so‘zlar: *Maktabgacha yosh, koordinatsiya, gimnastika mashqlari, muvozanat, harakat uyg‘unligi, jismoniy tarbiya, metodika, jismoniy rivojlanish.*

Keywords: *preschool age, coordination, gymnastic exercises, balance, movement coordination, physical education, methodology, physical development.*

Preschool age is considered one of the most important stages in a child's physical and psychophysiological development. It is during this period that the musculoskeletal system, muscular system, and central nervous system of children are actively formed. This creates favorable conditions for the development of motor skills. The formation of coordination abilities in children serves as an important factor in their further physical development, motor activity, and sports performance.Coordination abilities are characterized by the accurate, fast, and harmonious execution of movements, maintaining balance, and correctly perceiving spatial orientation. Insufficient development of these abilities may lead to motor inactivity, rapid fatigue, and decreased interest in physical activities among children. Therefore, improving a system of exercises aimed at developing coordination abilities in preschool children has significant scientific and practical importance.

Relevance of the Topic: Today, great attention is being paid to ensuring the healthy physical development of children in the preschool education system. However, it is observed that some physical exercise systems currently used in practice do not sufficiently develop children's coordination abilities. In particular, there is a need for the purposeful use of gymnastic exercises in developing balance, movement accuracy, and spatial orientation.Gymnastic exercises are considered one of the most effective means of developing coordination abilities. Through these exercises, children develop the ability to control their bodies, coordinate movements, and maintain balance. Therefore,

improving the system of gymnastic exercises and adapting it to the age characteristics of children is of great importance.

Purpose of the Research: To improve the system of gymnastic exercises aimed at developing coordination abilities in preschool children and determine its effectiveness.

Object of the Research: Physical education classes conducted with 5–6-year-old children in preschool educational institutions.

Research Methods

- Analysis of scientific and methodological literature;
- Pedagogical observation;
- Pedagogical experiment;
- Test trials;
- Mathematical-statistical analysis.

Organization of the Research: Thirty children aged 5–6 participated in the research. They were divided into control and experimental groups consisting of 15 children each. The study was conducted over 12 weeks, three times a week. Each session lasted 25–30 minutes.Traditional physical education classes were conducted in the control group. In the experimental group, improved gymnastic exercises aimed at developing coordination were applied.

Results of the Experiment: During the study, children's coordination abilities were assessed through special tests. In particular, the following exercises were performed:

- standing on one leg;
- walking along a narrow path;
- jumping to a designated target;

- performing sequences of movements.

At the end of the experiment, it was observed that children in the experimental group significantly improved their balance retention, movement accuracy, and overall coordination indicators. Positive changes were also recorded in the control group; however, their results were lower compared to the experimental group.The obtained results confirmed the effectiveness of the improved exercise system developed on the basis of gymnastic exercises.

Analysis of the Results: The analyses showed that gymnastic exercises are an important pedagogical tool in developing coordination abilities. The systematic and step-by-step organization of exercises contributed to increasing children's physical activity, forming movement coordination, and strengthening their interest in training sessions.In addition, during the lessons, children developed independence, self-confidence, and active movement skills.

Conclusion

The results of the conducted scientific research demonstrated that improving the system of gymnastic exercises for developing coordination abilities in preschool children has important pedagogical and practical significance. The specially developed set of gymnastic exercises created during the research was organized taking into account the age and individual characteristics of children and demonstrated effective results in practice.The results of the experimental training sessions confirmed that gymnastic exercises aimed at developing coordination significantly improved children's ability to maintain balance, movement accuracy, rapid adaptation, spatial orientation, and movement harmony. In particular, children in the experimental group showed significantly higher results compared to the control group in maintaining balance on one leg, moving accurately in a specified direction, and

performing exercises sequentially and correctly.During the research, it was also determined that gymnastic exercises had a positive effect not only on physical development but also on the psychological state of children. During the training sessions, children's interest in exercises increased, their desire for active movement strengthened, and their self-confidence developed. At the same time, children improved their discipline, independence, and ability to perform tasks accurately.

Furthermore, the research results showed that the systematic, step-by-step, and methodologically correct organization of gymnastic exercises is one of the main factors in the effective development of coordination abilities. Combining exercises with game elements further increased children's motivation toward training sessions.Based on the obtained results, it can be emphasized that the improved system of gymnastic exercises serves to increase the effectiveness of physical education classes in preschool educational institutions. The wide implementation of this methodology in practice is important for ensuring children's healthy physical development, strengthening coordination abilities, and thoroughly preparing them for the next stages of education.In future scientific research conducted in this direction, it is advisable to further improve innovative methods for developing coordination abilities, modern pedagogical technologies, and exercise systems based on active games.

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