

THE IMPORTANCE OF THE AGENDA IN PRESCHOOL EDUCATION

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ANNOTATION

This article discusses the importance of educational, cultural and hygienic conditions in institutions for the development of preschool children, their development into full-fledged adults. It describes the practical work being done to prepare children for school education in a healthy and mature way.

Keywords: Development, worldview, creativity, agenda, exercise, travel, sleep, play activities, physical education.

INTRODUCTION

It is known that the reforms being carried out in our country serve the socio-economic development of our country. The changes taking place in the pre-school education system, which is the first stage of continuing education, are important for the future of the younger generation. Today's fast-paced world requires educated, open-minded, talented, creative and dynamic young people. This requires serious attention to young people from pre-school age. Creating the necessary conditions for the full development of children, taking into account the best international practices, improving the quality of preschool education, radically improving the quality of preparation of children for school in preschool education, the educational process is widely used in the world practice. The tasks of introducing modern pedagogical technologies and educational programs based on our national mentality are widely used. Developing strong skills and abilities in children requires the organization of children's lives, a well-structured agenda and strict adherence to it. The agenda is the most rational distribution of time, sleep, food, play, fresh air and a sequence of work activities. One of the main stages of the agenda is rest, special attention to the exchange of different activities in preschool education. Requires attention. Children are more active in the morning and after a nap. At the end of the day, it's less active. The activities of preschool children should be distributed in such a way. Activities that require active movement, play, work, etc. are adapted to the times when children's activity increases. Every child has a world, each with its own personality, psyche and behavior. So we have to treat it according to these characteristics.

Activity is a key factor in a child's development and self-determination. Preschools need to be well-organized in the morning. It is acceptable to see that children are dressed neatly and neatly during the morning reception. At this age, the child's hands get dirty due to play and various activities. Therefore, the hands, exposed areas of the body, the whole body should be fastened. Wash quickly and change underwear on time. The beginning of the day affects the child's well-being throughout the day. Each group must create the necessary cultural and hygienic conditions for children. Group rooms should be kept at a constant room temperature of 20-21 degrees by regular ventilation, Rooms should be spacious, bright. Because natural light is one of the necessary conditions for the normal functioning of the human body. Good

lighting of the room accelerates the activity of children and lifts their mood. Morning exercise lasts 5-8 minutes, depending on the age of the child, in which he is taught to actively perform exercises walking, running, jumping, limbs, torso. Classes are mandatory for preschoolers: they outline the content of the program. He will be given a specific place and time on the agenda. Classes should not exceed the time allotted in the program. Prolonged classes can be tiring for children. The light should fall on the left side during training. In preschools, children are distracted by noise, cleaning rooms, washing dishes, or strangers entering the room. Excursions are a mandatory part of the agenda. Excursions are organized twice a day, the first half of the day and in the afternoon. It is known that trips are very important for children's health. Therefore, it is important to make the most of the fresh air at the times set for the agenda. When children are in the fresh air, it is always important for the educator to maintain a normal temperature and organize the trip properly. Eating habits are very important for the proper development of children in preschool education. The organization of nutrition in preschool education should be aimed at creating a positive attitude to eating in children. Eating at the right time has an effect on the easy excitation of the digestive glands and good appetite in children. Children should not wait long for food sitting around a table. This condition can cause fatigue and loss of appetite in children. Setting up a dining table is important for children, especially those who eat independently. The same, comfortable utensils for all children, cleanliness of the room, cleanliness of the staff. Peace of mind during meals should be supervised by staff. It is important to create a flat, calm mood in children so that they can eat with appetite. Children should be able to chew food well without rushing or distracting. At certain times, between 3.5 and 4 hours, children are given delicious, well-groomed meals. Everything they need to eat is prepared in advance. put, because waiting reduces appetite, stimulates the nervous system. The dining table is decorated by an assistant educator (nurse), and from the middle group onwards, the children on duty are actively involved. A calm environment is very important for a normal eating process. A child who is very tired when he is awake cannot sleep well during the day or night. Children spend a lot of energy and energy during the day. Preschoolers should not sleep less than 12-13 hours a day. Some of this time they sleep during the day. A good night's sleep depends on a lot of organization. Children always need to go to bed at the same time every night. This allows children to fall asleep quickly. When children sleep, adults are required to remain calm and speak in a slow, gentle voice. Play is the lifeblood of preschoolers. It is known that in the game all the existing aspects of the child are activated, that is, the child moves, speaks, perceives, thinks. Play is the first activity of a child. Play makes children's lives interesting, meaningful and has a great impact on their health. The main role of play in the upbringing of children is to enrich the life of preschool education with the moon. That's why play is always on the agenda of children's lives. Games are scheduled before and after breakfast, after classes, walks, and before going home. Restriction of movement leads to impairment of vital functions in children. Therefore, parents and caregivers should pay attention to the exchange of rest and movement games. In the game, the child learns behaviors and forms of activity that he can not perform in real life. In the games, children reflect on the events around them, the relationships between people in life and work. The most important thing that attracts children of this age is the work of adults: a driver,

a salesman, a doctor, an educator, a police officer and the military. 1-1.5 hours are allotted for them to play.

After a nap or after breakfast, there is time for children's games. In preschools, puppet and shadow theaters can organize various entertainment activities in the afternoon, depending on the educator's plan. Such events can be held in a group room or outdoors. In addition, children will be able to watch television programs. In this case, a variety of television programs help children to develop in all respects. However, the duration of such programs should not exceed 20-30 minutes. Due to the fact that the daily routine of preschool education takes a lot of time, it is necessary to pay special attention to the involvement of children in useful activities. Children also in the morning. after breakfast and after classes, to talk about different events in his life, to look at different books, to repair broken toys, to glue torn books. When an educator does this with children, he or she is required to identify who is willingly helping, which pupil is acting unconsciously. And for some as a baby gets older, he or she will outgrow this. It is important to use the agenda in the upbringing of our preschool children as full-fledged human beings. In general, the role of the established agenda in the comprehensive development of children, in improving their health is invaluable. Modern rapid development also requires a change in the content of children's preparation for school. Where educators and parents work together as needed, there is a sense of responsibility and responsibility for the work entrusted to them. The main outcome in the field of education is determined by the degree to which the child acquires the knowledge imparted and contributes to his development. In this regard, the joint work of parents and educators of preschool education organizations gives good results. Both preschools and parents are equally responsible for ensuring that the child enters the school life of tomorrow with confidence and successful social adjustment.

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