

**PRACTICAL AND METHODOLOGICAL WORK ON EDUCATION AND
EDUCATION OF CHILDREN OF EARLY AND PRESCHOOL AGE DURING
SUMMER HEALTHCARE.**

2nd year master's student of Chirchik State Pedagogical University

Khodjaniyazova Shodiya Komiljon kizi+998950359900 khodjaniyazovashodiya44@gmail.com

Annotatsiya: Ushbu maqolada ilk va maktabgacha yoshdagi bolalarni yozgi sog'lomlashtirish davrida ta'lim-tarbiya jarayonini samarali tashkil etishning amaliy-metodik yondashuvlari bayon etilgan. Yozgi faslning tabiiy imkoniyatlari bolalar salomatligini mustahkamlash, ularning jismoniy va psixologik rivojlanishini qo'llab-quvvatlashda muhim omil hisoblanadi. Maqolada ochiq havoda o'yinli mashg'ulotlar, ekologik tarbiya, ijodiy faoliyat, nutqiy rivojlanish va ota-onalar bilan hamkorlikda olib boriladigan pedagogik ishlar keng yoritilgan. Pedagoglar uchun kundalik faoliyatni rejalashtirish, faoliyat shakllari va metodik tavsiyalar orqali sog'lomlashtirish jarayonining samaradorligini oshirishga doir muhim g'oyalar ilgari surilgan. Maqola maktabgacha ta'lim muassasalari tarbiyachilari, metodistlar, ota-onalar hamda pedagogika sohasida faoliyat yuritayotgan mutaxassislar uchun foydali metodik qo'llanma sifatida xizmat qiladi.

Kalit so'zlar : Maktabgacha ta'lim, bolalar tarbiyasi, yozgi sog'lomlashtirish, pedagogik metodika, o'yin faoliyati, ijodiy mashg'ulotlar, ekologik tarbiya, bolalar sog'lig'i, ochiq havo mashg'ulotlari, ta'lim-tarbiya jarayoni, bolalarning rivojlanishi, tarbiyachi amaliyoti, metodik tavsiyalar, ota-onalar bilan hamkorlik.

Аннотация: В данной статье изложены практико-методические подходы к эффективной организации учебно-воспитательного процесса в летний оздоровительный период детей раннего и дошкольного возраста. Природные возможности летнего сезона являются важным фактором укрепления здоровья детей, поддержки их физического и психологического развития. В статье широко освещаются игровые занятия на свежем воздухе, экологическое воспитание, творческая деятельность, развитие речи и педагогическая работа, проводимая совместно с родителями. Для педагогов выдвигаются важные идеи по повышению эффективности оздоровительного процесса посредством планирования повседневной деятельности, форм деятельности и методических рекомендаций. Статья служит полезным методическим пособием для воспитателей ДОУ, методистов, родителей, а также специалистов, работающих в области педагогики.

Ключевые слова: Дошкольное образование, воспитание детей, летнее оздоровление, педагогическая методика, игровая деятельность, творческая деятельность, экологическое воспитание, здоровье детей, занятия на свежем воздухе, учебно-воспитательный процесс, развитие детей, практика воспитателя, методические рекомендации, сотрудничество с родителями.

Annotation: This article describes practical and methodological approaches to the effective organization of the educational process during the summer wellness period of children of early and preschool age. The natural possibilities of the summer season are an important factor in

strengthening the health of children, supporting their physical and psychological development. The article covers a wide range of outdoor activities, environmental education, creative activities, speech development and pedagogical work carried out in cooperation with parents. Important ideas have been put forward for educators to increase the effectiveness of the wellness process through the planning of daily activities, forms of activities and methodological recommendations. The article serves as a useful methodological guide for educators of preschool educational institutions, Methodists, parents and specialists working in the field of pedagogy.

Key words: Preschool education, children's Education, summer wellness, pedagogical methodology, play activities, creative activities, environmental education, children's health, open-air training, educational process, Child Development, educator practice, methodological recommendations, cooperation with parents.

During the summer health season, it is important to physically train preschool children, strengthen their health and increase their social activity. This period is not only a vacation season for children, but also a rich opportunity for teachers to comprehensively educate them. Taking into account the creation of the necessary conditions for the healthy, physically harmonious and comprehensive development of children in preschool educational organizations, special attention is paid to the effective organization of summer health and fitness work in preschool educational organizations. The organization of health and fitness work for children in preschool educational organizations is carried out during the summer health period (June-August). Especially since it is important for preschool children to walk more in the fresh air, exercise, be in motion and strengthen their health in the summer, comfortable and necessary conditions are created in preschool educational organizations. It is no exaggeration to say that it is worth paying special attention to the facilitation of all activities with preschool children in the summer, ensuring their interesting and bright passage, regular organization of various entertainment events, organizing small walks, performing creative and practical work, appropriate use of water procedures and strict adherence to a specially established daily routine. The correct organization of this period also depends on the skills of today's educators.

The summer health period is an important opportunity for preschool children not only to relax, but also to develop comprehensively, socialize, and increase their physical activity. In particular, conducting the upbringing and education process in the open air, in a natural environment through modern pedagogical approaches has a positive effect on the health and psychological state of children.

Summer is also a period of great responsibility for educators. During this time, it is necessary to plan specific methodological work on the formation of a healthy lifestyle in child education, the establishment of labor and moral education, and the orientation to independent thinking and creative activity. Educational work carried out during the summer period serves the following purposes:

- Strengthening and improving the health of children;
- Increasing physical activity in children through active and free activities;
- Arousing observation, thinking and interest through communication with the environment;
- Forming respect for nature, society, oneself and others;
- Carrying out creative and moral education in a natural environment.

Summer recreation for a preschool child is a means of self-realization and free self-expression through play, joy and life activities.

The main directions of the educational process:

1. Recreation and increasing physical activity

Summer days are the most favorable climatic period for children, allowing them to work outdoors. Teachers should organize the following activities:

- Morning physical education: musical exercises, water exercises, preparatory exercises before training.
 - Active games: “Who runs faster?”, “Find the bird”, “Catch the ball”, “Jump back”.
 - Sports events: mini-Olympics, competitions in small groups, physical tasks along with walks.
- In health-improving activities, attention should be paid to the daily norms of movement. The physical capabilities of each age group are taken into account.

2. Educational work in the natural environment

In the summer, bringing children closer to nature, through which educational work with them is more effective. Through the following activities, children develop environmental education, observation, and aesthetic outlook:

- “Wonders of Nature” classes - familiarization with the life of trees, birds, insects.
- Mini-excursions - walks around the park, street, reservoir.
- Labor activities - watering flowers, gardening, cleaning activities.

Educators can strengthen children's imagination by keeping a diary of observations, drawing.

3. Development of speech and communication skills

Through outdoor activities, role-playing games, and storytelling, the child not only increases his vocabulary, but also develops communication skills.

Examples:

“Let's tell a story about summer”

“What did I see?” - making a story based on observation

“Conversation with nature” - playful dialogues

Also, through dramatization activities, children learn to create images and speak expressively.

4. Creative activities: aesthetic and artistic education

Summer is a rich source of material for creative activities. Their main forms are:

Drawing: “My summer day”, “The beauty of nature”, “Flower garden”.

Handicrafts: compositions from leaves, flowers, stones; works from natural materials.

Musical activities: summer songs, dances, musical movement games.

In the development of children's aesthetic taste, their independent choice and free expression play an important role.

5. Development of social skills through independent and group games

The game is the main type of activity for a child, through which the child adapts to society, communicates with others, and expresses his feelings. In the summer period, the following games are emphasized:

- Plot-based role-playing games (“Doctor”, “Shop”, “Let's go on a trip”)
- Dramatized games (staging based on a fairy tale)
- Project games (construction in small groups, creating a creative environment)

Daily activity planning: For children's health activities to be effective, it is more expedient if each day is organized according to the following structure:

Time Type of activity

08:00 – 08:30 Reception of children, morning physical education

08:30 – 09:00 Breakfast

09:00 – 10:30 Outdoor activities (health, creative work)

10:30 – 11:00 Walks, free games

11:00 – 12:00 Play activities, fairy tales

12:00 – 15:00 Lunch and rest

15:00 – 17:00 Free creative activities, mini-entrepreneurship projects, sports games. If educators organize their activities based on this daily activity plan, it will be beneficial for children. To make the activities more interesting, educators can use new innovations. It is necessary to organize innovations for the educational process and new methods of educating children through games, activities and various entertaining programs. Through this, we can organize a fun summer recreation period for preschool children. At the same time, we should work with fathers to create unforgettable moments for children during the summer. The following are examples of summer cooperation with parents:

- Preparation of booklets “Summer Health Tips”
- “Open Day” on weekends
- Sports competitions, excursions with the participation of parents

In addition, various other entertaining events and games, if carried out together with parents, will help to raise the morale, morale, and, moreover, the mood of children, and also to share joy and happiness.

Educational work carried out in preschool educational organizations during the summer health period should be aimed at the comprehensive development of the child's personality. This period:

- Improving the physical and emotional state of the child;
- Developing independence and creativity through activities in a natural environment;
- A wide opportunity to strengthen cooperation between teachers and parents.

Therefore, every teacher should view summer activities not only as “free time”, but as an integral continuation of the pedagogical process and approach it responsibly.

The list of activities recommended as an appendix:

1. “Summer excursion” - an observation walk through the garden, field, forest
2. “Flowers I know” - a mini-project about flowers
3. “Health week” - hygiene and fitness activities
4. “Love for nature” - an ecological campaign, planting trees
5. “Summer fairy tales” - a competition of fairy tales created by children

Conclusion.

Educational work during the summer recreation period should not be limited to recreation only, but should serve the comprehensive development of the child. High results can be achieved by carefully planning this process, selecting activities appropriate to the age and individual characteristics of the child, and organizing them in cooperation with the teacher and parents. For a child, summer is a period of growth in a healthy environment, freedom, in the lap of nature, with friends. Therefore, pedagogical activity should be constantly updated, close to practice and adapted to the child's world. The main goal of summer recreation is to properly educate children in natural conditions, through physical activity and social games, and to prepare them for a healthy and happy future. Children have the opportunity to improve their emotional and psychological state, make new friends, and develop social skills. In addition, the role of educators in summer recreation is of great importance. It is important for them to be open to innovations in working with children, use modern recreation methods, and provide an individual approach to children. Only then will all our activities with preschool children be effective. It is no exaggeration to say that the summer recreation period is the most important period for children to enrich their educational processes and strengthen their knowledge, skills and abilities, and acquire new knowledge.

Educational work with primary and preschool children during the summer recreation period should serve their physical, mental, moral and aesthetic development. In order for this period to be joyful, useful and unforgettable for children, the teacher should organize each activity in accordance with the age characteristics and interests of children.

Summer provides ample opportunities for outdoor play, creativity, direct communication with nature, independent activity, and the formation of practical skills related to a healthy lifestyle. Therefore, activities during this period should be planned in a free, natural, and child-centered manner.

It is also necessary to take into account the following basic principles in the summer educational process:

1. Organizing activities based on the child's interest and freedom - this develops his creativity and initiative.
2. Learning through play is the main form of development for a child.
3. Direct communication with nature forms an ecological culture, develops aesthetic taste.
4. Improving, strengthening, and practically strengthening hygiene skills serve to strengthen the child's health.
5. Close cooperation with parents increases the effectiveness of education and upbringing, helps create a loving and healthy environment for the child.

During the summer recreation period, every day for children should be useful, meaningful, enjoyable, and leave a positive mark on their lives. The teacher can achieve these goals through his creativity, initiative, and methodical approach.

In this regard, one of the priority tasks for educators and methodologists of preschool educational institutions is to organize the summer recreation season in a systematic, methodically based, and focused on the personal development of the child.

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