



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY RESEARCH IN SCIENCE, ENGINEERING AND TECHNOLOGY

Volume 5, Issue 11, November 2022



INTERNATIONAL
STANDARD
SERIAL
NUMBER
INDIA

Impact Factor: 7.54



6381 907 438



6381 907 438



ijmrset@gmail.com



www.ijmrset.com



Organizing Swimming Lessons in Pre-School Education Organizations

Pardaev Bakhrom Pulatovich

Senior teacher at the Institute for Retraining and Professional Development of Physical Education and Sports Specialists, Tashkent, Uzbekistan

ABSTRACT: The article discusses the specific features of swimming as a means of physical education, its education, health and practical importance for children of preschool age. Complete information on safety measures for swimming lessons in preschool educational institutions, rules for walking in water, distribution of tasks of professionals serving the pool of preschool educational institutions, equipment used for working with children is given.

KEYWORDS: swimming pool, swimming training, water walking, specialist, safety, physical training, bath, physiological function.

Specific characteristics of the effect of swimming on the child's body are associated with active movements in the water environment. Bathing, playing in water, swimming is convenient for all-round physical development of the child. Preschool educators are given the most important tasks to protect life and health, improve the physiological functions of the child's body and increase its protective properties. In this regard, a great place is given to swimming in the general physical education system in kindergarten. Swimming is an excellent tool for developing and improving the physical characteristics of a preschool child, which has a serious impact on his health. From an early age, it is one of the strongest forms of influence on the developing organism, water, air, temperature and physical activity of the child increases.

Swimming: hardens the body, improves adaptation to various environmental conditions; Develops the ability and skills of self-service, improves blood circulation and respiratory organs, improves heart activity, improves chest mobility, breathing rhythm, increases lung power; Strengthens the musculoskeletal system, forms the spine correctly, develops good posture, prevents the development of flat feet; Increases muscle strength and efficiency; It harmoniously develops strength, speed, agility, flexibility, coordination of movements, endurance; improves movement; It increases the overall tone of the body, strengthens the nervous system, improves sleep, and improves appetite.

Swimming is the movement of a person in the water with the help of the movements of his arms and legs. According to its directions and goals, swimming is divided into sports, practical, synchronized (artistic), recreational games, water polo, diving. These types, in turn, have their own methods and styles.

The main form of organizing and conducting swimming lessons is a group lesson, which embodies the entire educational process. The task, content and direction of each lesson are determined based on the tasks and educational material set before the course, as well as the knowledge and skills of the participants acquired in the previous lessons. The lesson plan is created based on the methodology of tasks and training. It is conditionally divided into three parts - preparatory, main and final parts. In the preparatory part, the task of organizing and preliminary training of the participants is carried out. It involves organizing students (sorting, reporting, sorting, etc.), briefly returning what has been passed, correcting general and personal mistakes, explaining and demonstrating new educational material, performing previously learned and new auxiliary exercises and, Finally, the success of the exercise includes writing exercises, which are necessary for the body of the exercisers.

In the main part of the lesson, tasks such as mastering the technique of swimming, developing and improving movement qualities of participants are solved. In this part, the elements of swimming techniques, teaching and mastering the technique of starting and turning, showing the deficiencies in the quality of the exercises performed by the participants of the taught swimming style, and giving some warnings of educational importance. It consists of describing general and personal tasks for independent activities at home, in the open air, and in the pool. It is necessary to take into account their anatomical, physiological and psychological characteristics when organizing and



conducting the initial swimming training of children. There is no fundamental difference between the method of primary teaching of swimming for adults and children. However, when the instructor is working with children, it is necessary to use methodological methods depending on their age characteristics and capabilities.

Teaching children to swim, in particular, methods of explanation and demonstration are widely used. When working with young children, demonstration is combined with explanation in a light and easy form. A fuller and deeper explanation using visual aids is necessary in the teaching of middle and older children. It is necessary to take into account that children's minds are sharp when accepting what they see. Therefore, the presentation must be correct and competent. The quality of swimming technique acquisition and the sports future of students largely depends on the quality of performance. Children should not be allowed to perform incorrect and waterfall swimming technique during exercises. Every movement of children who master swimming technique in a general, rough form has to be corrected. Children between the ages of 5 and 8 usually do not know how to swim at all, and many of them do not dare to enter the water independently and perform even the simplest exercises.

Swimming-water polo, diving, practical swimming and other athletic and non-athletic types of swimming strengthen the health of participants and form necessary, vital (practical) skills in them. It greatly helps in preparing young people for the defense of the Motherland, in training moral and physical qualities, will.

Swimming is of great educational, hygienic-health, sports and practical importance.

The educational value of swimming depends largely on how the entire training process is organized. Well-organized training and sports competitions develop team spirit, conscious discipline and organization, creative activity and initiative, perseverance and hard work, courage, boldness and self-confidence in the participants.

Breaststroke in the crawl method serves as the main means of movement (swimming method) in water polo games. Teaching athletic swimming techniques often begins with teaching breaststroke in the crawl method. Once this technique is mastered, it becomes easier to learn other techniques of swimming.

Breaststroke in the crawl is far behind in terms of speed of movement compared to other methods of swimming. The technique of this method is characterized by performing the movements of legs and arms simultaneously, in accordance with each other, harmonizing the movements in a certain order. Hands do not come out of the water during the preparatory movement.

The importance of breaststroke in the sport is much less than in breaststroke, but breaststroke has an advantage over other methods of swimming in terms of practical importance. When swimming in breaststroke in open natural water bodies, it is easy to target the environment and maintain the desired direction of movement.

This method is convenient to use when swimming with clothes and carrying floating objects from one place to another. Those who master the technique of the Brass method will be able to swim large distances with ease.

The Brass method can be used at the initial stage of teaching swimming.

Dolphin method has been included in the competition program since 1953 as an independent method. The dolphin method is second only to breaststroke in terms of swimming speed.

In dolphin swimming, during the preparatory movement, the arms are moved forward over the water (from the air), the legs are moved forward, as in the crawl, only both legs move at the same time.

The dolphin method is taught after the breaststroke technique has been mastered in the crawl method.

Backstroke swimming - this method is characterized by the movements of arms and legs, which are performed alternately and sequentially. During the preparatory movement, the hands are on the surface of the water-in the air. This method is the third fastest after dolphin. Backstroke technique is often taught along with breaststroke. Usually, young children learn this method quickly.

Medley Swimming combines the basic swimming techniques of the sport and is an excellent means of testing All-round swimming skills. This method is very useful during training for swimmers who practice other methods. Mixed swimming is used in all competitions of different scales. It is advisable to teach the technique of mixed swimming only after mastering the basic techniques of swimming (breaststroke, backstroke, breaststroke, dolphin).

Practical swimming. This includes diving, rescuing drowning people, swimming through water obstacles with and without buoyancy devices, swimming with clothes on in water, taking off clothes and heads, carrying various



objects of different sizes from water, including dehydration etc.

Safety rules in swimming lessons in preschool educational institutions. When conducting swimming lessons, equipment for rescuing people who have drowned, as well as necessary first aid in case of injuries, and sets of clothing should be prepared.

In the event of an accident, the victim or a witness of the incident must immediately notify the swimming instructor (nurse, teacher), who must provide first aid to the victim and report to the institution's administration.

During the training, they must follow the training procedure.

Safety requirements during training Every student must know and follow the following rules of behavior in the pool: - listen carefully to the task and complete it; - enter the water only with the teacher's permission; - go down the stairs with water; - do not stand still in the water; - do not interfere with each other, splashing; - do not hit each other; - do not shout; - not applying for appropriate help; - do not drown each other; - do not run in the pool; - ask to go out if necessary; - follow the instruction of the teacher. Basic rules for training (for the coach - swimming instructor) To successfully conduct the training, you must follow the following rules: Do not force children into the water, under water do not dive, do not scare: "you will be careless and drown." All methodological and organizational explanations are carried out with the audience only on land, when the whole group is in the water. Short commands, methodological instructions, evaluations are used, they should be so as not to reduce the intensity and emotionality of the lesson and not to freeze the children. For conducting the first lessons, special attention should be paid to the selection of exercises available for mastering, because success in the first lessons has a great psychological impact on the beginner, confidence in their abilities and trust in the teacher . strengthens. Every small learning success should be highlighted and should be approved and supported by the whole group or individual audience. · If new students fail to complete the task, the instructor must show maximum endurance, patience and offer another possible task, in most cases the reason for such failures is the ill-conceived behavior of the teacher. actions. · When explaining a new exercise, you should pay attention to the following basic elements: the starting position, the form and nature of the movement, the most difficult parts. Explaining and showing about physical exercises, emphasizing what needs to be done to do it correctly, without focusing children's attention on mistakes and shortcomings. · Start each lesson with a familiar series of exercises that will allow you to get used to the swimming area, get used to the water temperature and feel confident in your abilities. When learning new exercises, pay special attention to methodological guidelines to avoid common mistakes. Correct mistakes without many comments at the same time - this reduces interest in lessons and self-confidence. You should study no more than one or two exercises in each lesson.

Hygienic requirements during training . LessonsHygienic conditions for holding are sanitary-hygiene rules and - a set of basic rules for organizing a swimming pool. This document contains all instructions, requirements and norms that must be strictly and completely followed. Let 's take a look at the most important ones.

What must be next to the pool? 2 dressing rooms; A spacious hall with a water basin; shower rooms; · Room of nurse and swimming coaches; Technically equipped pool room; Water analysis laboratory.

General cleaning in the pool is usually done once a month. Water quality control once a day, microclimate parameters - twice a year, air environment condition, noise level and lighting - once a year, bacteriological and parasitological analysis of water surface - once a quarter. The recommended time to stay in the pool is determined by the age of the children: small group - 15-20 minutes, middle group - 20-25 minutes, senior and preparatory groups - 25-30 minutes.

In winter, pool training should take place after walking, if this is not possible, at least 50 minutes should pass between swimming and walking.

7x3 m, depth up to 0.8 m, for primary swimming lessons for children of primary school age. It is recommended to use swimming pools with large swimming pools - 10x6 m, 12.5x6 m, depth 1.2-1.6 m for organizing activities with a group of children of middle and high school age. The most convenient shape of the pool is four corners.

Baths with pools should be equipped with convenient ladders for lowering children into the water and lifting them up when leaving the water, it is better if the stairs are upright and do not fall from the wall of the pool into the bath; prerequisites are handles. To ensure the safety of children and prevent injuries, the stairs leading out of the pool and shower room are covered with rubber or other non-slip material, and the floor is covered with rubber or walkways. There are handrails around the pool to keep children safe in the water. If children's pools are artistically decorated, it is good if there are mosaic panels or pictures of fairy-tale characters on the walls. The pool should have at least two changing rooms equipped with hangers for clothes and towels, couches. The floors in the dressing rooms are covered



with rubber mats or covered with wood. The pool should have at least 3-4 showers and toilets for children to wash before and after school.

Indoor swimming pools should be equipped with ventilation, adequate lighting and air temperature, they should be kept clean and orderly. To prevent children from getting cold when entering and exiting the pool, the floor must be heated and all passages must be heated. When moving from one room to another, all measures should be taken to avoid sudden changes in temperature.

In the practice of pre-school educational institutions where swimming lessons are organized, the temperature of the water in the pools, as a rule, is determined depending on the duration of the lessons, the age and health of the children. In the initial period, the water temperature in the pool can vary from $+34^{\circ}\text{C}$ to $+32^{\circ}\text{C}$. When the children get used to the water, the temperature gradually decreases to the recommended level ($+30^{\circ}\text{C}$ to $+28^{\circ}\text{C}$). For well-trained children, the water temperature in the pool can be lowered to $+26^{\circ}\text{C}$. For preschool children, the water temperature in the pool is often kept around $+28^{\circ}\text{C}$ to $+30^{\circ}\text{C}$.

Sports equipment and equipment for training. In order to play together, properly organize physical exercises, and successfully form swimming skills, the kindergarten pool must have the necessary equipment.

This includes:

- inflatable rings of various sizes;
- large foam and small foam swimming boards;
- horizontal and vertical ring;
- gymnastic sticks;
- "kolobashki";

Equipping all areas of the pool with sports and game equipment, including standard equipment, helps to create a multi-functional, content-rich, changing environment during classes. Equipment should be strong, safe and light.

The main form of health development for a child is undoubtedly physical exercise and swimming. Classes for teaching children to swim are conducted using health technologies:

The use of non-standard equipment and inventory allows preschool children to develop an interest in swimming in the pool, regardless of their financial situation, and to expand the material and technical base in the preschool educational institution and in the family. Children's interest in various news causes positive emotions.

It is important that such equipment is safe, aesthetic, age-appropriate and functional.

Young preschoolers studying with the help of such equipment quickly adapt to water, painlessly overcome feelings of insecurity and fear. When working with older preschoolers, when they have already mastered swimming techniques, non-standard equipment is used to repeat, strengthen and improve individual movements, swimming techniques.

Young children require special attention from adults. They need help getting undressed, dressed, and showering and drying because they don't know how to do it on their own, and getting in and out of the water. Young children still do not remember things very well. Therefore, it is necessary to speed up all processes and prevent children from getting cold, and the help of the educator is necessary.

During the direct implementation of educational activities, medical-pedagogical control of the upbringing and health of each child is carried out, taking into account his individual psychological and physiological characteristics.

REFERENCES

1. Abdullaeva B. P. Organization and methodology of conducting football lessons in a preschool institution ACADEMICIA: An International Multidisciplinary Research Journal <https://saarj.com> ISSN: 2249-7137 Vol. 11,
2. Abdullaeva B. P. Organization of physical training in preschool educational organizations and primary classes ACADEMIC RESEARCH IN EDUCATIONAL SCIENCES VOLUME | ISSUE 3 | 2021
3. Abdullaeva B. P. Teaching a Child to Play Football from a Youth The American Journal of Interdisciplinary Innovations and Research (ISSN-2642-7478) Published: April 30, 2021 Pages: 147- 151



4. Abdullaeva B. P. Football as a means of physical education CURRENT RESEARCH JOURNAL OF PEDAGOGICS - 2767-3278 02-08-16 Accepted 26th August, 2021
5. B. P. Pardayev Abdullayeva B., Babarakhimova B. Using information and communication technologies in teaching process of various primary school subjects European journal of research and reflection in educational sciences Volume 8 Number 10, 2020.
6. B. P. Pardayev Abdullayev FT The role of public sports and health measures in strengthening children's bodies Academic research in educational sciences volume 1 | ISSUE 4 | 2020 ISSN: 2181-1385 Scientific Journal Impact Factor (SJIF) 2020
7. B. P. Pardayev Application of national movement games in physical education classes Current research journal of pedagogics 2(8): 96-100, August. 2021 DOI: <https://doi.org/10.37547/pedagogics-crjp-02-08-22> ISSN 2767-3278 ©2021 Master Journals
8. B. P. Pardayev Methodology of teaching techniques of acrobatic exercises Current research journal of pedagogics 2(8): 101-109, August 2021 DOI: <https://doi.org/10.37547/pedagogics-crjp-02-08-23> ISSN 2767-3278
9. B. P. Pardayev History of national movement games Current research journal of pedagogics 2(11): 197-202, November 2021 DOI: <https://doi.org/10.37547/pedagogics-crjp-02-11-36> ISSN 2767-3278
10. D. B. Narzikulov "Swimming and its methodology" Samarkand 2003
11. R. A. Qosimova, F. Rahmonov "Theoretical foundations of swimming and teaching it" (Methodological guide) Navoi 2005
12. G. I. Krosnova "History of development of swimming sport" (Educational manual) Tashkent 2010
13. R. A. Qosimova, B. T. Haydarov, U. S. Dusanov "Swimming and teaching methodology" Tashkent 2016




INNO SPACE
 SJIF Scientific Journal Impact Factor
 Impact Factor
7.54


**INTERNATIONAL
 STANDARD
 SERIAL
 NUMBER
 INDIA**



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY RESEARCH IN SCIENCE, ENGINEERING AND TECHNOLOGY

| Mobile No: +91-6381907438 | Whatsapp: +91-6381907438 | ijmrset@gmail.com |

www.ijmrset.com