

INNOVATIVE METHODOLOGIES FOR ENGAGING PRESCHOOL CHILDREN IN SPORTS CLUBS AND CONDUCTING TRAINING ACTIVITIES IN PRESCHOOL EDUCATIONAL INSTITUTIONS**Sindorova Dilobar Hasan kizi**

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Abstract

Physical activity plays a critical role in the holistic development of preschool-aged children, contributing to their physical health, cognitive growth, emotional regulation, and social skills. Engaging children in sports clubs within preschool educational institutions (MTTs) requires innovative pedagogical approaches to maintain motivation, participation, and learning outcomes. This study explores innovative methodologies for organizing sports activities in preschools, including play-based exercises, gamification, interactive challenges, and collaborative tasks. The research evaluates the effectiveness of these approaches in improving children's motor skills, teamwork, discipline, and interest in regular physical activity. Results indicate that structured, child-centered, and culturally relevant sports activities significantly enhance engagement, skill acquisition, and social-emotional development. Additionally, teacher guidance, continuous feedback, and supportive learning environments were identified as key factors in successful implementation.

Keywords: preschool education, sports clubs, innovative methodology, physical development, early childhood, motor skills, teamwork

Introduction

Early childhood is a formative period during which physical, cognitive, emotional, and social development occurs simultaneously. Participation in structured physical activities, such as sports clubs, contributes not only to children's physical fitness but also to the development of social skills, self-confidence, attention, and discipline.

Traditional methods of physical education in preschool settings often rely on repetitive exercises and limited engagement, which can reduce children's motivation and learning outcomes. In contrast, innovative methodologies, including **play-based exercises, gamified sports activities, and interactive challenges**, allow children to actively participate, learn through experience, and develop both motor and social competencies.

Preschool teachers and educators play a critical role in implementing these methodologies by designing age-appropriate activities, providing emotional support, and fostering an environment that encourages exploration, cooperation, and achievement. Therefore, studying innovative methods for conducting sports activities in MTTs is highly relevant for modern preschool pedagogy.

Objective

The main objectives of this study are:

1. To identify innovative methods for engaging preschool children in sports activities and clubs.
2. To analyze the impact of these methods on children's physical, cognitive, and social development.
3. To determine the role of educators in facilitating effective sports programs.
4. To develop practical recommendations for improving the quality and effectiveness of physical activity programs in preschool educational institutions.

Methods

1. Participants:

- 50 preschool children aged 4–6 years from two preschool groups participated in the study.
- 4 preschool educators were involved in implementing and monitoring activities.

2. Research Design:

- Children participated in **structured play-based exercises, obstacle courses, interactive games, and cooperative sports challenges.**
- Activities were designed to develop motor skills, teamwork, emotional regulation, and discipline.

3. Assessment Tools:

- **Motor Skills Checklist:** Evaluates balance, coordination, and physical fitness.
- **Social Interaction Observation Grid:** Measures teamwork, cooperation, and peer communication.
- **Motivation and Engagement Scale:** Assesses children’s interest and participation level in sports activities.

4. Data Collection and Analysis:

- Observations and assessments were conducted **before, during, and after** the implementation of innovative sports activities.
- Data were analyzed using **descriptive statistics, comparative tables, and qualitative evaluation of educators’ feedback.**

Results

The study revealed significant improvements in children’s physical and social development after participating in innovative sports activities. Key findings are summarized in Table 1:

Table 1. Impact of Innovative Sports Activities on Preschool Children

Indicator	Before Activity (%)	After Activity (%)	Change (%)
Motor Coordination	42	81	+39
Balance and Agility	45	84	+39
Teamwork and Cooperation	38	79	+41
Motivation and Engagement	50	87	+37
Discipline and Rule-Following	40	82	+42

Observations:

- Play-based obstacle courses enhanced children’s motor skills and coordination.
- Cooperative games improved communication, teamwork, and mutual support.
- Gamified activities maintained high motivation and sustained participation.
- Teachers’ feedback indicated that providing continuous guidance, encouragement, and positive reinforcement was crucial for maintaining engagement.

Discussion

The results demonstrate that **innovative methodologies significantly outperform traditional approaches** in developing both physical and social competencies in preschool children. Play-based and gamified activities allow children to:

1. Explore motor abilities and physical coordination in a safe, engaging environment.
2. Practice social skills such as cooperation, communication, and conflict resolution.
3. Increase intrinsic motivation and a positive attitude toward regular physical activity.

Moreover, the role of educators is critical. Teacher involvement, structured activity planning, and continuous positive feedback ensure that children remain engaged, safe, and motivated. These findings are consistent with contemporary pedagogical theories emphasizing **active, experiential, and child-centered learning approaches** (Vygotsky, 1978; Bronfenbrenner, 1994).

Conclusion

Innovative methodologies for conducting sports activities in preschool educational institutions are highly effective in enhancing children's physical, cognitive, and social development. The study recommends the following strategies for preschool educators:

1. Implement **play-based and gamified activities** to develop motor skills and coordination.
2. Encourage **teamwork and cooperative challenges** to foster social competencies.
3. Provide **continuous teacher guidance and positive reinforcement**.
4. Periodically assess children's progress using structured tools to monitor physical and social development.

Integrating innovative sports methodologies in preschool education not only improves children's health and fitness but also lays the foundation for lifelong social and emotional skills.

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