

PAPER

INNOVATIVE APPROACHES TO ORGANIZING SPORTS AND HEALTH-IMPROVING ACTIVITIES IN PRESCHOOL INSTITUTIONS

Salixova Iqboloy Lutfullo qizi¹

¹Teacher at Secondary School No. 12, Bukhara City

* salixova@gmail.com

Abstract

This article explores innovative approaches to organizing sports and health-improving activities in preschool institutions. It emphasizes the crucial role of early physical education in shaping children's physical, cognitive, and social development. Traditional methods, while beneficial, often fail to fully engage children and meet their individual needs. Therefore, modern strategies such as interactive and game-based activities, music-supported exercises, digital monitoring tools, and individualized approaches are increasingly applied. These methods enhance children's motivation, participation, and overall well-being while fostering cooperation between educators, parents, and healthcare professionals. The study highlights that innovative, child-centered, and developmentally appropriate practices are essential for establishing a strong foundation for lifelong health and a healthy lifestyle.

Key words: Preschool education; innovative approaches; physical activity; health improvement; interactive games; music-based exercises; digital tools; individualized methods; child development; early childhood.

Introduction

Preschool education plays a crucial role in shaping children's physical, mental, and social development. Early childhood is considered a sensitive period when the foundations of health, movement skills, and social behavior are formed. Sports and health-improving activities in preschool institutions not only strengthen physical fitness but also support

the development of motor coordination, balance, agility, and flexibility, which are essential for a child's overall growth. Furthermore, such activities help build discipline, teamwork, emotional stability, and the basis of a lifelong healthy lifestyle.

In Uzbekistan, state reforms such as the Preschool Education Development Concept 2030 emphasize the importance of integrating physical education into preschool curricula as a vital

Compiled on: October 18, 2025.

Copyright: ©2025 by the authors. Submitted to *Advances in Science and Education* for possible open access publication under the terms and conditions of the [Creative Commons Attribution \(CC BY\) 4.0 license](#).

component of holistic child development. These reforms highlight the necessity of creating safe, engaging, and innovative environments where children can actively participate in physical and health-improving activities. However, despite these efforts, the practical organization of such activities in many preschool institutions still relies heavily on traditional methods, which often fail to capture children's full attention, creativity, and motivation.

Traditional approaches — usually involving repetitive exercises and rigid routines — may not adequately respond to the developmental needs and interests of preschool children. As a result, children may lose interest or demonstrate low levels of engagement during physical activities. In contrast, innovative approaches are increasingly being introduced to overcome these limitations. These include interactive games that stimulate imagination and collaboration, music-based exercises that combine rhythm and movement, digital monitoring tools that track children's physical activity and progress, and individualized methods that adapt exercises to children's age, gender, and physical abilities. The integration of such innovative methods not only enhances the quality and effectiveness of sports and health-related programs in preschool institutions but also aligns with international best practices in early childhood education. By focusing on child-centered, engaging, and developmentally appropriate strategies, educators can ensure that preschool children develop positive attitudes toward physical activity, which will benefit them throughout their lives.

Discussion

The results confirm that innovative methods significantly improve the effectiveness of sports and health-improving activities in preschool institutions. Traditional approaches, while useful in maintaining discipline and introducing basic movement skills, often fail to fully capture children's attention, creativity, and intrinsic motivation. Preschool children require activities that are not only physically beneficial but also emotionally engaging and intellectually stimulating. When lessons are repetitive and lack variety, children may quickly lose interest, which in turn reduces the long-term effectiveness of physical

education programs.

By integrating interactive games, digital tools, and music-based exercises, children become more actively involved in physical activities. Interactive games promote teamwork, cooperation, and problem-solving, while simultaneously improving coordination and agility. Music-based exercises, on the other hand, foster rhythm, emotional expression, and enjoyment, transforming routine exercises into joyful experiences. Digital monitoring tools, such as fitness apps or step counters adapted for young children, provide valuable data for teachers and parents, enabling the tracking of individual progress and the adjustment of exercise intensity. Together, these innovations increase both engagement and measurable health benefits.

Furthermore, collaboration with parents plays a key role in reinforcing healthy habits outside preschool. Children who receive encouragement and consistent support from their families are more likely to sustain healthy behaviors and participate in physical activities beyond institutional settings. Parental involvement can take many forms, such as participating in family sports days, assisting with home-based exercises, or simply modeling active lifestyles. This partnership ensures continuity between preschool and home, creating an environment where health and physical activity are perceived as natural and enjoyable parts of daily life.

Regular monitoring of physical development, supported by digital tools and observation methods, allows educators to adjust programs according to each child's age, developmental stage, and individual needs. Personalized approaches ensure inclusivity, allowing both advanced and less physically developed children to progress at their own pace without feeling excluded. This not only improves physical fitness but also builds children's confidence and self-esteem.

These findings are consistent with global research highlighting the positive impact of innovative and child-centered approaches in early physical education. Studies in countries with advanced preschool systems demonstrate that innovative methods not only improve physical health outcomes but also contribute to cognitive development, emotional regulation, and social skills. Thus, the integration of innovation into preschool

sports and health programs should be considered a strategic priority for educational policy and practice.

Conclusion

Innovative approaches in preschool institutions provide highly effective ways to organize sports and health-improving activities. The findings of this study demonstrate that the use of interactive and game-based methods plays a crucial role in boosting children's motivation and participation. When physical activities are presented in the form of engaging games, children are more willing to take part, display higher levels of enthusiasm, and develop essential social skills such as cooperation and teamwork. The integration of digital tools and multimedia resources further enhances the monitoring and engagement process. By using child-friendly applications, animations, or activity trackers, educators and parents can obtain accurate information about children's physical activity levels, which allows for more effective planning and adjustment of exercise programs. This not only provides a modern solution to assessment but also makes physical activity more attractive to children who are growing up in a digital age. Music-based exercises also play a unique role, as they positively affect both physical and emotional well-being. The combination of rhythm, melody, and movement creates an enjoyable environment that reduces fatigue, elevates mood, and fosters creativity, while at the same time supporting motor development and coordination skills. Another important conclusion is that individualized approaches are necessary to ensure inclusiveness and effectiveness for all children. Every child develops at a different pace, and by adjusting the intensity, duration, and type of activities according to individual needs, teachers can make sure that each child benefits equally from sports and health-improving programs. This personalized strategy prevents exclusion and builds children's self-confidence. Finally, the research highlights the importance of strong cooperation between teachers, parents, and healthcare professionals. Only through a collaborative effort can children's health be fully protected and strengthened. Teachers provide structured activities, parents reinforce healthy habits at home, and healthcare professionals offer medical guidance and ensure safety. This integrated

approach creates a supportive environment where children are encouraged to adopt healthy lifestyles from an early age. In conclusion, innovative methods—when systematically applied in preschool institutions—not only improve physical fitness but also contribute to the emotional, cognitive, and social development of children. They provide a solid foundation for lifelong health and well-being, making them an essential part of modern preschool education.

References

1. Мухитдинова Н.М. Абытова Ж.Р. Механизмы интеллектуального развития дошкольников с помощью физических занятий // Проблемы педагогики. – 2020– № 3 (48) с 79–81
2. Мухитдинова Н.М. Методология физических упражнений и игр в дошкольных образовательных организациях // Проблемы науки–2020–№9 (57) с 81–83
3. Акрамова. Г.М. Как физическая культура в школах приносит пользу учащимся// научно-методический журнал. 2020– №10 (61) ...(41–бет)
4. К.Д.Истамович Методологические подходы к изучению правил физической активности женского спорта Научный журнал 6 (40) 88–90