

DEVELOPMENT OF PHYSICAL QUALITIES OF PRESCHOOL CHILDREN

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ABSTRACT

All the foundations of health are laid in two periods: intrauterine and preschool, and psychological and physiological. The issue of physical development of preschoolers is quite acute nowadays and worries most parents. Although sports have become fashionable in the modern world, and many follow proper nutrition, carefully take care of their health.

Keywords: Health, training, development, sports, physical development, physical qualities, physical fitness.

But recently, both in kindergartens and in families, much attention is paid to the intellectual development of children, and the development of physical abilities for some reason fades into the background. And this is completely unreasonable, since a high level of physical development has a beneficial effect on the psychological development of the child. It is possible to diversify motor activity with the help of age-appropriate physical education classes. Moving dynamically, the child develops the will to overcome difficulties, perseverance, learns to be independent, learns about the world around him.

Life in megacities gives its advantages, but for an unformed child's body it is an unfavorable environment. Lack of fresh air, environmental problems, and low physical activity are risk factors for the development of various diseases.

It is necessary to pay great attention to physical activities, they help to relieve nervous tension, and also help the child's psyche to work in a balanced and harmonious way. During the development of children of early and preschool age, their health, endurance, and performance are formed. This age is favorable for hardening the body, mastering the necessary motor skills.

The stages of development of preschoolers differ significantly from the development of younger children. In the first years, the body grows rapidly, evenly, and the growth and body weight increase intensively. By the age of three, the excitability of the neuromuscular apparatus increases, but the strength of the muscles is still small. Due

to the weak development of the ligamentous apparatus and muscles, the joints of the child are characterized by great mobility. From the age of four, development slows down a little. At the age of younger preschoolers, children need freedom of motor activity. Preschool age is an important stage in a child's life, when there is an intensive formation of the musculoskeletal system of the bone skeleton, joints, ligaments and muscles. The health of children directly depends on his condition. The natural curves of the spine are not fixed in children, and it is important to monitor the posture and position of the child's body during night and daytime sleep. It is at this age that specialists begin to detect scoliosis, kyphosis, and other disorders.

For preschool children, too much stress on the lower extremities is contraindicated, since the process of ossification of cartilage tissue is not over yet. Due to the fact that the ligaments and muscles are quite weak, and the cartilage tissue is not fully ossified, deformities of the feet are possible, which leads to flat feet. Parents should pay special attention to the prevention of flat feet.

During the game and during physical education, children develop dexterity, speed, strength and endurance. In the age group from 3 to 5 years, attention is unstable, they are quickly distracted. In this regard, experts recommend showing exercises of an imitative and playful nature, combining them with a word. Children of younger preschool age quickly get tired of loads due to their physiological characteristics, but this fatigue passes quite quickly. During sports, it is important to alternate exercises for different muscle groups. When organizing physical exercises, one should remember about the physiology of the musculoskeletal system and strictly dose physical activity and take frequent breaks. The load should be intense, but not excessive.

Preschool children are too mobile and restless. Movements are fast and impulsive, and attention is unstable, due to the fact that the processes of excitation prevail over the processes of inhibition. As a result, the load on the cardiovascular and respiratory systems increases.

Special attention is paid to the development of fine motor skills in gaming activities, finger games are used. Such classes are emotional, exciting, contribute to the development of speech and creative activity of children. Many games require the participation of both hands, which makes it possible to develop spatial representations (up-down, back — front). Finger games selected in the program are necessary for the development of creative imagination of preschoolers.

In addition to special sets of exercises, do not forget about outdoor games. Master new directions. Use equipment in classes: hoops, skittles, cubes, balls, etc. This will support interest in the game and help to complicate motor skills. It is important to choose such a set of exercises so that the child is interested in these exercises. Sports should not be exhausting. Swimming pool, sports sections are good, but it is important to choose the

right direction. Remember, physical education is preferable to sports, at least at the age of six.

A well-built system of active exercises for a child helps strengthen the musculoskeletal system, cardiovascular system, activates the immune system. The work of the central nervous system is normalized, physical activity contributes to the development of dexterity, improves the functionality of the respiratory system. Make sure that the child is in the fresh air as much as possible.

It is adults, and, first of all, parents, who are obliged to take care of creating such a favorable environment for their baby that would ensure his full physical development. It is known that regular physical training increases the immunity of children, which subsequently increases the body's resistance to infectious diseases. It is important to teach children to take air and sun baths from an early age, to carry out all kinds of water procedures.

Tasks of physical education of children

Physical education of preschoolers is designed to solve three groups of tasks:

- wellness;
- educational;
- educational.

Health-improving tasks include:

- saving and strengthening children's health;
- hardening of the child's body;
- prevention of flat feet;
- formation of correct posture;
- development of sufficient motor skills in the child.

The educational tasks include:

- familiarization of the baby with the structure of the human body;
- training in basic physical skills (walking, climbing, running, jumping, etc.);
- training in outdoor games;
- teach the baby to dose the physical load on his body himself.

Educational tasks include:

- fostering courage;
- education of honesty;
- instilling cultural and hygienic skills.

It is necessary to educate the baby's physical qualities: dexterity, speed, strength, flexibility, endurance. All these tasks are solved with the help of various means and forms of physical education. All of them are quite affordable and can easily be implemented in a home environment.

The effectiveness of physical development and rehabilitation of preschoolers largely depends on the correct selection of pedagogical methods.

One of the most important factors of good physical and mental development of a child is properly organized motor activity in kindergarten and family. A healthy baby strives for active activity, movements. In this he finds a source of joy. In many ways, the mobility of a child depends on his motor skills.

the speed in any activity is largely determined by the physical condition of the child. Physical development is closely related to the age characteristics of children. For preschoolers, it is primarily aimed at strengthening health, the formation of motor skills, the development of physical qualities, the development of cultural and hygienic skills and rules.

The activity of children in preschool age is expressed, first of all, in movements. Ideas about the world, its things and phenomena come to the child through the movements of his eyes, tongue, hands, moving in space. The more diverse the movements, the more information enters the brain, the more intense the intellectual development. The development of movements is one of the indicators of proper mental development.

Development is extremely important:

- coordination of movements (perception of direction and speed of movement, time and space);
- ability to memorize the sequence of movements and motor operations (memory: memorization and reproduction);
- attention to your own movements and the actions of others;
- ability to perform movements according to verbal instructions (imagination);
- initiative in movements;
- analysis of the movement by the quality of its execution (thinking);
- development of speech skills and skills related to movements.

The development of all types of manual motor skills and visual-motor coordination is a prerequisite for the formation of oral and written speech, and also contributes to the cognitive activity of children.

Physical development has health-improving, educational and educational tasks.

Physical development in children 4-5 years old is very intensive. Children of this age just need to move: this is how they relieve tension. Therefore, at this age, an important task is to stimulate muscle strengthening, skeletal development, and for this daily training is necessary.

Physical development is important not only from the point of view of strengthening muscles – activity affects the quality of mental development, personality formation. In the absence of physical activity, kids become sluggish, often get sick, look inept and shy against the background of their peers. This has a bad effect on self-esteem, prevents you from communicating properly, making friends. Sufficient physical

training gives self-confidence. Sports training, exercise, physical education develop coordination of movements, increase reaction and concentration.

Physical exercises have a multifaceted physiological effect on the body. When muscles contract, the processes of metabolism, blood circulation are activated, the work of all internal organs and systems is rebuilt. A working muscle absorbs 7 times more oxygen and 3 times more nutrients compared to an inactive one. Physical education also helps the baby to maintain a normal weight. Due to a passive lifestyle, lack of movement, weight problems often begin at an early age, and this negatively affects the functioning of the endocrine system.

Physical exercises are also very important for the full functioning of the brain: its blood supply improves, the overall tone of the cortex increases, which increases the activity of all analyzers. With active muscle work, overexcitation of brain systems decreases or is completely removed. In addition, the basic properties of the nervous system are improved - strength, mobility, balance.

It should be noted that in preschoolers, the physical development of 4-year-olds differs from the development of 5-year-olds. Let's look at both ages to see the differences.

At the age of 4 , a child:

- runs well, but still has problems with coordination of movements;
- performs some simple gymnastic exercises: a bridge, a stand on one leg, overcoming obstacles, etc.;
- can run up to 150 meters;
- jumps forward and backward, can make 5-6 jumps forward in a row;
- can climb the Swedish wall, however, the handles are still weak;
- does a somersault forward.

At the age of 5 , a child:

- runs for 200-250 meters without stopping, can jump over a small obstacle on the run;
- movements are more confident, the child falls less often;
- balance develops – a crumb can walk on a log;
- jumps over the rope, twists the hoop;
- loves exercises on the Swedish wall: can climb for hours, jump off.

Thus, we see a significant difference between the physical development of 4- and 5-year-olds.

For a child, interest in movements is very important. Do not force a baby 4-5 years old to sit quietly for a long time and play quiet games. This will lead to the fact that the baby will be overexcited, sleep poorly at night. Movement is an opportunity to relieve tension, give energy output. If the baby does not attend kindergarten, then be sure to

go for a walk with him on the street more often. On the playground, he will be able to run, climb, play active games with other children.

In order for physical development to take place correctly, you need to be engaged with the child. For example, in the morning, invite your baby to exercise with you.

Here are the simplest exercises for a 4-5 year old child:

- 5 squats;
- tilts in different directions;
- "mill", turns with outstretched arms;
- stand on one leg, change your leg;
- jumping on one and two legs;
- running on the spot (1-2 minutes).

Such exercises can be performed both at home and on the sports field. When the baby can easily cope with the exercises, introduce something new. For example, offer to slowly run a circle around the stadium.

Such exercises for children are useful not only from the point of view of physical development. They help to concentrate, set a certain task for the baby. He wants to learn how to do something better, faster - this contributes to strong-willed development.

Parents who do physical education with kids need to remember a few simple rules.

These are the rules:

1. You can not practice if the child has a cold, he is sick. This is a strong load on the heart and lungs.
2. A 4-5-year-old child should choose only simple exercises designed for his age.
3. There should be no more than 5 repetitions of one exercise for a 4-year-old baby, and no more than 10 for a 5-year-old child.
4. If the baby complains that it is hard for him, it is better to reduce the load. You can not force to do something by force, especially if the child complains of pain.
5. You should not scold a crumb if something does not work out. Point out all the mistakes gently and immediately show how to do it right.

Thus, it is necessary to encourage the motor activity of kids in every possible way, teach them and enjoy joint sports. If you have the opportunity to send your child to a section where there are elements of sports training, this will also have a positive impact on his overall development. Only it is better to choose classes based on the interests and characteristics of your baby. Swimming is more suitable for someone, wrestling or dancing is more suitable for someone, and some children will prefer physical education in a playful way.

There is a widespread misconception that physical education concerns only the development of a child's physical condition, but it is not limited to this. Also, the

strengthening and preservation of his health can be attributed to the physical education of the baby. A small child is not yet able to take care of his own health on his own, without the help of adults.

- Hardening of the child's body.

Forms of physical education of children in preschool age

- Hardening of the child's body.

Forms of physical education of children in preschool age

- For morning gymnastics, you do not need much time – it is enough to give it 5 minutes a day. Instead of the traditional form of gymnastics, you can come up with something of your own, for example, play an active game with your baby, dance to fervent music, perform a set of interesting exercises conducted in a playful way. It is important to provide the baby with a good mood and aim him to be active throughout the rest of the day.

- Outdoor games can be practiced both on the street and at home.

- Mandatory walks in the fresh air.

- Health days, which many mistakenly consider events inherent only in educational institutions, can and should also be held at home. Practically nothing is needed for this. But it is even better to prepare in advance - to pick up outdoor games and contests, invite the baby's friends with their parents. It is much easier to organize a winter slide ride or an interesting bike ride ending with a fun picnic in nature. There are many opportunities for imagination here, there would be opportunities!

Physical development of preschool children according to the Federal State Educational Standard

Preschool age is considered very fruitful in terms of strengthening children's health and acquiring useful skills. Most of the habits of older children have already been formed and are only able to change under the influence of the environment.

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