

The Importance of Physical Education in the Mental Development of Preschool Children

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Annotation: We know that children of preschool age receive their first lessons, and at this age, the development of children's mental abilities is the most important. In this article, it is approached in this regard, and it is explained how to develop mental abilities in preschool children.

Key words: Preschool children, healthy lifestyles, physical, emotional and mental development, exercise, brain development and cognitive abilities.

Physical education for preschool children plays a key role not only in forming a healthy lifestyle, but also in their mental development. At this age, children are at the stage of active physical, emotional and mental development, and physical exercises and games help children's all-round development.

Brain development and cognitive abilities. Physical exercises stimulate children's brain activity, help to form new nerve connections. Research shows that physical activity improves blood flow to the brain and helps produce neurotransmitters such as serotonin and dopamine, which are responsible for improving mood, concentration and cognitive function. Children who do physical exercises have a higher level of attention, improve their memory and absorb new information faster. Physical activity improves blood circulation and supplies the brain with oxygen, which in turn stimulates the activity of brain cells. Regular exercise in preschoolers can help improve memory, concentration, and general cognitive function.

Development of movement skills and coordination. Physical games and exercises help children develop motor skills and coordination. This is important for the development of self-service skills, the ability to move in space and communicate with the outside world. Children who are actively involved in physical play develop fine motor skills, which affect their success in school and in everyday life.

Socialization and development of emotional intelligence. Physical play helps develop children's social skills. In the process of playing together, children learn to cooperate, share, follow rules, and resolve conflicts. This helps them develop emotional intelligence and the ability to communicate effectively with others. In addition, exercise helps children express their feelings, reduce stress and build self-esteem.

Prevention of diseases and formation of a healthy lifestyle. Preschool physical education plays an important role in preventing diseases and forming a healthy lifestyle for life. Active play and exercise can help children develop strength, endurance and flexibility, strengthen the immune system and reduce the risk of obesity and heart disease in the future.

In conclusion, it can be said that physical education plays an important role in the mental development of preschool children. It helps to develop a healthy lifestyle, cognitive and motor skills, socialization and disease prevention. Therefore, it is important to provide the opportunity to engage in various physical activities and games in order to ensure the comprehensive development of children and prepare them for successful adaptation to society.

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