

Some Types of Technology for the Physical Development of Preschool Children

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Annotation: The article deals with the technology of teaching the physical development of preschool children. Some advice was given to educators and parents about the leading elements of the technique of different ways of running, jumping, throwing, actions with the ball, which cannot be mastered by a child and applied productively if his dexterity, coordination and accuracy of movements, speed, strength, endurance are insufficiently developed. flexibility, as well as the ability to maintain a stable body position in a variety of conditions.

Key words and expressions: Teaching technology, flexibility, adaptability, improvisation, overwhelming performance, coordination, physical development, load.

A child of the 5th year of life owns in general terms all types of basic movements. He strives for new combinations of movements, wants to try his hand at difficult types of movements and physical exercises. Children have a need for motor improvisations. They undertake the fulfillment of any motor task, but they still do not know how to measure their strengths, to take into account their real capabilities. Convinced of the impossibility of performing a motor action, the child does it only in general terms, without achieving completion. But at the same time, he is sincerely convinced that he completed the movement completely.

The attention of a child of middle preschool age is becoming more and more stable; visual, auditory and tactile perception are improved, deliberate memorization and recollection are developing. Children are well aware of the types of movements, partially master the ability to highlight some of their elements. Interest arises in the results of the movement, the correctness of its implementation, and compliance with the model.

The leading elements of the technique of different ways of running, jumping, throwing, actions with the ball cannot be mastered by a child and applied productively if he does not have enough dexterity, coordination and accuracy of movements, speed, strength, endurance, flexibility, as well as the ability to maintain a stable body position in a wide variety of conditions.

The development of physical qualities occurs under the influence of constant exercise. As a result, the motor capabilities of children are expanded and enriched, their physical strengths increase. As a result, solid foundations are laid for the school of movements, for increasing efficiency and physical fitness.

Purpose: to develop the interest of children and parents in morning exercises, to maintain and strengthen the health of children. To form moral and volitional qualities in children (endurance, organization, independence, perseverance). Involve parents in active participation in the child's sports life. The need for movement is inherent in the baby from birth.

And the task of the parents is not only to help the child develop harmoniously, to master new skills and abilities, but also not to discourage the desire to play sports in the future. The kid only through his own feelings learns the huge and attractive world. And to consolidate the innate love of movement, to make the baby more agile and resilient, to direct irrepressible energy into a "peaceful" channel will help games and exercises that kids will like.

Every mom and dad knows well that exercise affects the work of all organs and systems. Sports activities improve metabolism, blood composition, train the cardiovascular system, increase immunity. But not all parents know that the physical development of the baby is also inseparably linked with his intellectual development. The better a child can run, jump, climb, the faster and more harmoniously his brain develops.

Movement is the only activity that makes both the left and right hemispheres of the brain work at the same time. Therefore, it is important to introduce the baby to physical exercises as early as possible and strive for sports activities to be a source of joy and pleasure for the child, and in no case - a compulsion.

It is necessary to accustom your baby to daily morning exercises. It's no secret that not all of us do it in the morning. But it is necessary to devote only 7-10 minutes to morning exercises with the baby and do it regularly, such a daily load will become familiar and natural for the child. He simply cannot do without her.

As well as without washing your face in the morning and brushing your teeth. Any sports activities with a baby need to be carried out in a fun and playful way, and each time bring something new into them. After all, working with a baby, adults themselves will receive a charge of vivacity and fun for the whole day. Any exercises with children are great to do with

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suitable rhymes, you can also attach your favorite toys to such an important matter: Captivate the baby with your example, for this, do all the exercises fun, with passion. Very soon, your kid will remember simple rhymes and the movements that need to be performed under them. This means that we also develop memory.

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