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PEDAGOGICAL SIGNIFICANCE OF IMPROVING PHYSICAL QUALITIES IN CHILDREN 5–6 YEARS OLD

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Abstract
This article highlights the importance of physical education classes in developing the physical qualities of 5-6-year-old preschool children, their healthy growth and comprehensive development. It also discusses effective methods and tools, active games and practical exercises aimed at developing the qualities of speed, agility, strength, endurance and flexibility in children. The article can be used by educators of preschool educational organizations, physical education instructors and students of pedagogical studies.

Keywords: Preschool education, physical education, physical qualities, speed, agility, strength, endurance, flexibility, active games, healthy lifestyle, maintaining balance, pedagogical skills.

Introduction

Today, the comprehensive development of children and strengthening their physical and mental health are among the most important pedagogical tasks in the preschool education system.[1.] The period of 5–6 years is especially important in the physical development of a child. Because during this period, the child's body actively grows, motor skills improve, muscle activity develops, and his interest in performing various physical exercises increases.

The physical development of preschool children plays an important role not only in strengthening their health, but also in preparing them for future educational activities. Therefore, it is necessary to properly organize classes aimed at developing basic physical qualities in 5-6 year old children.

First of all, if we talk about the content of physical qualities in 5-6 year old children, physical qualities are one of the important characteristics that determine the ability of a person to perform motor activity. From this point of view, the main physical qualities are:

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• Speed - the ability to perform movements in a short time. For example, running quickly over a set distance, starting movement on a signal.
• Agility - the ability to perform movements quickly, accurately and in a coordinated manner. For example, running through obstacles, directing the ball to a target.
• Strength - the ability to perform a specific physical movement using muscles. For example, throwing a light ball, performing sit-ups.
• Endurance - the ability to continue physical activity for a certain period of time, taking into account fatigue. For example, running at a normal pace and participating in active games.
• Flexibility - the mobility of joints and the ability to move body parts in a wide amplitude. For example, bending, stretching, and performing gymnastic exercises.

In developing these qualities, it is important to take into account the age characteristics, physical fitness and individual capabilities of children.

In developing the qualities of speed and agility, the use of various movement games and interesting exercises to develop speed and agility in 5–6-year-old children is effective. [2.]

For example, games such as “Pursuit”, “Who is faster?”, “Colored flags”, “Overcoming obstacles” develop children's speed of movement, attention and ability to coordinate movements.

In the game “Who is faster?”, children run a specified distance based on the teacher's signal. The main emphasis is on running technique, correct start of movement and compliance with safety rules.

To develop agility, you can organize exercises in walking, running, jumping and overcoming obstacles in different directions.

Development of strength and endurance qualities: When developing strength qualities, exercises that do not require excessive physical exertion should be selected for preschool children. Examples include sit-ups, raising hands up, throwing light balls, and gymnastic exercises.

To develop endurance, walking at a normal pace, running short distances, dance movements, and active games can be used.

Such exercises help support the activity of the cardiovascular and respiratory systems of children, increase their overall physical activity. [3.] The duration and

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number of repetitions of exercises should correspond to the individual capabilities of the child.

Development of flexibility qualities: Morning physical education exercises, gymnastic movements, and light stretching exercises are used to develop flexibility. For example:

• Raising your arms up and stretching your body part.
• Bending slightly to the right and left.
• Swinging your arms forward and backward.
• Raising your legs forward alternately.
• Performing gymnastic movements to the accompaniment of music.

These exercises help maintain the mobility of the child's joints, form the correct body position, and improve coordination of movements. Exercises should be performed without pain, without strain, and within the natural range of motion.

The role of active games in the development of physical qualities: Active games are one of the most effective means of developing the physical qualities of preschool children. Because play activities are a natural and interesting activity for children.

In particular, the following movement games can be used:

1. “Chasing” - develops speed and agility.
2. “Put the ball in the basket” - develops eye and hand coordination, accuracy.
3. “Who can jump far?” - develops leg muscle activity and jumping skills.
4. “Overcoming obstacles” - improves agility, balance and coordination.
5. “Bunnies” - increases jumping movements and motor activity.
6. “Find the color” - develops speed, attention and motor reaction.

During the training, the educator should monitor the mood of the children, the level of fatigue and the ability to perform the exercises. Physical exercises should not cause fear or tension in children, but rather joy and interest in movement.

To increase the effectiveness of the training and develop physical qualities in children aged 5–6, it is appropriate to give the following recommendations:

• Organize daily morning physical education exercises.
• Include various active games in physical education classes.
• Take into account the age and individual characteristics of children.
• Organize exercises from simple to complex.
• Conduct more active active games in the open air.

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• Encourage children to move independently and have an interest in physical activity.
• Focus on healthy eating, adequate sleep and adherence to the daily routine.
• Strictly follow safety rules during training.

In conclusion, the development of physical qualities in children aged 5–6 is an important component of the preschool educational process. At this age, by developing the qualities of speed, agility, strength, endurance and flexibility, it is possible to increase the general physical fitness of children and form their attitude to a healthy lifestyle.

The purposeful use of such activities as active games, gymnastic exercises, running, jumping and throwing in physical education classes gives good results. In this, the pedagogical skills of the educator, the content of the classes and the individual characteristics of children are of particular importance.

Thus, the proper organization of physical education work in preschool educational organizations has a positive effect not only on the physical development of children, but also on their volitional qualities, independence, activity and social adaptation

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