

Development of Physical Qualities of Preschool Children by Means of Mobile Games

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Abstract:

The article analyzes the process of organizing the physical development of children of senior preschool age by means of outdoor games, which are the basis of the system of physical education in a preschool educational institution, describes the motor mode as a combination of various ways and organizations of forms of work with children. It has been established that outdoor games are an effective form of work on physical education and an important means of physical education.

Keywords: physical education, children of senior preschool age, outdoor games, educational work in a preschool institution.

Introduction. Preschool age is a crucial stage of childhood. The high sensitivity of this age period determines the great potential for the versatile development of the child. Today, physical education is aimed primarily at protecting and strengthening the health of children, increasing the body's defenses, raising a steady interest in motor skills, skills and physical qualities (speed, dexterity, endurance, flexibility), and forming a culture of health [1, 2].

The priority task of society is to educate humanity in the spirit of a responsible attitude to one's own health and the health of others as the highest individual and social value. The National Doctrine of the Development of Education notes that it is physical education as an integral part of education that ensures the physical development of the child [3].

The basis of the system of physical education in a preschool educational institution is the motor mode as a combination of various methods and forms of organization of work with children. A very effective form of work on physical education and an important means of physical education are outdoor games [4, 5].

The question of the nature and essence of the game worried still continues to attract the attention of many researchers. The importance of outdoor games for the harmonious development of children, the problems of introducing into the practice of the work of a preschool educational institution are considered by psychologists and teachers.

The basis of the versatile development of a child of preschool age, no doubt, is her full physical condition. Strengthening health, improving the work of all physiological systems of the child's body, the acquisition of motor experience is provided by a whole range of procedures and various forms of work on physical education [6, 7, 8].

The game is one of the main forms of human activity, it occupies a particularly important place in the life of a child. It is a structural model of the child's behavior, with the help of which he learns the surrounding reality and prepares for its active transformation.

Outdoor games are one of the important means of physical education of preschool children. They contribute to the formation and improvement of vital movements, comprehensive physical development and health promotion, education of positive moral and volitional qualities, character traits, strengthening of the children's team [9, 10, 11].

The question of the significance of the game in the upbringing of the child was considered by many teachers of the past and present. Most of them regard the game as a serious and necessary activity for the child. Progressive scientists, doctors, teachers noted the importance of the game as a universal means of physical education [12, 13, 14]. They considered folk games and entertainment, original folk exercises to be a source of strengthening the strength and health of children.

Mobile games have certain functions:

- **Social function.** A mobile game is impossible without communication. It forms the activities of the program, it requires labor, because it is its primary imitation. It underlies the integral processes in society and, at the same time, is a way of self-realization of the individual in communication and comparison with others;
- **Wellness function.** Outdoor games are based on natural movements that activate the functional development of organs and systems, stimulate the improvement of the functions of various analyzers, nervous processes that help maintain a balance between excitatory and inhibitory processes;
- **Educational function.** Through outdoor games, physical education is connected with moral, mental, aesthetic, spiritual. In addition, emotional elation in the game allows you to: form vital skills and abilities that are widely used in everyday life and work; achieve great motor activity, which contributes to the assimilation and improvement of the most motor skills and abilities; to enrich the motor experience and the ability to control the body in difficult conditions, which positively affects the assimilation of the technique and tactics of sports games; develop motor qualities (strength, speed, endurance, agility, flexibility) form a system of knowledge, the assimilation of which contributes to the improvement of general educational culture and makes it possible to provide a conscious basis for mastering various types of motor activity, which allows you to master special knowledge in physical culture, biology, hygiene [15, 16].

So, an outdoor game is a conscious, emotional activity of children aimed at achieving a mental game goal. Outdoor games are quite important for the comprehensive development of the child. Their value is not only that they develop the movements of children, but also that they encourage children to be active, active, reason, succeed, make them think, provide the child with the opportunity to test and develop their abilities, which are realized in competitions with other peers. The participation of children in such games contributes to their self-confidence perseverance, develops perseverance, the desire for success and various motivational qualities [17, 18]. Thanks to these games, the whole body of the child is involved in the work, her digestion improves, her breathing becomes deeper, the nervous system strengthens, such character traits as discipline and restraint are brought up.

Of particular importance in working with preschoolers are team games, in which the actions of each next participant are, as it were, a continuation of the actions of the previous one. In this case, the failures of one child are compensated by the even greater zeal of others. These games provide children with the opportunity to help out the team, "snatch" the victory. An additional load on the players who are good at movement activates them even more and creates the prerequisites for further improvement of motor skills.

It is also worth highlighting relay games, which provide for the sequential execution of several movements; each member of the team performs only one of them. These games are sometimes referred to as medley relay. They are interesting in that they have a distribution of actions between children, taking into account the interests and capabilities of each of them. In such games, the success of the team often depends on the correct alignment of forces, the analysis of children's

abilities to perform various movements, the level of development of motor skills and physical qualities of each player, their awareness of their physical characteristics. The child is put in a situation where she has to reckon with the needs of the team, give up her desires, interests for the sake of victory.

This, the content of games enriches children's ideas, activates observation, thinking, imagination, attention, and also develops memory, ingenuity and resourcefulness.

Conclusions. Comprehensive physical training of preschool children involves achieving the optimal development of motor (physical) qualities: speed, agility, flexibility, endurance and strength. The level of their development largely determines the effectiveness of the formation of skills of motor actions and their successful use in various life situations. Thus, the implementation of basic movements, general developmental exercises, participation in outdoor games require children to simultaneously display various motor qualities. Pedagogical influence on the development of certain qualities is ensured by the correct selection of physical exercises and the methodology for their implementation.

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