

PHYSICAL EDUCATION IN CHILDREN OF PRESCHOOL AGE

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ABSTRACT

The primary goals of physical education for young children in preschool settings, including in the home, are to help them become strong and healthy, to tame their bodies, and to correctly arrange their education and upbringing. Preschoolers' health-improvement activities are the most fundamental physical education tasks, and they involve safeguarding a child's life, enhancing his health, developing his ability to defend himself by training his body, and boosting his resistance to various diseases. Children in the preschool years get feedback and feedback on physical education.

KEYWORDS: *Preschool Children, Physical Education, Movement, Process, Recovery, Children.*

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