

## THE FEATURES OF PHYSICAL CULTURE THOSE OF PRESCHOOL AGE

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### ABSTRACT

*This work on modern pre-school education in physical education and is dedicated to study the characteristics of children and their age. The form of the main factors of a New Year and health values, as well as recommendations for parents and teachers on the development of physical culture in preschool aged children identified.*

**KEYWORDS:** *Physical Education, Pre-School Train Managing Health, Parents, Teachers, Caregivers, Physical Nurturing.*

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### INTRODUCTION

Scientific-technical progress in the age of, of course, are the changes that are taking place in our society. Quality can be assessed in terms of them not with things that are available in us - the modern man, in particular, have to learn to work with children modern. Physical education and decrease the mobility of the modern society in the field of education and physical activity is the main problem that needs to be. "Now what's going on with our children?" It is worth to give that question. Also with the change of the younger generation large age population will change. Completion of construction of our modern world modern children and ourselves, our whole society reflects. Someone themselves unique in that column is from us, the other would not stand in no special thing it was noted that out of them. But only one truth I have to admit - this children differently.

Only the child's development can not be considered as forms of himself or his altered in the first place, the surrounding social world is changing the priorities and values of society change. The theme is very topical in today's modern day children, the majority of them the "best version" of their opportunities and were called in awe. But the most important thing in their life - what happens with health? According to statistics, bad health, cognitive development is stagnant and emotional speech-irodaviy the number of children with disorders continues to grow rapidly, many children are generativ. Therefore, the task of bringing up children modern giperreaktivlikni reduce the development and concentration of possessing up carefully, tools, and experience to create the conditions for physical health should be.

Physical development – this is operated by the state educational standard. The main thing is, it changes include the child's development towards the direction specified - now basis is to create conditions for the development of the child's personal potential.

Choose us if you are interested in the future of the industry caregivers physical development of preschool, it includes the following tasks:

1. Children gain experience in activities aimed at the development of such exercise, including motorli related to the implementation of adaptation and coordination of physical qualities like;
2. The formation of the initial idea about the types of some sports, the rules of the game by open development;
3. Trust in action and self-regulation to form; the formation of healthy living tarsi values, are the basic rules of mastering it.

Pedagogical tactics to carry out the process it is necessary to set the main directions of educational work on the build.

The development of children of preschool age and physical education state educational standard of preschool education they could sign the following recipe:

1. The formation of the general culture of the child, development rights values, including values of a healthy lifestyle.
2. The child's physical development, physical education and develop the necessary physical qualities of taking his young features.

Pre-school education based on the detected direction of work before two

Build a completely new task of education is the process of interaction between adults and children for the organization of integrated education combining a holistic view of the environment plays different directions.

The following us interested in the first place: how do the results is satisfactory to admit that the activity of the teachers for the children you need to achieve any results? Easy to answer, based on the task that we lay. The final result of the education process any well-built man full of life should be a necessary component for the formation of values in child health.

Explained by the difficulty of the physical development of children of preschool age children who have problems with health and the number is growing every year. One of the reasons coming with children increased, the incidence of gipodinamiya (active movement disorder be due to the limit of the function body). As mentioned above, which is the basis for the development of the modern children's diseases is characterized by the decrease of mobility. For the same reason, causing her to excess weight and obesity are diseases which arise out of buzlishi the metabolism of various substances.

How to teach a child should I be active? First of all, it should be noted that the child's active lifestyle to the formation of not only teachers, but also related to the parents also. The health of their children in the way of development is the key. Interest to active children games physical exercise, proper nutrition, and sports you need a sample of adults to him. You as parents together with their children to visit the sections if you play football in the yard together a healthy meal

ready or if such primary caregivers in the health values of the formation is accelerated. When you see the situation differently, for example, parents free time to sit on the couch, with a view television, held in the culture of the child in the family is not administered in the form of a healthy lifestyle, this makes it difficult, his physical development slows down, and the worst, may not be development in general. .

Negative consequences in children may not be qualified should approach the teacher to accelerate the development of the child's sports physical. Of course, for children of preschool age plays a very big role in this family, but you appear to other adults in his life sog'liqing the formation of value which are capable of when, this will benefit not only him. Pre-school education institutions in the context of physical education and upbringing of the child still belongs to the most important role in caregivers and teachers. The experts, in turn, form the class in the selection of non-standard approaches they needed to work with children by choice. Interest in the development of children is important, which in this case is that only the development of all the major physical components necessary habit formation, tools, skills, and ability. Psychology in working with young children of preschool age should forget. Leading activity is a game of this age period, children need to build on the basis of exactly the same with all things. You have to use harakatli the game from the activity for the formation of physical skills. Also needless to forget, pre-school education will be the basis for the development of next of a man. It means a very important activity in the modern world, with its lack of systems work in the body disorders appear.

Trying to teach the basic form of preschool age children in physical education classes. To improve the health of their children is held. Such exercises not only on the body itself but also the mental state of the child will help develop even in its own time. The components of physical culture of the different types of types include:

1. Movement activities
2. Competition activities
3. Cultural-sports events

Determines the importance of a culture of physical activity, the basic components which includes all other types of physical activity. This unlimited physical features in the formation of simple, intertwined with spiritual and moral development of children of preschool age near it. This, it is a general cultural problems to solve to help will. This activity in the process of unless a child's personality is in the form of action, even the most simple toe'lsa also the child limitless limitless imagination flight to either of naltirib, the creativity you will develop. Also physical activity directly in the child's mood in the garden'liq. Mobility cheerful children, aspiring. They play a lot of them and will take active part in any other activities.

The lessons of physical culture xill-by-foydalanalamiz from the same namsd our children to different types of development: in particular music, visual, accompanied by adding the element of competition. The main thing for such sessions that are not complex and is continuous. Because the imagination of the teacher can be called an unlimited range of modern pre-school age and health of the physical development of children depends on the formation of his creative approach values the success of this outlook for the development of future generation plays an important role in the development of the whole.

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