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PHYSICAL EDUCATION OF PRESCHOOL CHILDREN

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Abstract: This article discusses the importance of creating a healthy environment for preschool children and enhancing their physical activity. It highlights the role of physical education in strengthening children's health, developing motor skills, and fostering comprehensive personal development. The article also examines the significance of physical exercises, sports activities, and movement-based games in promoting children's physical, intellectual, moral, and emotional growth. Furthermore, it emphasizes the responsibilities of preschool educational institutions, educators, and parents in organizing effective physical education activities for young children.

Keywords: Physical education, movement, activity, exercise, sports, child, educator, preschool education, healthy lifestyle, motor skills.

The main tasks of physical education for preschool children in preschool educational institutions and families are to ensure their healthy and strong growth, strengthen their bodies, and organize education and upbringing properly. Health-improving tasks are among the most important objectives of physical education. They include protecting children's lives, strengthening their health, hardening their bodies, and increasing their resistance to various diseases. The preschool period is considered one of the most important stages in human development. During this stage, the musculoskeletal, cardiovascular, and nervous systems develop intensively. Therefore, involving children in regular physical activities not only strengthens their health but also helps prevent various health problems that may arise in later stages of life.

Modern pedagogical studies indicate that children with a high level of physical activity demonstrate better concentration, memory retention, and academic performance. In this regard, physical education should be regarded not only as a means of health promotion but also as an important pedagogical factor supporting children's cognitive and intellectual development. The use of innovative approaches in organizing physical education activities in preschool institutions, including rhythmic exercises, sports relays, movement-based games, and health-preserving technologies, significantly increases children's interest and motivation. As a result, the effectiveness of physical education programs is enhanced

In the process of physical education, children are taught movements under the direct guidance and supervision of educators, as well as through their independent activities. Teaching motor activities contributes to the development of children’s cognitive, emotional, and volitional abilities while forming practical motor skills. Learning movements positively influences children's feelings, thinking, worldview, and moral qualities. Purposefully organized physical activities contribute to health improvement and overall physical development. The content of physical education is based on state requirements for preschool education and includes physical exercises and movement games. During the educational process, adults provide children with experiences related to purposeful activities, including the acquisition of motor skills that contribute to their development and

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improvement. When working with preschool children, it is essential to consider their age characteristics, cognitive abilities, and developmental needs.

Physical education theory for preschool children takes into account psychophysiological characteristics such as physical capacity, interests and needs, visual-motor and visual-imagery thinking, logical thinking, and dominant forms of activity. It develops the content and forms of physical education under optimal pedagogical conditions. The theory also provides scientifically grounded requirements for developing motor skills, physical qualities, and elementary knowledge necessary for children's readiness for school. Physical education is an important component of comprehensive personality development. It contributes to intellectual, moral, aesthetic, and labor education. Through various forms of physical activities, including lessons, movement games, and independent motor activities, educators aim to develop children who can think independently, perform conscious movements, overcome difficulties, and strive for creativity. The organization of educational activities enables children to participate in age-appropriate labor-related movements. Educators teach children to keep sports equipment clean and organized, fostering responsibility and discipline. Such activities help develop intellectual abilities, moral values, aesthetic feelings, purposefulness, and organizational skills. It is also important to cultivate children's interest in sports activities, sports achievements, and athletes' successes. Physical education creates favorable conditions for developing positive character traits such as discipline, modesty, kindness, honesty, fairness, cooperation, courage, determination, self-confidence, perseverance, and endurance. Properly organized physical education contributes to children's mental development by creating favorable conditions for the normal functioning of the nervous system and other organs. It promotes better perception, memory, observation, comparison, analysis, synthesis, and generalization skills. Therefore, physical education serves as a vital factor in the overall development of preschool children.

Physical education during preschool years is particularly important because it establishes the foundation for a healthy lifestyle. Active games, sports activities, proper nutrition, sufficient sleep, and appropriate clothing are all essential factors supporting children's physical and mental development. Schools and preschool institutions can further enhance children's growth through sports programs and educational activities. At the same time, parents should pay close attention to their children's physical development and actively support healthy habits.

In conclusion, physical education of preschool children plays an important role in their healthy growth, the development of motor skills, and their comprehensive personal development. Physical exercises, movement-based games, and sports activities contribute not only to the improvement of children's physical qualities but also to the development of their intellectual, moral, and volitional characteristics. Organizing physical education activities in accordance with age-specific characteristics helps promote a healthy lifestyle, increase physical activity, and strengthen children's interest in sports. Therefore, the effective implementation of physical education in both preschool educational institutions and families creates a solid foundation for children's future education and life activities.

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