



METHODS OF ADAPTING PRESCHOOL CHILDREN TO SPORTS GAMES

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Abstract: In this article, preschool children are encouraged to develop self-expression, independence, creativity, self-assertion, and acquire and improve various motor skills by engaging in active games and sports. It is explained on the basis of scientific facts that outdoor games activate the functional development of organs and systems of the body, stimulate the improvement of the functions of various analyzers, nervous processes, and help maintain the balance between excitation and inhibition processes.

Key words: creativity, game situation, children's relations, sports exercises, sports games, spatial orientation, dust swimming, water resistance, simplified rules, technical elements games, playground.

Conditions and methods of teaching preschool children the types of sports activities and elements of sports games Sports exercises play an important role in the physical education of preschool children. Although it is not recommended to play sports for preschool children to achieve high sports results, it is possible and necessary to have elementary training for sports exercises. Sports exercises contribute to the development of the main muscle groups of the body, bones, respiratory systems, increase metabolism, general physical fitness, and the level of hardening of the body. Performing sports exercises is associated with strong willed actions, manifestation of bright emotional experiences. All this contributes not only to the physical, but also to the personal development of children. The following types of sports activities with children are recommended in the physical education program: sledding, ice skating, skiing, swimming. From the age of three, children carry sleds, dolls, toys, and snow. With the help of the teacher, they go down the low hill. Looking down the hill, the children put their feet on the runners, grab the cord with both hands and pull forward, leaning back a little. Older preschoolers go down the hill, not at the same time. A high position is used to slow down the movement speed. The skier recovers almost completely, leaving his legs slightly bent at the knees. On low slopes, children are also shown the simplest methods of braking - for braking, the heels of the skis are separated from each other, the skis are installed on the inner ribs. Gradually, the boy puts his removed skis on the edge and puts them on the snow. As a rule, the ski that is located below the slope is assigned. On the territory of the kindergarten, a lesson on teaching children to ski is held during the first hike. Permissible air temperature - 10-12 degrees. The lesson includes a small group of children (10-12 people). Trips outside the kindergarten (to the forest park) are carried out only with older preschoolers. The lesson of physical education in skiing has the character of training and consists of three parts: introductory, basic and final. The purpose of the introduction is to "warm up" the body. Children do some exercises or run without skis. In the main part, they master the elements of ski technique. It also includes going up and down slopes. The final part of the lesson reduces the physical load of the child in the main part. Its content can be a leisurely walk without skis or organizing a sports suit and skis. Small children master dynamic balance while skiing, learn to perform step and glide steps, turn in place. It is still difficult for children of this age to walk on the same path, so they do all the exercises on the playground, walking parallel to each



other. Pre-schoolers learn to ski on a sliding ladder, make turns in place by stepping left and right around the heel of the ski, climb a hill with a "ladder", go down a hill below. Training in this group can be done on the track. Older children learn to perform an alternate two-step movement at the same time as a sliding step, move on skis, and descend from the hill in different positions. The main focus of the lesson is to teach children to ski with poles. At this age, children can walk along the track at an average speed of 600-700 m and at a leisurely speed of up to 2 kilometers.

Swimming lessons are carried out in a small group physical education program. Classes are held in small indoor pools with small groups of children (9-10 people). Water temperature in the pool + 27 - +29 degrees, air temperature - + 24 - +29 degrees. The depth of water does not exceed 80 cm. At preschool age, the task of mastering strong swimming techniques is not set. It is important that he mastered the elements of technology, and on this basis, his swimming skills are improved. The main task in preschool age is to introduce the child to water, teach him to enter the water without fear, play and splash. For this purpose, children are taught the simplest movements in the water: in a group, holding hands, simultaneously in different directions. Walking, jumping and running in water introduces children to water endurance. At the same time, children prepare for diving: they wash their faces, pour water on their heads, splash water on their faces. Then they are gradually immersed in water: up to the chin, to the level of the nose, to the eyes, and then to the head. All exercises are performed in the form of a game. An adult with children, all activities are in the water. In children of the fifth year of life, the swimming skills acquired in preschool age are strengthened. New tasks of the trainer: movement in water (on the chest and back), leg movements. Learning to breathe in water is carried out with the help of leading exercises: blow cotton balls from your palm, blow into a balloon lying on the water. They put their lips on the surface of the water and blow like hot tea. 3-4 different exhalations are performed in one lesson. Sliding is taught as follows: children stretch their arms forward, stand on their toes, hold their heads in their hands. Pushing both legs from below, they glide across the water and lower their heads into the water. In addition, children learn to open their eyes in the water. Game tasks, such as collecting toys scattered at the bottom of the pool, help with this. In the older preschool age, swimming skills improve, the power of propulsion and the duration of gliding on the surface of the water increase. Children learn to breathe in the water while sliding, turn their heads to the right and left to breathe, adjust their breathing to movements. Gradually, the up and down movements of the legs and then the movements of the arms are connected to glide into the water and breathe. The child alternately stretches his hands forward under water, then points them to his thighs. As the swimming technique is mastered, children's swimming distance gradually increases. Acquired swimming skills are strengthened in outdoor games. The basis of sports games for preschool children are natural types of movements and their combinations. Therefore, a lot of attention is paid to teaching sports, especially popular games such as basketball, football, and volleyball in preschool educational institutions. Elements of sports games are used that lead children to more complex game actions. Education begins with older preschool children and is carried out in a specialized (thematic) lesson, the structure of which corresponds to the structure of a traditional physical education lesson. The only difference is in the selection of tools for each part of it. For example, if children are taught the elements of playing basketball, exercises with the ball are used in the preparatory part. In the main part of such a lesson, introductory and preparatory exercises are used to master the elements of the studied game technique. Elements of sports games are taught during walking, as well as in children's independent motor activities. From the elements of playing basketball with preschool children, learn



the technique of playing without the ball (the basketball player's stance, movement along the court, stops, turns), as well as the technique of possession of the ball (passing and catching the ball) study is recommended. The most reasonable position of a basketball player: legs are shoulder-width apart, parallel to each other, the weight of the body is equally distributed on both legs, the body is slightly forward. Arms are bent at the elbows and close to the body. Children learn to take a basketball position by standing in a line and in a circle. Movement around the field begins with the study of individual movements: running, jumping, stopping, turning. After that, children develop the skills of combining learned actions. Stops allow you to immediately stop the child's movement. They are performed by walking or jumping. Stops are taught in the following sequence: stop after walking, then after running at a slow pace, sudden stop. Pivots are a technique in which the child steps with one leg around the other, supporting the leg. There are two ways to turn: forward and backward. They are performed from the position of a basketball player. The technique of possession of the ball is understood as the smart execution of catching, passing the ball, throwing the basket. In the first stages, it is important to teach the child to hold the ball correctly: at chest level, both arms are bent at the elbows, and the hands are on the side of the ball. The child learns to catch the ball with both hands, approximately at chest level. He straightens his slightly relaxed hands towards the ball, catches it with his fingers, slows down the flight speed, pulls the ball to his chest and takes the position of a basketball player. You should not hold the ball in your hands for a long time, but you should pass it to your partner and move quickly. Preschool children are taught to pass the ball with two hands and one hand over the shoulder. Passing the ball with two hands is carried out from the position of a basketball player. The child simultaneously performs a light squat with small circular movements forward, down and on its own, after swinging, quickly twists the legs, at the same time straightens the arms forward screams and throws. Passing the ball over the shoulder with one hand is carried out as follows: the ball is supported by the shoulder on the wrist of one of the hands, and the other. The distance to the basket gradually increases from 1 to 2.5 m. Basketball is played by two teams, each of which consists of five players on the field and several substitutes. The game consists of two 5-minute halves. For each ball thrown into the basket, the team is awarded one point. The game begins with the initial throw: the teacher throws the ball between the players (team captains). Children jump and try to touch it with their hands. At the beginning of the game, the captain of the ball belongs to the team that touches it first. Rules of the game: a player can take no more than three steps with the ball. , it is forbidden to push it, hold it by clothes. Preschoolers are learning a simplified version of the game of soccer. The game does not use free kicks, free kicks, corner kicks, offside positions beyond the reach of children. To kick with the inner part of the leg, the supporting leg is placed 10-15 cm to the side of the ball. The punching motion begins with the hip flexing and the leg turning outward. In the middle of the rise, the stroke is applied directly from the run. The kicker's leg bends at the knee and then moves sharply forward, the toe of the kicker's foot is pulled down. The kick with the inside of the lifter is performed as follows: the weight of the body is transferred to the supporting leg, the kicking leg is bent at the knee, the leg is turned out, the toe is pulled back. The shot is made in the middle of the ball so that the ball flies low. A toe kick is performed on a stationary or rolling ball. The kicking leg bends at the knee and almost straightens with the kick. The stroke is applied with the finger in the middle of the ball. Stopping the ball with the foot can be done: the inside of the foot, the sole. When stopping with the inside of the leg, the body weight is transferred to the supporting leg, the stopping leg is bent at the knee. At contact with the ball, it is gently returned to the level of the supporting leg.

Stopping with a plate is done as follows: the stopping foot is brought forward towards the ball, the toe is slightly raised. When making contact with the ball, the foot moves back slightly. For children to learn to control the ball, the following exercises can be used: roll the ball forward, backward, sideways with the palm of the foot; hitting the ball with a leg lift; throw the ball with your hands, kick with your feet; pick up the ball with the toe, throw it up, turn the ball with the foot in a certain direction; roll the ball into the goal. Football is played on the sports field. The team consists of 8 players (if the size of the field is small, then the number of players in the team is reduced). The game lasts 30 minutes (two halves of 15 minutes). One of the captains of the team starts the game (he is appointed by adults). The captain passes the ball from the center of the field to the players of his team. Players pass the ball to each other and try to bring it into the goal and score a goal. The opposing team blocks. He catches the ball and tries to throw it into someone else's goal. Rules of the game: all movements with the ball are performed only with the feet; it is not a fault to touch the ball with the head or body; only the goalkeeper can touch the ball with his hands; steps, power tricks are prohibited. Conclusion. Although it is not recommended to play sports for preschool children to achieve high sports results, it is possible and necessary to have elementary training for sports exercises. Sports exercises contribute to the development of the main muscle groups of the body, bones, respiratory systems, increase metabolism, general physical fitness, and the level of hardening of the body. Performing sports exercises is associated with strong willed actions, manifestation of bright emotional experiences. All this contributes not only to the physical, but also to the personal development of children.

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