

**CONTENT OF PHYSICAL EDUCATION OF CHILDREN OF DIFFERENT AGES  
AND WAYS OF ITS ORGANIZATION (FOR EXAMPLE OF CHILDREN AGED 4-6)**

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**Annotation.** *This article provides information on the form and content of physical education of children in preschool education, which provides for the provision of workloads, taking into account the capabilities of children.*

**Keywords:** *children, physical education, physical development, physical fitness, physical stability, health.*

At the age of four or six, children become more conscious of actions, trying to figure out why they should do it and not otherwise. They begin to evaluate the actions of themselves and their peers.

The tasks of physical culture include: maintaining its healing value, shaping the situation, learning the techniques of movement.

Competitive forms of work for older preschoolers are new. The task is to teach children the ability to play outdoors while following the rules responsibly. They place great emphasis on organization, discipline, and mutual assistance. Involve children in preparing, equipping, and cleaning up after-school spaces.

**Morning exercise.**

Its duration increases to 10 minutes. Walking exercises are more diverse. Walking is given with a change of direction, on the toes, on the heels and all its known types. The walk is short and turns into a 1.5-2-minute run. Running is calm, slow up to 300 m.

Running at a moderate speed is done after the external switch, which turns into a slow walk, during which you can perform breathing exercises.

The morning exercise set includes 5-6 exercises. They are performed without objects, with objects, on a gymnastic bench, on the wall, in a balance beam. As with gymnastic sticks, hoops, and benches, the number of exercises without objects is increasing. Repeat 5-6 times. It is easier to do the exercises when building connections, which are reconstructed in the form of a chessboard when the connections are taken one step further [1,2,3,4,5,6,7,8,9].

Jumping into place with a different combination of arm and leg movements. Repeat 2-3 sets 20 to 40 times, with a little rest. At the end of the morning workout, the jumps can be replaced with a run or a simple outdoor game. One complex is held for 1-2 weeks, then changed. The exercise is done quickly, without long breaks, the execution of which is clearly explained. Show the exercises only at the beginning [27,28].

**Physical education.**

They are held 3 times a week, duration - 25-30 minutes. One lesson is held outdoors.

Construction is done according to growth, they are taught to equalize, to rebuild.

They learn holes, turns in place and in motion.

Walking. In the rows, the children walk as usual. However, when performing individual tasks, they disappear, become limited, and sometimes there is no coordination of movements of the arms

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and legs. This indicates that proper walking skills are not yet strong enough and are impaired when the child's attention is focused on certain details. Therefore, the improvement of walking skills is done with various team exercises in walking, for example, lifting the knees high, half-stretching, changing the speed, rolling from heel to toe, and so on. You should always be reminded of the need to shake your hands vigorously. Walking with a wide step, as well as special exercises for the arms while walking: up, forward, sideways help to perform these movements. This exercise also contributes to posture formation. To stand firmly, a stick is used under the armpits, behind the shoulders, etc., to control proper breathing, 2-3 steps to breathe, 3-4 steps to breathe [10,11,12,13,14,15,16].

Running. In addition to improving running in a large group, they develop a relaxed position of the torso and head, a flat position of the shoulders, active movement of the arms, strong pushing and lifting of the thighs. Bringing the lower leg of the mosquito's leg forward, exercises to increase the step length play a special role.

Different types of running are used in the lesson: slow, moderate speed, fast, the same, with additional tasks, overcoming obstacles.

Mastering the skills of lifting the thigh and pushing the lower leg of the fly forward Overcoming 5-6 low obstacles (lines, cubes, etc.) set at a height of 10-15 cm in a shortened length serves with a run. Step [29,30,31]

Slow endurance running is performed on rough terrain for 1.5-2 minutes (up to 320 m). The children run in a straight line, without acceleration, their shoulders relax, they breathe in 3-4 steps, they breathe in 5-6 steps (longer than breathing).

They run in pairs, "snake", resume running, combine with other types of movements (climbing the ring, jumping over an object, etc.).

10 m segments are recommended for fast running. Running is repeated 3-4 times with 1.5-2 minute breaks and then with 1 minute. Fast running over longer distances (20-30 m) is done with a quick wide step with a roll from heel to toe.

Fast running is often used in outdoor games with competitive elements. The duration of such a run in the game is 4-6 seconds - alternate with stops and repeat 4-5 times.

An example of a running exercise

The first half of the year: running "snake", rebuilding in pairs in running; get in the ring; running and climbing on a sloping board; running around objects; Running continuously for 1.5-2 minutes; running at an average speed of 60-100 m, alternating with walking (2-3 times); Slow running for a distance of 240-280 m; fast running 10 m (2-3 times); Running in a 2x10 m vehicle; Run 20 meters as fast as you can.

Second half: running with high knees, stepping on lamellae; slow running 2 minutes without a break; slow cross 280-320 m; running at an average speed of 100-120 m, alternating with walking (2-3 times); fast running 10 m (3-4 times); 3x10 m vehicle; Running in pairs for a distance of 30 m; run the log [17,18,19,20,21,22,23,24,25,26].

**Jumping.** The following types of jumps are used in the adult group: jumping, leaping, long jump from the ground and running; jump rope

When jumping on the ground, they perform leg movements: crosswise, one forward, from foot to foot; on one leg; with turns; through toys with hand movements.

To develop endurance, several jumps are applied, 30-40 times in a row (2-3 times). In jumps, objects with a height of 30 cm are used. They are used after landing at a distance of 15-20 cm, after exercises on the beam.

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When learning to jump from one place to another, attention is paid to the active movement of the arms, coordination of movements of the arms and legs, lifting the legs forward, soft landing.

A new type of jump in the adult group is the long jump and high jump from the start of the run. High jump is learned from running directly, using the "bend the legs" method. To do this, children are taught to overcome objects without stopping in front of them, without pushing with one foot. Running is straight with 3-6-9 steps. The initial height is 15-20 cm, gradually increasing to 40 cm or more. However, the caregiver stands at the landing site to insure. Jumping is done 5-7 times in the stream.

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