

THE BENEFITS OF TABLE TENNIS ON THE DEVELOPMENT OF THE CHILD'S BODY

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***Annotation.** In the article, table tennis is considered as an activity capable of forming a child as a spiritually strong, disciplined, competitive personality. It is thanks to table tennis that it positively affects and strengthens our health and proper use and helps to develop in the right direction.*

***Keywords:** table tennis, child, sports, physical exercises, health, sports games.*

In the general system of the comprehensive development of the body, the physical education of the child occupies an important place. It is at a young age that table tennis has a beneficial effect on the development of the mobility of the hands of the hands, develops fine motor skills of the hands, strengthens the muscles of the hands and wrists. It helps to increase the speed of hand movement, develop attention and reaction. While playing table tennis, your leg muscles get a good load and become stronger. The cardiovascular and respiratory systems begin to function better, enriching the body with oxygen. Table tennis develops dexterity, eye, flexibility.

Thanks to the development of reactions, our brain learns to control the body even faster. Playing table tennis, you develop the hip, wrist, elbow and shoulder joints and even the articulation of the spine. There is a phrase "A person is healthy as long as his spine remains flexible." This is another reason why table tennis has a positive effect and improves our health. At present, the interest of coaches of sports schools in teaching children to table tennis has noticeably increased. Training is most often carried out with the aim of selecting children for sports sections. It should be noted that in this case, in no case should you mechanically transfer the training methodology. Depending on how age characteristics are taken into account, the physical capabilities of preschoolers, sports games and exercises can give different results in health, educational and educational terms. An excellent feature of sports games and exercises is their emotionality. A positive emotional tone is an important prerequisite for health, prevents various diseases, and maintains interest in physical exercises. The joyful mood continues to own the child after the lesson. Children are interested in the lesson when they are busy, when the rest time does not exceed the work time. Boredom comes when the guys are left idle, when they are forced to perform monotonous, monotonous movements. A variety of exercises and games captivate children: they sometimes "forget" about the time.

Having known the joy and pleasure of the activity offered to them, they leave the class with a desire to continue it. In the development of table tennis, the guys are engaged almost every day to improve their technical and tactical skills. Repeatedly repeating the same actions, gaining confidence in their movements – there is stability in the execution of elements, which allows you to fight for the victory of points and the game as a whole. The game form of the lesson is the basis of the methodology of teaching sports games and exercises. The lesson should be held as an entertaining game. Monotony,

boredom should not be allowed, the movements and games themselves should give the child pleasure; therefore, it is important that the lesson contains motor activities interesting for children, game images, unexpected moments. During games and sports entertainment, the educator should know that the child's psyche is unstable, easily vulnerable. Sometimes the most trifling word, remark may seem offensive to a child, he may cry, lose faith in his strength, and this will push him away from this or that kind of game for a long time. It is necessary to point out to the child his mistakes very tactfully. Nothing strengthens self-confidence more than a reasonably expressed approval. Of course, those who do everything quickly should not be praised too often – they may get caught up. But the baby, who has not been given some exercise for a long time, and then finally got it, must certainly be praised. When starting classes, it should be borne in mind that children are not the same in their physical development, character, and health. The load in games is dosed taking into account the individual and age characteristics and the well-being of the child. Preschool children tend to overestimate their abilities and often flirt (to the detriment of their health). Therefore, both the learning of exercises and the game itself cannot be prolonged: they must be alternated with rest. Games of great activity are replaced by calm ones. It is better to underplay a little, so that the game for the child is always tempting, attractive and does not harm health.

The load during the games should be distributed evenly to all muscle groups, increasing gradually from year to year. Parents can and should help the child develop a beautiful posture, teach him to breathe properly without holding his breath, in accordance with physical exercise. Properly organized games and sports entertainments strengthen the health of children, harden their body, help the development of the motor apparatus, educate strong-willed character traits, valuable moral qualities, are a wonderful means of active and reasonable rest. Motor skills and motor skills are sequential situations on the way to the formation of motor action. As a result of repeated repetition, the motor skill is automated and turns into a motor skill.

Motor skill is one of the forms of motor actions of a child. On the basis of knowledge and experience, he acquires the ability to perform a particular motor action, learns practical methods and techniques for its implementation. With repeated repetitions, the skill turns into a skill.

When performing exercises, the child develops conditioned reflex connections, when they are repeated, including mentally, these connections are clarified, and as a result, the practical improvement of the exercises. The educator in the process of forming motor skills uses a variety of techniques to activate ideomotor representations. So, when the skill is stabilized, the child is asked to remember and tell the sequence of the exercise. Such teaching methods ensure the child's self-control over the correctness of the movement performed by him, interest, increase the emotional state, concentration and stability of attention.

The ability to be aware of the nature and quality of the movements performed by the child must be taught. Methods and techniques of such training can be a brief explanation and demonstration in combination with an analysis of the main elements of movements before the start of its implementation by children. During classes, work on the analysis and awareness of motor representations can continue in the form of a task to follow the performance of the movement by a friend and note what was right and what was wrong; compare the exercise performed with the sample, the way given by the educator. Such a task teaches the ability to observe, notice, compare, memorize and compare the correct and incorrect elements of movement, the ability to analyze. It promotes a deeper and more conscious assimilation of the exercise.

Sports games and exercises are primarily aimed at strengthening health, improving the overall physical fitness of children, meeting their biological need for movement. The main goal is to familiarize children with sports games and exercises, laying the basics of proper technique. But in no

case should this become highly specialized training, preparation for participation in competitions. Real competitions, where the struggle is for points, for places, are an unbearable psychological burden for the child.

A distinctive feature of sports games and exercises is their emotionality. Positive emotional tone is an important prerequisite for health, prevents various diseases, supports interest in physical exercise. During the lesson, it is very important to determine the optimal number of repetitions of exercises so that children do not have bad habits that interfere with further learning. If a well-mastered movement is used as a summing exercise, then it is enough to repeat it only a few times immediately before learning a new motor action. More complex actions of sports games can be learned in specially created conditions (outside the game). At the same time, it is advisable to direct the child's attention to the quality of the movement. In the future, you can complicate the conditions for performing actions, bring children to more difficult tasks. For example, exercises with elements of competition can be carried out in the following sequence of complication: at the beginning of training, competitions are held for the accuracy of performing actions, and then for the speed of performing movements first between individual children, and later between groups of children. After that, it is possible to conduct exercises with elements of competition that require not only accurate, but also fast movements. This ensures continuity and gradual complication of the conditions of performance, consolidation of the correct skill, helps to avoid monotonous, tiring preschool children working on the technique.

In the process of learning sports exercises and games, it is extremely important to ensure the conscious development of actions. Children's understanding of the meaning of actions accelerates the process of skill formation, promotes the ability to independently select effective actions in subsequent motor activity and it is advisable to apply them. Sports games and exercises, as well as classes that teach basic movements.

Part of the lesson may vary depending on the content of the exercises in the main part of the lesson. In this part of the classes, a warm-up is carried out in order to prepare the child's body for more intensive work in the main part. An important task of the first part of the lesson is to develop children's interest in upcoming movements and focus their attention on the material being studied. In this part of the lesson, you can also include exercises that lead to the study of movements.

One of the advantages of table tennis is the opportunity to relax and escape from everyday worries that do not always give us pleasure. But it is precisely in pleasure that the secret of our health lies. If you do even the most serious things with pleasure, you will not feel any load. Since many of us are deprived of such an opportunity, there is only one way out to get the missing pleasure from playing table tennis.

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