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THE DEVELOPMENT OF PHYSICAL QUALITIES IN CHILDREN OF LOWER-KINDERGARTEN AGE BY MEANS OF MOBILE GAMES

The problem of health is very clearly defined as one of the most important components of the full development of preschoolers. The basis of the system of physical education in the preschool educational institution remains the motor mode as a set of different ways and organizations of forms of work with children. A very effective form of work on physical education and an important means of physical education is a mobile game.

The question of the nature and essence of the game worried and still continues to attract attention of many researchers (P. Halperin, V. Danilova, D. Elkonin, A. Zaporozhets). The importance of moving play for the harmonious development of children, the problems of its implementation in the practice of preschool education are considered by psychologists and teachers.

Scientists (P. Lesgaft, T. Lenskaya, etc.) attach great importance to moving games with rules as a means of developing self-organization and discipline of children. In particular, E. Vilchkovsky worked on the problem of using mobile games in different age groups, organization and management of mobile games with preschool children. Psychologists and teachers (A. Vavilova, O. Kolesnikova, T. Lenska, Y. Shishkina) substantiated, revealed and experimentally tested the importance of moving games for full development and proved the influence of moving games on the development of basic movements and motor qualities in children. Thus, mobile games are an important means of physical education of preschool children.

Preschool age is the most favourable time for the usage of mobile games in the process of studying. Moving games of different orientations are a very effective means of complex development of physical qualities, which are manifested in children through motor skills and abilities. Through moving games the most harmonious coordination of activity of all bodies and systems of the child is reached.

The game includes all kinds of natural movements: walking, running, jumping, throwing, climbing, exercises with objects - and therefore is an indispensable means of physical education of children. The world of games is very diverse: mobile, plot, folk, role-playing, sports, simulation, team, group, relay games, games - competitions, games - fun, games - competitions and more.

Mobile games have certain functions:

- social function. Mobile play is not possible outside of communication. The activity of the program is formed in it, it needs work, because its primary imitation is carried out in it. It underlies the integral processes in society and, at the same time, is

a way of self-realization of the individual in communication and comparison with others;

- health function. Mobile games are based on natural movements that activate the functional development of organs and systems, stimulate the improvement of the functions of various analyzers, nervous processes, help maintain a balance between excitatory and inhibitory processes;

- educational function. Through moving games there is a connection of physical education with moral, mental, aesthetic, spiritual.

In mobile games, participants show certain physical qualities. By controlling games, it is possible to monitor the active manifestation of these qualities in their harmonious unity, as well as to develop to a greater extent those of them that are important at different stages of development of preschoolers.

Games that require short-term speed and power stresses, moderate in load, are suitable for the development of strength. Examples of such games are: "Who's next?", "Breakthrough", "Battle of the Roosters".

Games that require an immediate response to sound, visual, tactile signals, games with sudden stops, delays and resumption of actions, with overcoming short distances in the shortest time can help to improve speed. Example games: "Sparrows and crows", "Houses", "To their flags", "Kvach".

The development of endurance is facilitated by games with repeated repetition of actions, with continuous motor activity, which are associated with a significant expenditure of strength and energy. Examples of games: "Fishermen and fish", "Who is faster?", "Interception of the ball", "Tigrobol".

To develop dexterity, games are used that encourage you to quickly move from one action to another in a changing environment. Example games: "Colored cars", "Falling stick", "Airplanes".

In conclusion, comprehensive physical training of preschoolers involves achieving optimal development of motor (physical) qualities: speed, agility, flexibility, endurance and strength. The level of their development largely determines the effectiveness of the formation of motor skills and their successful use in various life situations.

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