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

Preschool age is an important stage in the formation and development of a child's personality. In the specified age period, it is important to develop not only mental, but also physical processes in a child. Modern children spend a lot of time in front of gadgets and TV, and very little time in mobile games. Therefore, in preschool education institutions, an important role is assigned to physical education, which includes various means and forms of work. Active games are important for the comprehensive development of a child. They develop physical qualities that promote endurance, stability, strength, flexibility and precision of children's movements. Thanks to this, the general state of health, digestion improves, the nervous system develops and strengthens. Since the nervous system in children has high plasticity, it makes it possible to quickly and easily form new connections, and this, in turn, allows the formation of various motor skills at an early age.

The purpose of the article is to investigate the problem of the effectiveness of mobile games for the development of physical qualities in children of upper-kindergarten age.

In preschool age, the leading activity is a play. Preschool children learn to interact with the world around them through games. The games reflect the lives of animals, people, etc. During the game, preschoolers use counters, poems or songs. If mobile games are played with musical accompaniment, this develops aesthetic feelings, a sense of beauty, and the ability to notice the beauty around you. Movement games are diverse in their content and organization. Some games have a plot, roles, rules that are closely related to the plot, and the game actions in them take place according to the requirements, role and rules. In other games, there are no roles, only the motor task is important, which is governed by rules that determine the sequence, speed and dexterity of their execution. The value of mobile games is that they encourage children to think, be active, teach them to succeed and learn how to lose. Participation in such games contributes to the fact that preschoolers learn to be persistent, they develop motivational activities. In addition to the development of mental processes, the general state of the body and its processes also improves in children. Changes occur in children of upper-kindergarten age, which are noticeable at the general physical level and in the expression of motor qualities. Changes occur in both physical and mental development. Therefore, it is important to develop them together, and not separately from each other [1].

Physical qualities form the basis of physical development in children. It is important to learn the movements as a whole, because it is important for children to see the result

immediately, because when learning the movements separately, they quickly lose interest. Physical qualities are best developed in mobile games in which children take an active part [3]. The following domestic scientists dealt with the problem of studying the development of physical qualities in children of upper-kindergarten age by means of mobile games: Barsukovska G.P., Vilchkovsky E.S., Zagorodnya L.P., Ivashchenko V.P., Lyashenko G.I, Ponimanska T. I., Titarenko S.A.

E. Vilchkovsky notes that education in preschool education institutions should be aimed at hardening the body and its physical development, and this, in turn, contributes to the development and improvement of basic motor skills and abilities. In his writings, he indicates that there are certain age periods in which the development of certain qualities is most successful [2]. In preschool age, during the development of children's motor qualities, special attention should be paid to the development of speed and dexterity. In addition, the concept of motor qualities refers to the development of morphological and functional features of the body in children of upper-kindergarten age.

According to Ukrainian scientists, quantitative indicators of body weight, height, chest circumference and indicators of the level of functional capabilities are the main indicators that determine the level of development of the body of older preschoolers. In the period of 5-6 years, on average, height in children increases by 3 cm, and body weight by 2-4 kg. At the same time, this indicator is different for boys and girls. Domestic and foreign scientists in their writings emphasize the importance of using exercises that require speed, strength, endurance and flexibility. A set of such exercises is much more effective when used together than individually. Intensive work of a large number of muscles during exercise helps to control the correct functioning of the entire body system and has a training and developing effect on them. Thanks to the variety of movements in children, the function of the cardiovascular and respiratory systems improves, the musculoskeletal system is strengthened, and the activity of the nervous system is regulated. Based on the theoretical analysis, we developed and implemented an author's program for the development of physical qualities in older preschool children. This program includes 6 classes, 3 classes per week, the duration of one class is 25 minutes. The author's program developed by us includes the following conditions: compliance of the material with the age characteristics of young children; variability of types of work in class; activation of children's cognitive interest in work; the selection and application of game methods, techniques that ensure the development of physical qualities in older preschool children, as well as innovative forms of working with children were used, namely: combined classes that include plot-role and moving games aimed at development physical qualities. These are games such as "Who's the first to the ball", "Cat and mice", "Wolves and sheep", "Third extra", "Don't call", "Free place", "Catch, throw, don't let it fall", "Wolf and hares", "Frogs and cranes", "Fishermen", "Sparrows", "Race of balls".

Therefore, analyzing the obtained results, we can conclude that the development of physical qualities in children of upper-kindergarten age should take place taking into account the individual capabilities and development of children. Thanks to the pedagogical influence in the child's body, the ability to endurance, speed, strength,

flexibility, dexterity is formed, and this in turn leads to the harmonious development of the personality. Thanks to participation in mobile games, children gain the ability to independently decide how to act in certain situations, show initiative and organizational skills, as well as activity.

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