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## **DEVELOPMENT OF AGILITY IN CHILDREN OF UPPER-KINDERGARTEN AGE BY MEANS OF ACTIVE GAMES**

The development of physical qualities in preschool children is one of the key components of their overall harmonious growth. Agility holds a special place among these qualities, as it combines coordination of movements, reaction speed, flexibility, balance, and accuracy of actions. In senior preschool age, that is, between five and six years old, the development of agility becomes particularly relevant. During this period, children experience intensive formation of motor skills, improvement of both fine and gross motor abilities, and the foundation is laid for future physical training and sports activities.

Agility can be defined as the ability to quickly and coordinately perform movements in response to changing environmental conditions. It includes several components, such as coordination of movements, which ensures the organized work of different muscle groups to achieve a goal; reaction speed, which enables prompt responses to external stimuli; flexibility, allowing movements with a wide range of motion; balance, necessary for maintaining body stability; and accuracy, characterized by the ability to achieve a goal with minimal errors. All these components are actively developed in senior preschool age, when children possess high levels of energy and motor activity but still require structured guidance to improve coordination and control over movements [1].

The use of active games is one of the most effective means of developing agility in children. Game activity provides not only physical activity but also emotional engagement, stimulates social interaction, and fosters the ability to work in a team and follow rules. Active games that involve varied movements and frequently changing conditions contribute to the development of reaction speed, coordination, and movement accuracy. In particular, such games may include relay races and competitions that train speed and precision; ball games that improve hand-eye coordination; balance exercises that develop stability and flexibility; and obstacle games that enhance coordination, strength, and speed [2].

An important aspect of organizing active games is the gradual increase in task complexity. At the initial stage, children perform simple movements, such as running in a straight line or moving in circles. Later, they progress to more complex exercises that combine several actions simultaneously, for example, jumping over objects during relay races or moving along narrow beams. The diversity of games, alternation of different types of movements, and inclusion of team elements ensure comprehensive development of all components of agility. It is also essential to maintain children's motivation through elements of competition and encouragement, which stimulate activity and interest in physical exercises. Regular practice – at least three to four times

a week for twenty to thirty minutes – ensures systematic development of physical qualities [3].

Practice shows that particularly effective for developing agility are such active games as the relay race “Snake,” where children move in a line changing direction and jumping over obstacles; ball games in a circle, which involve passing the ball at different distances and speeds; obstacle courses that include walking along a narrow path, jumping, and crawling under barriers; the game “Tag” with varying movement conditions, where children respond to commands by performing squats, jumps, or turns; as well as jumping through hoops, which develops accuracy, flexibility, and coordination [4; 5].

Thus, the development of agility in senior preschool age is an essential component of both physical and psychological development. Active games provide a comprehensive approach to forming this quality, combining physical activity, emotional engagement, and social interaction. Systematic use of such games not only improves physical abilities but also fosters a positive attitude toward physical activity, prepares children for school physical demands, and creates a foundation for further development of sports skills.

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