

THE FORMATION OF THE PSYCHE OF PRESCHOOL CHILDREN THROUGH PHYSICAL EDUCATION AND SPORTS

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ABSTRACT

The article discusses the factors affecting the psyche of children in the preschool system. The role of sport and physical education in promoting a healthy lifestyle in children is revealed. Developed implementation methods are applied in practice.

Keywords: Preschool education, children's mentality, wellness, sports psychology, physical education, wrestling, national values.