

## THE USE OF SPECIALIZED EXERCISE COMPLEXES TO HELP CHILDREN DEVELOP BALANCE

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### ABSTRACT

This article provides methodological recommendations on the use of specialized exercise complexes to help children develop balance.

**Keywords:** Children, balance, physical education, special exercises, ability, physical quality, development, school.

### INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

In the educational practice of countries around the world, the formation of balance skills in physical education and the types of physical activities used in this process are based on specific physical exercises, and their physical and mental development is considered one of the most pressing issues. That is why it is important to educate students in physical education classes in general secondary schools through special exercises.

A common form of education in the physical education system is occupation. The main feature of the lessons is the presence of a qualified teacher who directs the activity of a group of students on a regular basis over a specified time, taking into account their specifics and individual capabilities [3]. However, the content of the sessions, their frequency, duration and relationships are strictly regulated. The three-tier structure of education allows solving various problems of physical education.

The main methodological trend in developing a workout system that includes exercises to enhance balance is to consistently, slowly complicate these exercises, and to more effectively mobilize the ability to maintain optimal balance in the unstable posture (poses), despite the interference factors. creation of performance conditions.

The ability to master new movements is particularly important in complex co-ordinated sports and in physical education for junior school age children. That is, the activities of the movement are lessons that are characterized by high diversity and high levels of coordination complexity.

The following methodological examples are the basis for improving the ability to maintain balance

Fundamentals of the method of increasing requirements for the ability to maintain balance	Examples (action style implementation)
Extending the storage time for the unstable state	Swallow position (position) on one leg, horizontal bending of the body with the support, the position of bending the elbows, etc. prolongation of the body of the fixation phase in such a position
Temporarily exclude or limit self-control such as sight	Static exercises or (and) turns or double or group acrobatic exercises in gymnastic wood
Reduce the base surface	Static and dynamic exercises in gymnastics or narrow wood
Increase the distance from the center of the body weight to the base or the height of the base	Movement and positioning on wooden feet, fixation of position; doing gymnastic wood or pillars that are louder
Entering a stable base surface	Exercise on roller surfaces with horizontal hanging ropes on rolling wood
Introduction of initial and accompanying movements preventing the equilibrium	Static fixation after rotation (floor, gymnastics, etc.); playing ball or other objects in an unstable position (standing on one leg, in "swallow" position)
Perform actions against the partner's actions	Involvement of a relatively stable partner; the use of martial arts techniques to maintain the stability of the state; "Battle of roosters"
Use of natural conditions that complicate the movement while maintaining balance	Walking, biking in uneven terrain, in various road conditions, in difficult weather conditions

It is easier to maintain consistency when the exercises are performed in a static manner while increasing requirements for the ability to apply body balance [1]. This is due to the fact that such exercises are more commonly used in the early stages of adaptation to complex conditions. The most common ways of complicating conditions are to reduce the base surface, to use a fixed base surface, to extend the static state of biomechanical stability. In order to stimulate "muscle sensation" in maintaining the equilibrium, the methods of temporary restriction or elimination of self-control are used to identify instability [4].

Exercise in Balance [2]. Exercise stabilization is complicated by their biomechanical capabilities and external conditions, and therefore exercises that impose unusual requirements (more important than other exercises and requirements) on their ability to maintain balance. In practice, such exercises often involve:

- exercises that combine movements on small, moving or supportive surfaces (gymnastic wood, horizontal hanging wings, ice, etc.), which fixes a predetermined position in the body's static position and prevents the balance;
- balance in the biomechanically unfavorable position of the joints of the joints (for example, manual support, on the bars, horizontally and mentally);
- maintaining balance in static and dynamic conditions in the context of obstacles created by previous or accompanying movements (rotation, jumping, etc.), partner effects (pair and group exercises), and other factors.

Consequently, it is important to take into account not only their physiological status, but also their physical quality in shaping children's balance abilities.

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