

THE STUDY OF PHYSICAL FITNESS OF CHILDREN OF PRESCHOOL AGE AT THE STAGE OF PREPARATION FOR SCHOOL

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ABSTRACT

The article presents materials on studies of the physical fitness of older preschool children at the stage of preparing them for training in the school system of education

Keywords: Physical fitness, preschool age, heterochronism, stagnation.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Physical fitness provides a level of knowledge about movements and skills that contribute to their effective implementation, using the stock of physical abilities available in a given age period. He was of scientific and practical interest in revealing the age-related dynamics of motor abilities in children of preschool age children attending preschool educational institutions at the stage of preparation for studying at school educational institutions.

In the process of testing the level of physical abilities in older preschool boys, a test battery was borrowed from the physical education program for preschool institutions: running at 10, 30 and 300 meters, long jumps from a place, throwing a tennis ball at a distance, bending and flexing arms emphasis lying and overall flexibility.

When determining speed abilities in children of 5 years of age and regularly attending preschool educational institutions, pedagogical testing of the studied parameters was carried out. So, in running for 10 m from the start, children at the age of 5 have an average of 2.9 ± 0.02 s., For 6 year old children, the result at this distance significantly improved to 2.8 ± 0.02 s, which exceeds the result of five-year-old children is 0.1 s. (3.5%) (2).

In running for 30 m in children at the age of 5 years, the average result was 8.9 ± 0.02 s, and for children over 6 years old, the performance in running at this distance significantly increased by 9%, where the speed capabilities of them averaged 8.6 ± 0.06 s. Table 1

Table 1: Physical fitness of children of preschool age

№	Тесты	Возраст (лет)		
		5	6	Разница %
1	10 m running, sec	2,9±0,02	2,8±0,02	3,5
2	30 m running, sec	8,9±0,02	8,6±0,06	3,4
3	Running 300 m, min	1,75±0,03	1,55±0,2	11,4
4	Long jumps from a place, see	76,8±1,8	81,8±1,2	6,2
5	Throwing a tennis ball at a range, m	6,48±0,07	7,52±0,3	13,9

6	Flexion and extension of the arms in the supine position, (number of times)	5,56±0,3	9,68±0,6	43,6
7	General flexibility, see	2,8±0,2	3,26±0,2	14,2

Running at a distance of 300 m reflects the degree of motor and functional readiness of children of 5 years of age to perform motor tests related to endurance, the average result of 1.75 ± 0.03 min was determined. Children of 6 years of age, at the stage of preparation for learning in the school system of education, overcame this distance on average for 1.55 ± 0.02 min, which amounted to an annual positive difference of 0.2 min (11.4%)

Long jumps from a standpoint as a universal speed-strength exercise characterizing the degree of children's mastery of motor skills and physical qualities.

At the age of 5, boys on average had a result in this exercise of 76.8 ± 1.8 cm with individual fluctuations of the indicator from 102 cm to 70 cm. By the age of 6, in boys, the indicators in long jumps from the place progressively increase to 81 , 8 1.72 cm, with a difference of 5.0 cm, which represents an increase of 6.22%.

Throwing refers to complex technical exercises that require the manifestation of physical qualities and technical readiness of children. It should be noted that this motor quality is a vital applied physical exercise that must be developed already in the early stages of development of children. The motor abilities of children in throwing a tennis ball at a range were investigated.

As a result of testing, it was found that 5-year-old boys throw a tennis ball at a distance of 6.48 ± 0.07 m, and children who have reached 6 years of age in throwing a tennis ball on average achieve a result of 7.52 ± 0.3 m, with individual scatter indicators from 9.5 m to 6.2 m, with a significant positive difference of 1.04 m (13.9%).

Analyzing the strength abilities of preschool children according to the results of the test of flexion and extension of the arms from a supine position, 5-year-old children showed an average result of 5.56 ± 0.3 times, and in 6-year-old children, the average result tended to significantly increase significantly to 9.68 ± 0.6 , with the difference being 4.12 times (43.6%), which in our opinion is connected with the phenomenon of heterochronism.

Assessing the overall flexibility of children according to the test, leaning forward while standing on a bench revealed that at 5 years of age it averaged 2.8 ± 0.2 cm, by 6 years of age this indicator on average unreliably increased to 3.26 ± 0.2 cm, amounting to the difference is 0.48cm, (14.2%).

Thus, the monitoring analysis carried out during the pedagogical study of the continuity of the motor abilities of the studied contingent was found that it was found that in preschool children the increase in physical fitness indicators is uneven. The large gains in performance found in children of this age in exercises related to the manifestation of speed-strength abilities, in our opinion, are associated with a rapid increase in the coordination abilities of children in this sensitive period of their development. In exercises where there is a need for the manifestation of strength abilities and strength endurance, which is especially necessary at the stage of transition to training in the school system of education, the studied indicators are slightly

improved, which is associated with the features of this age period of development of children and requires pedagogical adjustments in the process of physical education .

In order to clarify the revealed general tendency in the development of different aspects of the motor skills of preschool children at the stage of their preparation for learning in the school system of education, we carried out a regrouping of data. The following age group in children was adopted: 6.0 - 6.6 years, 6.7 - 7.0 years, 7.1 - 7.6 years and 7.7 - 8.0 years. It seemed to us that in this case there would be a real opportunity to establish the periods most favorable in the development of motor skills of preschool children at the stage of preparation for learning in the school system of education. (3)

The general conclusion that can be drawn from the results of the consideration of the data can be reduced to the formulation of the following basic facts:

1. The growth rate of indicators characterizing the development of different aspects of children's motor skills is different. This difference is visible not only in the analysis of different tests of physical fitness, but also in different age groups.
2. The fact of the greatest improvement in indicators in the tests characterizing the speed capabilities of children in the age period from 6.6 to 7.0 years is clearly traced. Then this tendency, as a rule, slows down or stagnates.
3. The level of development of speed-power qualities (according to the long jump from a place) in boys shows the greatest increase in results in age periods: 7.1 - 7.6 years and 7.7 - 8.0 years.
4. The pattern expressed in improving the results of tests as age development of children is visible and according to the throwing of a tennis ball. This fact does not cause any particular objections, but that, according to A.A. Guzholvsky, (1) the coordination relations that determine the correctness and accuracy of throwing improve to older preschool age.
5. The fact of improving the results in tests characterizing the strength abilities of children falls on the age period from 7.1 to 7.6 years, which indicates the development of strength abilities in children mainly after 7 years of age.

The obtained facts of heterochronous development of different aspects of children's physical fitness must be taken into account not only when constructing methods in the system of physical education of preschool children, but also when developing standards for assessing their physical fitness for a given age period.

An analysis of the experimental materials presented in table 3.3 clearly shows that children of preschool institutions with a methodically competent and purposeful construction of physical education classes starting from the age of 6 taking into account the continuity of physical education classes at the stage of preparing children for training in the school education system , a higher level of development of physical fitness in comparison with their peers, where classes are held according to the generally accepted the program.

As a result of the pedagogical testing, taking into account the age group, the need was identified:

- to improve the process of physical education with children by the older age group of preschool educational institutions at the stage of their preparation for learning in the school system of education;
- Already in the conditions of preschool education, educators need to ensure the continuous development of motor qualities of children, which can successfully cope with the requirements for the development of different aspects of children's motor skills.

- increase the level of professional knowledge of educators in the field of physical education in order to successfully prepare children for upcoming education in the school system of education.

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