

EXPLOSIVE ACTIVITY SCHOOL PERFORMANCE BY AGE INDICATORS

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ABSTRACT

This article is devoted to the study of the dynamics of the development of explosive motor skills in schoolchildren by grades. Based on his experimental research, the author highlighted the advantages of the spork device he created in developing explosive movement skills in girls, boys, and students of the same age from 2nd to 9th grade.

Keywords: Vertical jump, schoolchildren, explosive ability, development, measurement, dynamics.