

RELATIONSHIP OF AGE AND DYNAMICS OF PHYSICAL DEVELOPMENT AND PREPAREDNESS OF 6-7 YEARS OLD CHILDREN IN FERGANA

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ABSTRACT

The article presents the results of studies of the level of physical development and motor readiness of children of 6-7 years old. Comparative age dynamics with the normative requirements of the complex "Alpomish" and "Barchina" was carried out.

Keywords: Physical development, "Alpomish" and "Barchina", physical fitness, anthropometry.