

DEVELOPMENT OF PRESCHOOL CHILDREN CHARACTERISTICS OF DYNAMICS

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Abstract: *The article highlights the importance of developmental age and specific characteristics of preschool children. The article gives important recommendations about the developmental age and specific characteristics of children of preschool age. Features specific to the dynamics of development of preschool children are revealed.*

Key words: *Age of preschool education, pupil, upbringing, age-related characteristics, age periods, psychological characteristics.*

It is known that the child develops as a result of the direct influence of adults on him, in the process of independent activity, as well as under the influence of the information he receives from the environment. Children play a lot of toys, move, and at the same time, they observe the events around them with interest, look at pictures, turn to their parents for various reasons and do their tasks.

From the point of view of general sensitivity, the period from 3 to 6 years old, that is, before school, is a direct continuation of early infancy. It is expressed by the discontinuity of the ontogenetic potential for development. During this period, the child's motor skills continue to develop and improve, but his communication with the world around him is still limited. Little by little, children become independent, their body becomes stronger, their movements become more precise, reliable, and fast. Improvement of actions performed with household items, toys helps to enrich life experience. Actions become more clear, conscious, purposeful

Properly organized physical education helps children of preschool age to develop thinking, memory, initiative, imagination, independence, basic hygiene skills. As in early infancy, in preschool age, children's emotional experiences are of great importance in the formation of bright ideas about the world around them. During this period, the game becomes the leading type of activity, but it is not usually because the child spends a lot of time with interesting games, - the game creates qualitative changes in the child's psyche. The game of a preschool child becomes more complicated: life experience is gained in it, a specific goal is more clearly manifested, creative imagination is visible and develops. From year to year, verbal explanations and tasks of adults become more important in the mental development of a child.

One of the most important tools in raising a healthy child is physical exercise, active games and sports entertainment. When doing physical exercises with children, it is very important to monitor their health, pay attention to their appearance, mood,

fatigue, appetite, and sleep. Every child, even a completely healthy one, should be examined 2-3 times a year. It is recommended to record the child's height, weight, chest circumference, which will allow you to monitor his correct development.

Conditionally, it is accepted that childhood consists of the following periods.

Neonatal (infancy) period - the first 3-4 weeks of life. The child adapts to new conditions (he breathes with his lungs, the digestive system begins to work, the body's heat regulation is established); his nervous system is not yet developed - due to the underdevelopment of the cerebral cortex, only unconditioned reflexes are manifested.

of infancy is the period up to one year. The activity of the central nervous system begins to improve; conditioned reflexes are activated, movements are formed, height and weight increase rapidly.

Pre-school period - from 1 to 3 years. Height growth slows down a bit, movement skills improve; speech is formed; the child acquires some hygienic skills.

Preschool period - from 3 to 7 years. As in the previous period, it is characterized by a slight slowdown in height growth. The child loses excess weight, his muscles are strengthened, and his skeleton develops strongly. By the end of the preschool period, the replacement of milk teeth begins. The child will switch to the food eaten by adults, and will not be prone to diseases.

Development of children aged 3-6 years. In the preschool period, the foundations of healthy and full-fledged physical development are laid.

In preschool children, the body is still not stable enough, and the possibilities of movement are limited. Their nervous system develops rapidly, their skeleton grows, their muscular system is strengthened, and their movements improve. Attention becomes more stable, children acquire the simplest work skills. The general static instability of the body and limited dynamic capabilities are characteristic of 3-4-year-old children. In children of this age, the upper part of the body, shoulder girdle muscles and flexor muscles are relatively well developed. In 3-4-year-old children, movement activity is high, although the movements are not sufficiently coordinated. level, large muscle groups are involved in these movements. During this period, if the same situation is maintained for a long time or the same actions are performed, rapid exhaustion is observed.

Up to 7 years of age, the structure of lung tissue is still not fully developed; the nasal passages, trachea and bronchi are relatively narrow, so it is a little more difficult for air to enter the lungs; the ribs are slightly more inclined, the diaphragm is located higher, so the amplitude of respiratory movements is not large. A child breathes shallowly and much more often than an adult: the breathing rate of a 3-4-year-old child is 30 times per minute, 5-6 years old - 25 times, adults 16-18 times. The shallow breathing of children causes a relatively poor air circulation in the lungs, causing air to remain in the lungs for a while, while the growing body requires sufficient oxygen supply to the tissues. It is for this reason that physical exercises carried out in the open air are

very important, they activate air exchange. In 3-4-year-old children, the living capacity of the lungs is 400-500 cm³, and in 5-6-year-old children it is 800-900 cm³.

The activity of the cardiovascular system of preschool children is well adapted to the requirements of the growing organism, the strong need for blood supply to the tissues is easily satisfied, because the child's vessels are wider than those of adults, and blood flows more freely from them. The amount of blood in a child's body is greater than that of an adult, and its path through the veins is shorter. For example, if an adult's heart rate is 70-74 beats per minute, the average for a preschooler is 90-100 beats. Cardiovascular control is not improved, so its excitation is fast, the rhythm of contractions can be easily disturbed, the heart muscle gets tired much faster under physical load. But with a change in activity, the child's heart quickly calms down and regains its strength. That is why it is necessary to pay attention to the variety of physical exercises when working with children: to alternate active games with some quiet games and to give the child frequent short rest breaks.

Preschool children have a better developed nervous system than children under 3 years of age. During this period, the process of the formation of nerve cells in the brain comes to an end, the brain is close to a large human brain in terms of appearance and weight, but the nervous system is still very weak. Therefore, it is necessary to take into account the extreme impressionability of preschool children, to treat them with extreme caution: not to give them long-term, heavy loads, not to tire them too much, because at this age the processes of exposure prevail over the processes of inhibition.

In children under the age of seven, although they have a better blood supply than adults, the processes of bone formation are not completed. The skeleton has a lot of connective tissue, and because of this, its further development takes place; at the same time, the softness of the bones is also explained by this. The growth of muscle tissue occurs mainly due to the thickening of muscle fibers. But due to the relative weakness and rapid fatigue of the musculoskeletal system, preschool children cannot withstand long-term muscle tension.

Children of junior school age are not yet able to move clearly when walking: they cannot run rhythmically, they often lose their balance and fall. Most of them cannot push off the floor or the ground well, they run on their soles. They cannot raise their bodies even to a small height, so they have difficulty climbing hurdles and jumping on one leg. During this period, school-aged children play with the ball with interest, but their movements are not yet coordinated, eye sight is not developed: it is difficult for them to catch the ball. Children are easily bored and distracted by various activities.

By the age of 4.5-5 years, children's movements become more coordinated, they master the skills of jumping, jumping over obstacles, catching a ball. In 6-year-olds, lightness appears, the rhythm of running stabilizes, lateral swings decrease, they jump higher, longer, over obstacles, learn to hit the ball at the target, and aiming with the eyes increases. Older school-aged children have stronger bodies and proportionally

developed muscles than younger children. The main movements during walking and running gradually reach the automatic level, the coordination of movements increases, and the ability to do manual labor increases significantly. Due to the increased stability, it becomes easier to perform simple balance exercises and agile running. Children become more resilient, but they need to change their initial position often and perform various actions. At this age, their activities are gradually enriched with content and become more conscious.

According to many scientists in the field of physical education and sports, the goal of physical education of the growing young generation is to form the foundations of physical and spiritual culture of the individual, to increase health reserves in a healthy way of life as an active and long-term value system. Based on their opinions, when applied to children of preschool age, the main tasks of physical education include:

- formation of a conscious need in learning the values of health, physical education and sports in children;
- development of physical capabilities that ensure the necessary and sufficient level of development of the child's physical qualities, movement skills and skills in accordance with naturalness and in an individual - suitable manner;
- providing preschool children with information on general physical education, thereby achieving their mastery of intellectual, technological, moral, ethical and aesthetic values related to physical education;
- actualization of knowledge at the level of basic skills of independent training.

The main problems specific to the innovative additions to the system and structure of preschool children's physical education are as follows:

- a) opportunities to use physical education tools to optimize the conditions of children's mental development process;
- b) age characteristics of development of physical qualities of preschool children and formation of basic movements;
- c) methodological problems of physical education in preschool institutions;
- g) organizational and content bases of training of preschool physical education specialists.

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