PHYSICAL EDUCATION OF CHILDREN OF JUNIOR SCHOOL AGE

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Abstract
Junior school age ranges from 6-7 to 11 years old (I - IV classes). Peculiarities of age-related development. Junior school age is characterized by a uniform development of the locomotor apparatus, but the intensity of growth varies in its specific proportions.

Keywords: Early school age, training effect, preschool children, independent activity, morphological development of the nervous system, strength training

There are 2 forms of organization of physical education of children of primary school age and preschool age:

1) state (kindergarten from 3 to 6-7 years old);
2) independent activity, that is, physical education is mainly carried out in the family.

The state form of organization of physical education is mandatory for all children attending preschool educational institutions. Physical education classes in these institutions are carried out in accordance with the program of teaching and upbringing in kindergartens ("Physical education" section), which clearly specifies the purpose, tasks, content, and forms of organization of physical exercises. Physical education classes are conducted by educators and methodist instructors of physical culture.

The directed method of using physical education is determined by the characteristics of the children in relation to their age, and the possibilities of movement, and the conditions of training.

At the age of 3-4 years, the training effect is 130-140 ud/min. Provides exercises that give ChSS not less than. 140-150 ud/min at 5-7 years old. Accordingly, more complex forms of walking, running, jumping, throwing, scrambling, balancing and others are used. At preschool age, it is necessary to solve almost all the tasks of educating physical qualities. First of all, it is necessary to pay attention to the training of coordination ability, especially attention is paid to such components as balance, accuracy, rhythmicity, coordination of individual movements. Speed skills are developed by performing simple movements, mostly in games. When training strength and endurance, it is necessary to pay attention to the heel, leg, arm, neck, and abdominal muscles. Strength training should not be noticeable, especially if these

exercises are heavy with body weight (sitting-standing, crawling, jumping, training with a ball, hoop, stick training, etc.). Exercise is also a game. It is also given in simple form.

A holistic teaching method is considered to be the best way to master new movements. If the activities are scattered, the child loses the meaning and, accordingly, the interest in it. The child wants to see the result of his actions immediately.

Physical and movement processes in 3-6-year-old preschool children should be based on the basic conditions of the rhythm.

1) All periods between the ages of 3 and 6 are considered intensive for the development of physical qualities and the formation of basic movements. Accordingly, the final result of children's physical and movement training depends on their success, which increases from year to year;

2) The main methodological feature of this process planning is the presence of stages that affect certain quality. The duration of these stages is up to 1 month. In this case, specialized physical exercises or character games, movement activity should occupy from 50 to 70% of the total time (I.V. Kulkova, V.M. Smolevsky, V.M. Barshay, V.N. Kurys, I.B. Pavlov , Yu. V. Menkhin, I. A. Gurevich, V. E. Zaglada, O. L. Treshcheva).

Junior school age ranges from 6-7 to 11 years old (I - IV classes). Peculiarities of age-related development. Junior school age is characterized by a uniform development of the locomotor apparatus, but the intensity of growth varies in its specific proportions. That is, the length of the body during this period often increases compared to its weight (I.V. Kulkova, L.P. Volkov, A.M. Shlemin, L.P. Matveev, Yu.V. Menkhin).

The joints of this age are very mobile, the tendons are elastic, and the skeleton has a large amount of connective tissue. The spine maintains great mobility until the age of 8-9. Studies have shown that early school age is very favorable for developing mobility in all major joints in a targeted manner. The muscles of children of small school age have thin fibers, and the number of proteins and fats in the composition is not very large. In this case, the large muscles of the legs and arms are less developed than the small ones.

At this age, the morphological development of the nervous system is almost completely completed, the growth and structural differentiation of nerve cells is completed. However, the functioning of the nervous system is characterized by the dominance of excitatory processes. At the end of a young child's life, the lung size is half the size of an adult's lung. One-minute breathing volume is 3500 ml/min, in 7-year-old children it increases to 4400 ml/min, and in 11-year-old children. The vital capacity of the lungs is up to 1200 ml at the age of 7. Grows up to 2000ml at 10 years old.

For the practice of physical education, the functional indicators of the child's organism's capabilities, the structure of the movement of physical loads , the methods of influencing the organism, are considered the leading criteria.

For children of small school age, the demand for high motor activity is natural. Movement activity means the total number of movement movements performed by a person in the course of daily life.

In the free regime, in the summer, 7-10 year old children move from 12 to 16 thousand in 1 day. The natural daily activity of girls is 16-30% lower than that of boys. Girls show less independent movement activity and are more in need of organized forms of physical education.

Compared to the spring and autumn periods of the year, the activity of children decreases by 30-45%, and in those who live in the northern part, it is 50-70%.

With the transition from pre-school education to systematic school education, the amount of motor activity in 6-7-year-old children decreases by 50%.

In the period of educational activities, the movement activity of students not only increases when moving from class to class, but, on the contrary, decreases even more. Therefore, depending on their age and state of health, children should be provided with a sufficient daily amount of physical activity.

According to scientists, it is necessary to provide children with the necessary amount of daily movement activity while performing various physical exercises. (Table 1).

Table 1 Movement activity of junior high school students in different types of muscle activity

Types of muscle activity	Durability	Sizes of movement, steps	
		Boys	Girls
Morning gymnastics (at home)	10	400-500	500-700
Gymnastics in class (at school)	10	200-300	300-400
Physical breaks during independent work	3	120-150	150-200
Action Games:			
during breaks:			
- big	15	700-1000	800-1200
- small	5	400-500	500-600
- in physical education classes	45	1200-3240	
- outdoors	60-90	3000-4000	4000-5000
Extracurricular exercises are movement games with elements of practical gymnastics.	90	6840-9120	

Note: depending on the content, it is possible to provide 43-57% daily movement in the physical education class.

After school, children should spend at least 1.5-2.0 hours in the street with movement and sports games.

Junior school age is a very favorable period for the development of physical abilities (speed and coordination skills, performing long-term cyclical movements in moderated and re-intensive mode). They provide summarized information from experts from different countries (V.I. Lyakh and others)

2 – table Growth rates of different physical abilities of children of primary school age.

Physical abilities	Average annual growth		General growth	
	Boys	Girls	Boys	Girls
Speed	5.7	6.0	17.2	18.0
Strength	12.7	8.7	38.0	26.0
General endurance	7.9	5.5	31.6	22.1
Speed is endurance	3.4	3.6	13.4	14.4
Strength is endurance	10.4	7.4	11.7	29.7

Table 3 Growth of active and passive behavior in 7-10 year old children temps (%)

Joints	Reluctance			
	asset		passive	
	Boys	Girls	Boys	Girls
Mobility in joints, shoulder girdle, wrist and palms	4.9	3.2	-1.9	- Oh, 1
Mobility of the hip, knee and heel joints	5.5	6.2	-8.7	-9.5
Mobility in different parts of the spine:	18.8	6.6	—	—
- pelvis bone, when bending the body;	8.6	17.2	—	—
- waist area under the chest;	22.9	-6.2	—	—
- upper chest	17.0	22.2	—	—
- neck part				

7-10, interest and ability in certain types of physical activity begins to form. An individual motor specification is displayed. Also, the ability to be interested in this or that type of sport appears. This, in turn, creates conditions for the physical education and sports orientation of school-age children, for choosing the optimal way for the development of physical improvement of each of them.

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