



Organization of Physical Education in Children's Educational Institution

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Annotation: The article deals with the organization of physical education classes in a children's educational institution. Examples of the principles and methods of the means used in the process of physical education are given.

Keywords: preschool education, physical education, principles, methods, children.

Introduction. Recently, along with other problems, the physical education of children is especially relevant and another important stage in the formation of a child's health, the development of his physical skills and abilities is preschool childhood [1]. Today, educational institutions face a difficult but very important task - not only to improve the quality of education, but also to do it without loss of health, as well as to improve the physical fitness of the younger generation [2, 3].

Currently, the World Health Organization has proclaimed the most humane slogan in the history of mankind: "In the 21st century - health to every person on the planet!" At the same time, the concept of "health" is defined as its physical, mental and social well-being. Such an interpretation of the concept of "health" raises the role of physical culture to a completely new level: it becomes the basis for the formation of a healthy lifestyle for people. And the foundations of a healthy lifestyle of a person are laid at preschool age [4, 5, 6].

The main means of studying physical culture is the development by a child of its basic foundations, that is, the level of physical culture that is objectively necessary and obligatory for each person, without which it is impossible to effectively carry out life, regardless of what the child would like to do in the future [7, 8].

In accordance with the socio-economic characteristics of modern society, the goal of physical education is to promote the harmonious formation of a comprehensively developed personality. The main means for achieving this goal is the study of the basics of personal physical culture, which is understood as a certain amount of knowledge, skills and needs, the optimal level of health, physical development, versatile development of motor abilities, the ability to carry out the actual motor, health-improving and sports activities [9, 10, 11]. At the same time, purposeful work is needed to educate value orientations for the physical and spiritual development of the individual, a healthy lifestyle, the formation of needs and desires for regular physical exercises and sports, the development of strong-willed and moral qualities.

Forms of physical education of a preschooler.

1. Physical education lesson in a preschool educational institution as an educational area, activities in the mode of the school day (physical education break, physical education minute).
2. Out-of-school forms of physical education, conducted on the basis of a pre-school educational institution or in sports schools for pre-school children.
3. Physical education in the family (morning gymnastics, physical exercises between the child and the parent, walks and games in the fresh air, sports activities) [12, 13, 14].

Figurative-game movements develop the ability to improvise, hearing, attention, thinking, creative imagination and memory. They reveal images understandable to children; form the ability to creatively convey the character and habits of the depicted animal. In addition, by exercising in the performance of such movements, children develop strength, dexterity, coordination of movements, learn to navigate in space, acquire the ability to move at a given pace and rhythm [15, 16].

The plot-playing lesson is based on a holistic plot-playing situation that reflects the world around the child in a conditional form. It consists of different types of basic movements and game exercises of a general developmental imitation character ("circus", "athletes", "zoo") [17, 18].

Imitation games are very interesting. In games, children represent themselves in various images: animals, plants, objects. During these games, children relax, get joy.

Since the day in children begins with morning exercises, it is one of the most important components of the motor regime; its organization is aimed at raising the emotional and muscle tone of children.

Daily exercise contributes to the manifestation of certain volitional efforts, develops in children the habit of starting the day with morning exercises. Morning exercises gradually involve the entire body of the child in an active state, deepen breathing, increase blood circulation, promote metabolism.

The natural forces of nature (sun, air, water) increase the effectiveness of the influence of physical exercises on the child's body. During physical exercises in the air, with solar radiation, children experience positive emotions, more oxygen is absorbed, metabolism increases, and the functionality of all organs and systems increases. The sun, air and water are used to harden the body, to increase the body's adaptability to high and low temperatures. As a result, the thermoregulatory apparatus is exercised, and the human body acquires the ability to respond in a timely manner to sharp and rapid changes in meteorological factors. At the same time, the combination of the natural forces of nature with physical exercises increases the effect of hardening.

It is also known that children love to play outdoor games, which are active and meaningful activities for them. The content of outdoor games, as a rule, is cognitive material that expands the horizons of the child. In order to achieve greater interest of children and encourage them to take part in such games, I try to create a joyful relaxed atmosphere in the classroom, come up with funny stories.

Not the last role in creating an exciting atmosphere of the lesson is played by equipment. Especially non-standard. Performing exercises with manuals and didactic equipment increases interest in classes, improves the quality of exercises, and contributes to the formation of correct posture.

Motor activity is the main source and motivating force for the protection and promotion of health, improvement of the physical and intellectual abilities of a person. The child learns the world, masters the space with the help of movements from an early age.

In kindergarten, it is necessary to introduce the child to physical culture constantly, hourly, every minute. The child needs optimal physical activity, its lack is unfavorable: cardiac activity is weakened, metabolism is disturbed, physical development is inhibited, muscles weaken, the child's condition worsens.

When conducting physical education events, one should not forget about the basic requirements for them: age characteristics of children, previously acquired skills and abilities, as well as an individual approach to children.

All this increases the interest of children in physical education, develops vital physical qualities, increases the density of classes and allows you to exercise children in all types of basic movements.

Conclusions. Thus, physical exercises have a great influence on the comprehensive development of the child. The inner world of the child is formed and develops - his thoughts, feelings, moral qualities, behavior. This was written by Lesgaft P.F., who considered motor activity as a factor in human development.

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