

# ENSURING OPTIMUM MOVEMENT ACTIVITY USED TOOLS AND THE METHODOLOGY OF THEIR APPLICATION

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Abstract:	Keywords:
This is it in the article In the model program of preschool children's institutions, it is recommended to use the simplest elements of swimming and water games, walking, running, throwing, jumping, movement games and sports games that develop various physical qualities and preparatory exercises to increase movement activity. Accordingly, we have focused below on the tools that should be used to ensure the activity of the movement.	Movement activity, optimal movement activity, swimming and water games, walking, running, throwing, jumping, various physical qualities, hygienic bath.

## Introduction

It is important to ensure optimal activity in a child's life. In the model program of preschool children's institutions, it is recommended to use the simplest elements of swimming and water games, walking, running, throwing, jumping, movement games and sports games that develop various physical qualities and preparatory exercises to increase movement activity. Accordingly, we have focused below on the tools that should be used to ensure the activity of the movement.

Swimming is an invaluable tool that has a very positive effect on the development of a child. That's why everyone should know how to swim. Effective aspects of starting to teach a child to swim from the age of 4-5 will be significantly noticeable after the transition to the next age. The importance of gradualness is important when teaching a child to swim. In this case, it is inappropriate to rush , it has been proven in practice that a small carelessness can destroy the child's desire to swim or the desire to learn to swim, and make him tired of the water. Swimming is a leading tool for developing strength and endurance from movement qualities and abilities.

First of all, it is necessary to teach the child not to be afraid of water. It is special with him preparation exercises will be held . The child is 6-7 years old when in the water to stand and one how many meter to the place swim to go to learn need \_ The child by force to water v the

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head with to dive forced not to do it is necessary , it is from water save q ib if left , to swim to learn q shoulder will be

Water with training very useful The child is hygienic baths , washing , feet washing as well as the body wet a towel with love wiping and over water casting the way with trained . Water with to train little by little and caution with is entered . The child is 3-4 months old from being starting with the body wet a towel with love wiping can \_ This procedure from the start before of course doctor with consultation , from that then baby skin wet a towel with love to wipe preparation it is necessary Of this for one fragment dry fluff or soft wool cloth with each day in the morning of the child body , hand and until the legs are dry is rubbed . From there 1-2 h afta after water with to wipe transition can.

The cotton bag is dipped in water and squeezed, first the child's hands, then the chest and stomach, back, buttocks, and legs are wiped. Immediately wipe the wet part of the body with a cotton towel until the skin turns red. The child's body should be covered with a blanket everywhere, except for the place where it is wiped.

You can also add 1 teaspoon of salt or 1 tablespoon of vodka or cologne to a glass of water. Usually the child is in the morning from waking up after body is wiped . The duration is 5-6 minutes . Water temperature treatment 32-33 0 C at the beginning need. Then little by little Water every 5-7 days \_ temperature from 1 0 C reduce when going , 3 0 To S is lowered .

the hygienic bath should not be too hot. Water temperature should be 36.5-37.5°C for children up to 6 months, and 36°C for older children . From the bath after of the child over water casting it is necessary of water temperature in the bath water 1-2 0 C less than h temperature to be it is necessary Time be with the passing over pourable water temperature it is lowered again by 2-3 0 C.

The child is 10-11 months old from being starting from in the morning and in the evenings face , neck and his hands ( up to the elbows ) are colder water with washing need ( water temperature from 18-20°C less not to be condition ).

Swimming as a sport or a means of fitness is considered as a means of physical training, physical culture, which can be the first to start the transition to regular training for professional sports training, fitness training. Below we have brought to your attention materials for preschoolers on walking, running, jumping, and throwing for the purpose of developing physical qualities.

Walking. 3-4-year-old children cannot yet walk at the same pace and their movements are not clear, they do not walk in the indicated direction, they sway to the side, they cross their arms to maintain balance, drag their legs and bend a little, 5-6 years old coordination of movements becomes much better, hand and foot coordination improves in 70% of children. The child will now walk more evenly. By the age of 7, almost 100% of children move their arms and legs more harmoniously, their strides are longer and their walking pace slows down, and their walking speed increases. Most children keep their posture correct when they walk.

Running. Lifting both legs off the floor ("flying") is characteristic for running. Most children learn to "fly" when walking when they are 3-4 years old, but this is still not very noticeable. At 4-5 years old, especially when the child is exercising, the feet lift off the floor in 20% of children, at 7 years old - 70%. more prominent in children. When children run, hand-foot coordination develops much faster than when walking: it is observed in 30% of children at the age of 3, in 70-75% of children at the age of 4, and in 90% of children at the age of 7. During preschool age, the length of the step increases gradually when running, the child now takes a more even step, the legs often turn. At the age of 6-7, the child runs much faster.

Jump. By the age of 3, most children 15 smcan jump from a height, jump slightly off the floor while standing, and jump forward over a stick or rope while standing. As the child gets older, he can jump much farther. In almost 50% of 4-year-old children, push-off from the ground is much better, they land well with slightly bent legs, and the remaining children have weaker push-off from the ground, they straighten their legs and land with all the soles of their feet. Usually 3-4-year-old children do not wave their arms when they jump.

At the age of 5, the child jumps far from his standing position, learns to run and jump, but he still cannot move his arms well when he jumps, he pushes slowly, sometimes he falls to the ground with all the soles of his feet. When the child is 5 years old, he jumps from a standing position, pushes forward with both legs and with one leg, jumps from a standing position to a length and runs up. Children of this age know how to move their hands when they push off the ground, more than 70% of children land straight (light, half-bent legs).

Throwing. 3-4-year-old children do not yet know how to throw, children of this age cannot move their hands well, cannot turn their bodies well. They shoot the ball closer and catch it more easily than long shots. By age 5, most children can swing their arms correctly and turn their bodies correctly. In long throwing, they know where to throw well, and the skill of shooting at the target develops. By the age of 7, with proper practice, children can learn to throw well.

Hanging out. 3-4-year-old children take one step at a time when climbing a ladder, the movements of the hands do not always correspond to the movements of the legs. 5-year-olds learn to put their feet one after the other when they practice.

Balance. 4-5-year-old children can stand on one leg due to the improvement of coordination of movements, walk on tiptoes and heels. They hold an object on a small support area (between the lines drawn on the floor, on a bench of different heights, walking on a log). 6-7-year-old children can perform various and complex exercises while standing or moving while maintaining balance.

At the age of preschool education, the activity of the cortex of the large hemispheres of the brain becomes complicated. The speech will improve significantly, the richness of words in the speech will increase, the total number of your words will reach 2000 and more. A 5-year-old child pronounces all letters and words clearly, composes long sentences easily, and speaks aloud what he sees and hears.

During this period, the child begins to actively compare facts, analyze events, and memory improves. He is all to something is interested and big to a person maybe innumerable questions giving them answer to give Demand does " Why " he said the question giver period begins . Big old man him to n g questions simply so calm answer to give and patience with his words to hear those words wrong if he speaks , he will correct it it is necessary The same at the time of the child his brain brand new impression and concepts with too much more than exhausted not to put need.

Do not read books to the child, especially books that are not suitable for his age, and do not take him to the movies or watch TV shows every day, because all these things can affect the development of the nervous system. is a trigger, and in some cases it leads to the deterioration of speech (even to stuttering), inability to sleep well, decreased appetite, increased child excitability, and sometimes involuntary twitching or flying of muscles. At this age, the work of the organs of sense, feeling, smell, cognition, sight, and hearing also improves.

The child correctly expresses his feelings with words. If the eye is strained for a long time (looking at pictures in an uncomfortable position on a poorly lit table), the child's eye muscles are very tired, because the eye muscles are forced to change the shape of the pupil to adapt to good vision. ladi This can lead to the development of nearsightedness over time. Therefore, it is necessary to ensure that the child sits properly, and that the reading area is well lit, especially when looking at books in the picture, drawing, gluing, or sewing.

From the age of 3, the child should eat independently and observe the rules of etiquette. Before eating, he must wash and wipe his hands with soap under the supervision of an adult, help to set the table, sit properly around the table, hold the spoon in the right hand, the bread in the left hand, it is necessary for him to eat calmly without spilling, after eating, wipe his mouth with a napkin, push the chair behind him to its place, thank an older person, help in cleaning the dishes. A child of 5 years and older –can now put things on the table, clean the table after eating, wipe the napkin, put the chairs in their place, etc.

A child of preschool age –likes to hear other people's words, talk, communicate with adults. Parents are often overworked. When they return from work, they tell the child many interesting things, play noisy games with him.

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