

## MOBILE GAME-A FACTOR IN THE FORMATION OF MOTOR SKILLS IN PRESCHOOL CHILDREN

**Natalia Grukova**

VSU named after P.M. Masherov, Vitebsk, Belarus

An important component of the child's level of development is physical fitness. This is the leading characteristic for assessing the initial level of development of the child, in order to determine for him the "nearest" zone of health, the formation of systems, body functions and motor skills.

The purpose of this work: to study the motor qualities in children of middle preschool age.

**Material and methods.** 20 children aged 4-5 years (12 girls and 8 boys), pupils of GUO DS No. 23 of Vitebsk were examined. Diagnosis was carried out at the beginning of the year. When conducting diagnostics at this age, it is necessary to focus on the indicators of speed, endurance, flexibility. The basis was taken test exercises E. ya. Stepanenkova. To determine the level of formation of speed used running at 30m (quantitative indicator-running time in minutes; a qualitative indicator for middle age: a slight inclination of the trunk, the head is straight, the arms are half-bent, vigorously withdrawn back, rapid removal of the hip of the flight leg)[1].

The level of flexibility was determined by the amount of inclination on the gymnastic bench to the flag.

The level of endurance formation was determined by the time spent running at a distance of 90M.

The obtained data were compared with the age norm.

**Findings and their discussion.** Table 1 presents data on the level of formation of motor qualities in the surveyed children of middle preschool age.

Table 1 – The level of formation of motor qualities in children of middle preschool age (n=20)

| An indicator | Level values |               |         |               |         |
|--------------|--------------|---------------|---------|---------------|---------|
|              | Low          | Below average | Medium  | Above average | High    |
| Quickness    | 7 (35%)      | 4 (20%)       | 5 (25%) | 3(15%)        | 1 (5%)  |
| Endurance    | 6 (30%)      | 6 (30%)       | 4 (20%) | 2 (10%)       | 2 (10%) |
| Flexibility  | 4 (20%)      | 5 (25%)       | 5 (25%) | 4 (20%)       | 2 (10%) |

Table 1 shows that 55% of children have low and below average speed; 60% of children have the same endurance; 45% of children have low flexibility. The level of above average and high in terms of speed and endurance demonstrate 20% of children and 30% in terms of flexibility.

Table 2 presents the differences in the formation of motor qualities in boys and girls.

Table 2 – Differences in the formation of motor qualities in boys and girls

| Показатель  | Level values |   |               |   |        |   |               |   |      |   |
|-------------|--------------|---|---------------|---|--------|---|---------------|---|------|---|
|             | Low          |   | Below average |   | Medium |   | Above average |   | High |   |
|             | b            | g | b             | g | b      | g | b             | g | b    | g |
| Quickness   | 2            | 5 | 1             | 3 | 2      | 3 | 2             | 1 | 1    | 0 |
| Endurance   | 5            | 1 | 5             | 1 | 1      | 3 | 2             | 0 | 2    | 0 |
| Flexibility | 1            | 3 | 3             | 2 | 2      | 3 | 3             | 1 | 2    | 0 |

As can be seen from table 2 in the average preschool age, boys show higher rates of speed, girls, however, better developed endurance and flexibility.

The obtained data allowed us to build a plan to increase motor activity in children of middle preschool age using yard and Belarusian folk games.

**Conclusion.** Motor qualities in children of middle preschool age are low and below average. Boys show higher rates of speed. Girls of middle preschool age have better developed endurance and flexibility.

The program of development of quality and volume of motor activity with use of yard and Belarusian national games is offered.

1. Stepanenkova, E. Ya. Theory and methodology of physical education and child development: textbook / E. Ya. Stepanenkova. – 2nd ed., ISPR. – Moscow: "Academy", 2006. – 386 c.

## THE RESULTS OF THE FIRST OLYMPIAD IN THE SUBJECT “PHYSICAL CULTURE AND HEALTH”

**Yulia Kaplunovskaya**

VSU named after P.M. Masherov, Vitebsk, Belarus

In the Republic of Belarus, the olympiad movement in educational subjects is constantly being improved and developed. Decree of the Ministry of Education of August 1, 2018 No. 83 added another subject for which the Olympiad is held - physical education and health. One of the important reasons for updating this innovation is the problem of possession of students and school graduates with the necessary knowledge of occupations and, as a result, maintaining healthy lifestyles.

The main goal of this Olympiad is to identify and support the most capable, gifted students, increase students' interest in the subject, and deepen theoretical and practical skills.