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FEATURES OF THE METHOD OF CONDUCTING OUTDOOR GAMES WITH CHILDREN OF PRIMARY SCHOOL AGE

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Primary school age is a period when a child is actively growing and developing. Therefore, it is very important to help them learn to correctly perceive the external world, objects and phenomena surrounding them. An important place belongs to the game [1].

The purpose of the study is to study the methodology of outdoor games.

Material and methods. Analysis of literary sources, observation.

Findings and their discussion. Outdoor games create an atmosphere of joy and therefore make the most effective complex solution of health, educational and educational tasks. Active movements caused by the content of the game provide positive emotions in children and enhance physiological processes. When choosing a game, the teacher refers primarily to the physical education program, where the list of games is compiled taking into account the General motor readiness of children of a particular age.

The motor content of the games must be consistent with the conditions of their conduct. It is important to take into account the time of year and weather conditions. The explanation of the game rules should be brief, clear, emotional, and interesting. Its content depends on the age, fitness of children and the type of game.

The sequence of explanations is very important: name the game and its idea, state the content as briefly as possible, emphasize the rules, remind the movement (if necessary), assign roles, distribute attributes, place the players on the court, and start playing actions. The teacher should monitor the movements of the players: encourage successful execution of movements, suggest the best way to act, and help by personal example. An important point of the guide is the teacher's participation in the game.

The choice of games is influenced by the time of year. It is recommended to play games that match the season. In cool weather, it is better to conduct such games in which all children simultaneously perform movements, which allows you to prevent hypothermia. In cold, wet weather, you should not plan games with recitative and singing outdoors (for the purpose of protecting the voice apparatus). In hot weather, on the contrary, games of a calm nature and less mobility are suitable, eliminating the danger of overheating. In the fall, it is recommended to select games that can be played on a limited site.

We conducted a survey of primary school children. 95% of students enjoy playing outdoor games.

Conclusion. To strengthen children's motor skills and develop physical qualities, it is useful to repeat games throughout the year and in a certain sequence, varying them in accordance with the tasks set: complicating the movements and rules of the game, conducting it in different conditions (room, plot, clearing, forest).

Increasing the effectiveness of mobile games is achieved in the following ways: increasing the distance for running in games with dashes; increasing the duration of intense movements in games with dodging.

Most often, outdoor games are used for the purpose of motor activation of children. Minor fatigue caused by participation in a mobile game is useful: it is systematically repeated, it helps the body adapt to increased physical activity, increasing performance.

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SPEED AND FEATURES OF ITS DEVELOPMENT IN PRIMARY SCHOOL CHILDREN

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Primary school age is characterized by significant changes in the physical and motor development of the child. The growth of the skeleton and muscle mass is rapid. The proportions of the body change significantly. Basic vital movements are mastered. Features of the psyche of a child of this age determine the expediency of short-term, but often repeated classes of various, predominant game content.

In a child aged 6 to 10 years, it is necessary to start purposeful development of physical qualities-dexterity, speed, flexibility [1].

When developing speed, the main focus should be on developing the speed of reaction and frequency of movements in simple exercises.