

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.

1. Shpak, V. G. Fundamentals of theory and methods of teaching physical culture: studies' manual for students. specialty "Primary education" of institutions that provide education. special education / V. G. Shpak. – Minsk: Belarusian encyclopedia of P. Brock, 2010. – 230 p.

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.

The purpose of the study is to study the conditions for the formation of speed.

Material and methods. Analysis of literary sources, observation.

Findings and their discussion. Speed is the ability of a person to perform actions in a minimum period of time for these conditions.

Speed is shown through a set of speed abilities, including:

- a) latent (latent) motor reaction time;
- b) the speed of a single movement, not burdened by external resistance;
- c) the frequency (tempo) of movements.

To develop speed, it is best to use exercises in which movements can be performed at high speed. The time for performing a speed exercise for a child should not exceed 5-6 seconds.

Exercises of a high-speed nature should be well mastered, the movements in them should be brought to automatism, so that the student does not concentrate on overcoming the difficulties of building movements [2].

The basic rule of speed training is to perform exercises at a speed close to the maximum. Therefore, speed exercises often consist of a series of repetitions of maximum speed movements. The same rule makes it necessary to recover almost completely in the rest pause between exercises. The pause should be sufficient so that the speed of movement does not noticeably decrease from repetition to repetition.

Conclusion. The desire for rapid movements observed in children is mainly due to the peculiarities of the development of the neuromuscular system, short-term and rapid change in the processes of excitation and inhibition, increased sensitivity to fatigue, and unwillingness to display the maximum, maximum effort.

Exercises that are used to develop speed should be familiar to children and relatively well mastered by them.

1. Shpak, V. G. Fundamentals of theory and methods of teaching physical culture: studies' manual for students. specialty "Primary education" of institutions that provide education. special education / V. G. Shpak. – Minsk: Belarusian encyclopedia of P. Brock, 2010. – 230 p.

2. Development of basic physical qualities and coordination abilities of children: a practical guide for teachers / comp. N. A. Kirchenko. – Mozyr: White Wind, 2011. – 150 p.