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METHOD OF PHYSICAL EDUCATION AND HEALTH WORK IN MUNICIPAL PRESCHOOL EDUCATIONAL ORGANIZATIONS: DEVELOPMENT OF PHYSICAL QUALITIES IN SENIOR PRESCHOOL CHILDREN

Boris Artemenko^{1*}, Elena Bystray¹, Irina Evtushenko¹, Irina Ivanova¹, Irina Kolosova¹,
Nadezhda Permyakova¹

¹*South Ural State Humanitarian Pedagogical University, Chelyabinsk, Russia;*

*Corresponding Author Boris Artemenko, email: artemenkob@cspu.ru;

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ABSTRACT

A prerequisite for the success of the preschool educational process is the development of the content of physical education and health work in the preschool educational organization in compliance with state standards. The purpose of the study is to develop and test a program for the development of speed, dexterity, strength, flexibility, and endurance in senior preschool children. The study is conducted on the basis of three kindergartens in the city of Chelyabinsk, Russia. The total sample includes 156 children of senior preschool age (6-7 years old). The children are divided into two groups: the experimental and the control. The obtained experimental results prove the effectiveness of the proposed model of the daily motor regimen of senior preschool children.

Keywords: speed, dexterity, strength, flexibility, endurance, children, training.