

The use of game stretching in the work of a physical education worker with preschool children

Everyone knows that it is very difficult to get a child to do physical exercises. But this is very necessary, because in our time children are constantly experiencing a lack of movement.

Currently, there are quite a lot of modern stretching programs that target teachers to form a broad motor culture of preschoolers, the use of various physical exercises in physical education classes and in everyday life, and the education of preschool children's interest in motor activity.

All these programs are united by the fact that they aim to fulfill the following conditions: education of children's conscious attitude to the performance of motor actions; development of imagination in the process of mastering motor actions; creating conditions for creativity and the predominance of positive emotions in physical education classes; children perform movements with a focus on lightness - and beauty in the classroom; creating optimal conditions for each child in the process of mastering motor experience [1].

The incidence is growing every year and "getting younger". Already among the pupils of kindergartens, many children suffer from chronic diseases, have a pathological posture, disorders of the musculoskeletal system. That is why the development of the "Game Stretching" project becomes relevant. The uniqueness of game stretching is that, based on a huge arsenal of movements, it involves all the muscles and joints of the body in the work and successfully develops them. The use of the game stretching technique guarantees children the correct development of body systems, is an excellent prevention of scoliosis and flat feet, instills communication skills, forms a healthy lifestyle habit [2].

Purpose: To promote the comprehensive development of the preschool child's personality, strengthen health, create favorable conditions for the development of the

musculoskeletal system, activate and develop children's motor activity by means of games.

An important condition for carrying out game stretching with children is to perform stretching symmetrically. For both sides of the body. A necessary condition for successful classes is proper even breathing. Classes are conducted with a competent teacher. The room should be clean, ventilated, but warm enough, comfortable. Children are engaged on mats or special mats. You need comfortable elastic clothing, without shoes, you can wear socks or barefoot. Creating a calm atmosphere. The use of calm music. We strive for a positive attitude to classes.

Depending on the purpose of the lesson, stretching can be used: in a warm-up to prepare the muscles, to develop flexibility as a separate activity, as a relaxing procedure, in the final part of the lesson [3].

The classes consist of three parts.

In the first (introductory) part, the task is to prepare the child's body for performing more complex and intensive exercises in the previous (main) part of the lesson.

In the second (main) part of the lesson, children are taught new exercises, fix the old ones. In this part, stretching exercises are used that have a physiological effect on the child's body, the physical qualities of children are brought up. The main part begins with a spine stretching exercise.

In the third (final) part of the lesson, the tasks of the gradual transition of the child's body to other types of activities are solved [4].

You can start playing stretching classes from the age of 3. In general, stretching should last 20-30 minutes. For effective muscle training, it is necessary to repeat the exercises at least twice a week. Stretching exercises can be done individually or in a group. During group classes, it is necessary to take into account the age characteristics of children. In this regard, the group should consist of children of approximately the same age. Stretching should be performed at a slow pace and not cause fatigue in children. The teacher can come up with stories for game stretching himself, using basic stretching exercises. The plots can include elements of education or be devoted to separate developing topics, be instructive or entertaining in nature.

Flexibility is the ability of the body to perform movements with the maximum amplitude. There are two types of flexibility: active and passive [5]. Active flexibility is manifested as a result of one's own muscular efforts, this is the quality that determines, for example, the height of the leg lift during the swing, or the ability to stand in the "bridge". Passive flexibility is a flexibility that can be shown when an external effort is manifested, it is a certain reserve that is difficult to realize yourself, but on which it depends whether you will limp if your legs suddenly part on the ice.

Flexibility depends on the elasticity of muscles and ligaments, joint mobility, as well as a number of external reasons: on the temperature of the external environment, on the degree of fatigue of the body, on the time of day (in the afternoon, classes are more effective for developing flexibility).

Stretching. Stretching exercises are widely used in the massage system, in physical therapy. Stretching exercises-as a means of achieving relaxation (relaxation). These exercises are available to everyone who is not forbidden by doctors to engage in general developmental training. Their implementation does not require large halls, material costs, sports equipment. They can be performed in a preschool institution and at home, in groups and individually, stretching affects all muscle groups and joints. They increase the elasticity of ligaments, reduce the ability to deposit toxins in the joints, and increase their mobility [6].

Thus, the stretching technique stands on positions that are fundamentally different from traditional forms of performing physical exercises, it denies the possibility of using ballistic exercises precisely because of the overstretching of the muscles that necessarily occurs at the same time.

References:

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