MAKTABGACHA YOSHDAGI BOLALARNING EGILUVCHANLIK VA CHAQQONLIK SIFATLARINI RIVOJLANTIRISH USLUBIYATI

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ANNOTATSIYA

Maktabgacha yoshdagi bolalarning egiluvchanlik va chaqqonlik sifatlarini rivojlantirish uslubiyati ustida ish olib borilgan olimlarning adabiyotlari o'rganilib, yangi metodika ishlab chiqildi va maktabgacha yoshdagi bolalarning egiluvchanlik va chaqqonlik sifatlari rivojlantirishga erishildi.

Kalit so'zlar: Jismoniy rivojlanish, jismoniy tayyorgarlik, egiluvchanlik, chaqqonlik, qisqa masofa, harakatchanlik.

METHODOLOGY OF DEVELOPMENT OF FLEXIBILITY AND NIMBLENESS QUALIFICATIONS OF PRESCHOOL CHILDREN

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ABSTRACT

The literature of scientists who worked on the method of developing the qualities of flexibility and dexterity in preschoolers was studied, a new method was developed, the qualities of flexibility and dexterity were developed in preschoolers.

Keywords: physical development, physical fitness, flexibility, agility, short distances, mobility.