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DEVELOPING PRESCHOOL CHILDREN'S PHYSICAL ATTRIBUTES USING INTERACTIVE GAMES

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ABSTRACT

This article discusses the use of movement games as a means of physical qualities through the use of movement games in physical children, and on this basis to identify the theoretical foundations and methods of technology development of children's movement activities in preschool institutions. It is planned to conduct research on the organization of physical education and public health activities for the development of children's physical activity in the context of preschool education.

Keywords: Preschool education, movement play, movement activity, physical education, physical development, physical qualities, fitness, ability, physiological factors, muscle, vegetative organ activity.