RESEARCHING OF PHYSICAL DEVELOPMENT AND FORMATION OF A HEALTHY LIFESTYLE IN PRESCHOOL CHILDREN

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Abstract. Physical activity is a vital part of staying healthy. Encouraging healthy habits in your child is one of the best things a parent can do to try to guarantee a healthier life. Being active can help kids and adults have healthier weights, less fat, and stronger muscles and bones. Activity can help prevent heart disease, cancer, and stroke. It can also lessen feelings of depression, and boost confidence. As children get older, they often reduce their physical activity. Because of this, making activity a family focus is key. In this regard, the theme of the formation of a value attitude towards a healthy lifestyle in children is of particular importance. The most promising age category in the education of a healthy lifestyle are preschoolers. In childhood, the assimilation of basic information, the development of life stereotypes, various ideas are formed.

Introduction. It is children of older preschool age who learn knowledge well in the process of class or conversation. Their thinking is predominantly visual - figurative in nature. As psychologists and teachers note, in the senior preschool age the foundations of the moral, mental, and physical development of a person are laid, as well as health is formed, and a stereotype of lifestyle is formed. [1] Teaching children of senior preschool age involves the formation of their ability to make observations and conclusions, the development of logical thinking, work on thought processes and operations in general. Thus, thanks to purposeful learning, a child at this age opens up the possibility of developing logical forms of thinking, mastering the general concepts of knowledge from all fields of science.

Functional status was determined by measuring the heart rate at rest, lung capacity and sample Rufe. It was established that the children surveyed index indicator corresponds to the level of physical development is above average. Determined that the parameters of the functional state of preschool children meet the age norm. It is established that the determination of physical performance in preschool children 5-year life of the average level detected, and the children of the 6th year of life – satisfactory [2]. It is shown that the average anthropometric measures sex-age groups correspond to the performance of preschool children

surveyed, except for girls 6 years. Results of examination of cardio-vascular system's functional state of senior pre-school children are an important characteristic, which is included in evaluation of physical health and, therefore, children's physical condition. Functional state of children's cardio-vascular system is not only central indicator of health; it is important for adaptation of organism to physical loads and is one of main indicators of functional abilities. All this suggests that it is necessary to begin to form ideas about a healthy lifestyle in children of senior preschool age at this preschool stage. [3] Concern for the health of children is primarily the responsibility of society. Without the influence of an adult, a child will not have the desire to lead a healthy lifestyle. Health care needs to be taught. The most difficult thing is to create conditions under which the child himself wants to take care of his health. Work towards a healthy lifestyle should be started with children in the family and in preschool educational organizations, because it is here that all the necessary conditions are available that can make it possible to inculcate the habits of the basics of a healthy lifestyle. It should be noted that the formation of children's responsibility for their health is an important pedagogical problem. The formation of skills, abilities and knowledge in children should be included in the activities that are accessible and interesting to him. Physical education is such an activity. They are aimed at the formation of a value attitude in children of senior preschool age to a healthy lifestyle. Children will have fun, enjoy participating in motor activities, empathize in the process of interaction and communication with other children, and assert themselves. It is necessary to form in children the skills and habits of healthy life, motivation for health, so that there is an interest in physical activity. In these classes, children will gain an understanding of physical, social and mental health, the structure of the human body and the work of the main organs and systems of the body, the relationship between the environment and the state of human health, they will also learn the skills to care for their bodies, gain skills communication, self-control, master the techniques of protection and the rules of behavior in various situations, and a value attitude to a healthy lifestyle will be formed. We have identified the most interesting and accessible forms of games aimed at developing a healthy lifestyle among preschoolers, which beginner educators can use in their work. One of the forms that combines all possible types of physical activity is a game-journey. When designing such a game, the teacher must first of all formulate the goal of the game for himself, then he develops the storyline and must take into account the summing up at the end of the game. The exercises that will be used by the teacher during the game must be previously worked out by the teacher himself and aimed at solving the tasks. A positive mood among the pupils causes a game self-massage. it is he who is the basis

for the hardening procedures. The systematic performance of self massage forms in children a sense of conscious desire to lead a healthy lifestyle. Microplastics can be considered an interesting direction. Her methodology is based on elements of yoga. Children can perform exercises aimed at stretching various muscle groups, which help to strengthen muscle strength and flexibility. It is the game form of these events that allows you to quickly and easily give children an idea of the basics of a healthy lifestyle. The educator in the storyline must quickly change the exercises performed, adhering to the desired pace for a particular exercise. In a preschool educational organization, an important place should be given to activities aimed at maintaining a healthy lifestyle: thematic excursions, conversations, games, cultural and hygienic, hardening procedures, sports and recreational entertainment.

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