

## DEVELOPING PHYSICAL EDUCATION SKILLS IN PRIMARY SCHOOL PUPILS: A MODERN METHODOLOGY

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### ABSTRACT

This article examines the methodology for developing the physical activity of primary school children by analyzing existing scientific literature, creating a new methodology, and successfully enhancing the physical movement capabilities of primary school-aged children.

**Keywords:** Physical development, physical preparation, physical education, flexibility, games, mobility, physical qualities.

### INTRODUCTION

In this article, physical movement in primary school children is discussed, focusing on the changes occurring during early childhood and the role of educational institutions, families, and community organizations in promoting all-round physical development. Physical education is designed to improve health, enhance physical qualities, and prepare children for labor and defense of the nation.

The modern environment is changing, with simple traditional games being replaced by mobile games, leading to a decrease in children's time for interactive activities such as playing outside or communicating with peers and others. This shift impacts children's health and the development of movement skills and organizational capabilities.

The process of developing children's physical qualities involves considering their interests, abilities, talents, psychological and physical characteristics, cultural needs, and the acquisition of moral norms, life skills, and social experiences. Addressing the challenges in physical education requires exploring new approaches to improve the physical preparation and psychological development of the younger generation.

In the literature, the process of physical and mental movement preparation in children is interpreted differently. Some researchers, like Levi Gorinevskaya, argue for introducing general physical exercises for preschool children that prepare them for primary school programs. However, there is limited discussion on targeting physical qualities from an early age.

Physical Skills in Primary School Children Developing basic motor skills such as walking, running, jumping, and swimming is essential for primary school children, as their nervous system is highly adaptable. Before exercises, children should be taught the importance and techniques of these movements, along with the rules of active games.

The pedagogical experiment outlined in this study involved systematic physical activities over four weeks, emphasizing agility and flexibility. The activities included running short distances, performing gymnastic movements, and conducting tests to evaluate the development of physical qualities.

### CONCLUSION

This study demonstrates that structured physical activities significantly improve children's agility, flexibility, and coordination. Moreover, it highlights the potential to accelerate the natural development processes of physical qualities in children aged 7-8 through specialized exercises and games.

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