
Mobile Games on the Water as a Means of Developing the Physical Qualities of School Children

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Abstract: Recreational swimming classes allow organizing the correct motor mode, in which outdoor games play an important role. Games broaden horizons, develop observation, ingenuity, and the ability to analyze, compare and generalize what they see, on the basis of which to draw conclusions from the phenomena observed in the world around them.

Keywords: physical qualities, sports games, swimming pool, children, outdoor games.

Introduction. Today, the policy of many states is built in such a way that the formation of an intellectual, spiritually and physically healthy nation is a priority. The problem of the health of school-age children has acquired social significance, the causes of which are the conditions of a socio-economic nature, as well as the dominance of bad habits in children. Numerous studies of teachers, psychologists, doctors show that there is a negative impact of the education system on the development and health of young people. During the period of schooling, the number of children with disorders of the musculoskeletal system increases by 1.5-2 times, with nervous diseases - by 2 times, with allergic diseases - by 3 times, with myopia - by 5 times [1, 2].

The result of this is the low level of physical activity of children. That is why the primary task is to preserve and strengthen the health of children, to cultivate a culture of a healthy lifestyle, and one of the main goals of modern society is to teach children to take care of their health from an early age [3, 4].

To date, researchers recommend that the lack of efficiency of the health-improving process of school physical education be compensated by health-improving activities, including in the pool, in which the importance of active recreation through physical exercises, outdoor games, and competitions is indisputable [5, 6, 7].

Outdoor games are of great educational importance: the development of the ability to correctly assess spatial and temporal relationships, a quick and correct reaction to the current situation in a frequently changing game environment [8, 9, and 10].

Among many games, it is outdoor games on the water that play a special role in the formation of a comprehensively developed personality of the child. Mobile games in the water are both a means and a method of education: due to the physical exercises involved in the game through motor exercises on the water, the variety of the impact of these tasks on the child is characterized. It is known that outdoor games in the water have a positive effect on the physical development of children, have a good effect on the nervous system and improve health [11, 12, and 13].

Improving the physical fitness of children largely depends on the successful implementation of effective means and methods of educating their physical qualities. Today, many swimming

experts are clearly aware of the potential and various possibilities of outdoor games on the water. Games help to avoid monotony, restore psychological status, and prepare for a specific activity [14, 15, and 16]. In the process of playing on the water, the child's body experiences a great physical load. However, due to high emotionality and enthusiasm for the game, children easily endure increased loads and perform exercises that they could not perform in a non-playful environment. According to many authors, it is the outdoor games on the water, due to their inherent features, that are quite an effective means of comprehensive improvement of motor qualities [17, 18, 19, and 20].

Thus, outdoor games are becoming one of the dominant means in the modern swimming training process. All of the above determines the relevance of our work.

Object of study: the process of developing the physical qualities of swimmers of primary school age.

Subject of research: a method of using outdoor games to improve the physical qualities of young swimmers.

The purpose of the study: to study the impact of the use of outdoor games on the development of physical qualities of children of primary school age involved in swimming.

Research objectives:

1. To study the scientific and methodological literature on the development of physical properties;
2. Find the level of development of the physical properties of young swimmers;
3. To establish the degree of influence of the use of various outdoor games on the level of development of the physical qualities of young athletes.

To solve the tasks set, the following research methods were used: theoretical analysis and generalization of data from literary sources; pedagogical experience; pedagogical observation; test method (control tests); methods of mathematical statistics.

During the experiment, two groups of health-improving swimming were observed, in which, during the classes, the coaches included outdoor games on land and in water. It should be noted that the games used in the classes by both coaches were almost the same. The purpose of the games used was the development of dexterity, coordination of movements, endurance, strength endurance, reaction speed, speed quality.

During the main stage of the study, a whole arsenal of sports and outdoor games, relay races were introduced into the training process of young swimmers of both groups, aimed at developing physical qualities and contributing to the fact that classes were not excessively boring, monotonous and monotonous. Games were held, as a rule, in the main part of the lesson, but sometimes they were also used in the final part. At the end of the main stage of the study, for a comparative analysis and detection of an increase in the indicators of the development of physical qualities, a second control test of both groups was carried out.

At primary school age, almost all physical qualities have high growth rates. So, according to the literature data, the average increase in the speed-strength qualities of the lower extremities falls on the age of 8-9 years.

Analyzing the data obtained through our study, we can conclude that the effectiveness of the use of outdoor games is, but work with the formation of physical qualities in children of 7-8 years old with the help of outdoor games should be built taking into account age characteristics and should be aimed at developing specific physical qualities, during the most

favorable periods.

Conclusions. As a result of the analysis of scientific and specialized literature on swimming, the study of the experience of specialists in the field of physical culture and sports, it was found that in children from 7-8 years old there is an intensive increase in motor abilities. Based on the work of a number of teachers and taking into account foreign publications, it can be concluded that an outdoor game is considered as a meaningful activity that is aimed at achieving specific motor tasks in rapidly changing conditions. To date, among swimming experts, there are some disagreements about the role and place of outdoor games in the education of children's physical qualities.

The conducted research made it possible to somewhat generalize the answer to the question about the significance of outdoor games in the education of children's physical qualities. So, it was found that the increase in physical abilities, namely flexibility, endurance, speed, speed-strength, strength, coordination abilities did not occur by chance, but under the influence of activities that included outdoor games. This proves that outdoor games have an impact on all psychophysical functions and qualities of children of primary school age.

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