



## **APPLICATION OF STRETCHING TO STIMULATE THE HEALTH OF OLDER PRESCHOOL CHILDREN**

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### **Annotation**

This article presents a meaningful description of stretching as a technology for preserving and stimulating the health of children. The features of the organization and conduct of stretching classes with children of older preschool age are considered.

**Keywords:** stretching, preschoolers, health-saving technology, stimulation.

### **Introduction**

The need to implement the technology for preserving and stimulating the health of preschoolers is dictated by a decrease in the contingent of children entering school with the first health group (10%), the reasons for which are a decrease in the motor activity of preschoolers, an increase in activities related to preparing children for schooling [1, 2, 3]. In this regard, the preservation of the psychophysical potential of preschoolers, successful adaptation to the multidirectional loads of school education depends on the readiness of teachers to use modern health-saving technologies [4, 5, 6].

The theoretical foundations of health-saving technologies are indicated in the concepts that determine the essential basis of health, its preservation and a healthy lifestyle (V. G. Makarenko, T. F. Orekhova); in studies of the problem of the formation of health-saving competence of preschoolers (L. N. Voloshina, S. B. Sharmanova). Modern health-saving technologies in children's educational institutions are aimed at preserving, maintaining and enriching the health of the subjects of the pedagogical process (children, teachers and parents) [7, 8, 9, 10]. They are implemented in the conditions of protecting and strengthening the health of children, the timely formation of vital motor skills, the consistent mastery of the technique of basic movements, elementary knowledge about a healthy lifestyle. They form in children, parents, teachers a strong motivation for a healthy lifestyle, the desire for physical improvement [11, 12, 13].

Modern health-saving technologies reflect two lines of health-improving work: introducing children to physical culture; the use of developing forms of health work with children. The goal of health-saving technologies in preschool education is to ensure a high level of real health of children and the education of physical culture, which allows a preschooler to independently solve the problems of a healthy lifestyle and safe behavior [14, 15, 16].

Types of health-saving technologies in preschool education are classified depending on the goals and tasks to be solved, as well as the leading means of health-saving and health-enrichment of the subjects of the pedagogical process in kindergarten. Classification of health-saving technologies:

- Technologies for maintaining and stimulating health;



- Aesthetic technologies,
- Technologies for teaching a healthy lifestyle; correction technologies [17, 18].

One of the effective health-saving technologies is stretching. Stretching (stretching) is a complex exercise that has a positive effect on the entire body, improving a person's well-being, helps to stretch the muscles, tendons and ligaments of the entire body and all limbs, and contains the basis of physiotherapy exercises. Recommended for children with sluggish posture and flat feet [19, 20]. There are four methods of stretching:

- The ballistic method, which is based on body weight and strength. The effect of the exercises depends on the strength of the movements and the speed of execution at which the muscles are stretched much faster;
- Slow method, in which the muscles are stretched very slowly to the maximum without pain. This method can be called rhythmic flexibility, often used for warming up;
- The statistical method is used in the practice of yoga, when the exercises are performed slowly, smoothly with a small delay in each position. PNF, consists in training with a partner, one of which forcibly helps the other to stretch the muscles, fixing the accepted position for several seconds. Game stretching is used in work with preschoolers, it includes exercises for the development of all muscle groups, the effectiveness of which is determined by the change in imitative actions and images in the motor activity of children.

Let us dwell on the features of organizing and conducting stretching classes. Stretching includes three parts: warm-up, main part, hitch. The warm-up is carried out in order to warm up and prepare all the muscles for training. The main part includes stretching exercises, prevention of posture and flat feet. This can be a set of exercises for the development of flexibility and alternate recovery of all muscles (birch, all kinds of slopes, bridges and splits); stretching, which is paired with another student (muscles of the press, spine and legs). These exercises can be performed separately or combined in one lesson. The hitch includes relaxation exercises (relaxation).

Stretching classes are conducted by a physical therapy instructor or a physical education instructor in a children's educational institution with children of middle and older preschool age 2 times a week for 30 minutes in the afternoon (in a gym or music room, in a group room). The minimum gap after a meal is 30 minutes.

In the course of our study, exercises (asanas) were selected and tested in stretching classes with children of older preschool age, which are recommended for teachers to use in practice. These exercises are performed slowly, smoothly, with a small delay in each position. They improve posture, strengthen muscles, making them elastic, flexible, develop joints, contribute to the development of emotional balance, perseverance, concentration of attention of older preschoolers. It is important to emphasize the positive impact of joint stretching exercises with children and parents in the afternoon, during which a strong motivation of all participants in the pedagogical process is formed to preserve and stimulate health.



## **Conclusion**

Thus, we presented stretching as a type of technology for maintaining and stimulating health, which forms a strong motivation for all participants in the pedagogical process for a healthy lifestyle. Game stretching was singled out as the most optimal in working with preschoolers, including imitative actions and images, exercises for the development of all muscle groups, relaxation, which contribute to emotional balance, perseverance, concentration of attention of older preschoolers.

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