

The background features several stylized, colorful human figures in various athletic poses. One figure on the left is in a dynamic pose, possibly a gymnast or dancer. Another figure in the center is holding a basketball. On the right, a figure is holding a tennis racket. The figures are rendered in bright colors like green, blue, red, and yellow, with some having white outlines. A large, semi-transparent watermark reading 'PEPPOINT.COM/VIBETV' is oriented diagonally across the center of the image.

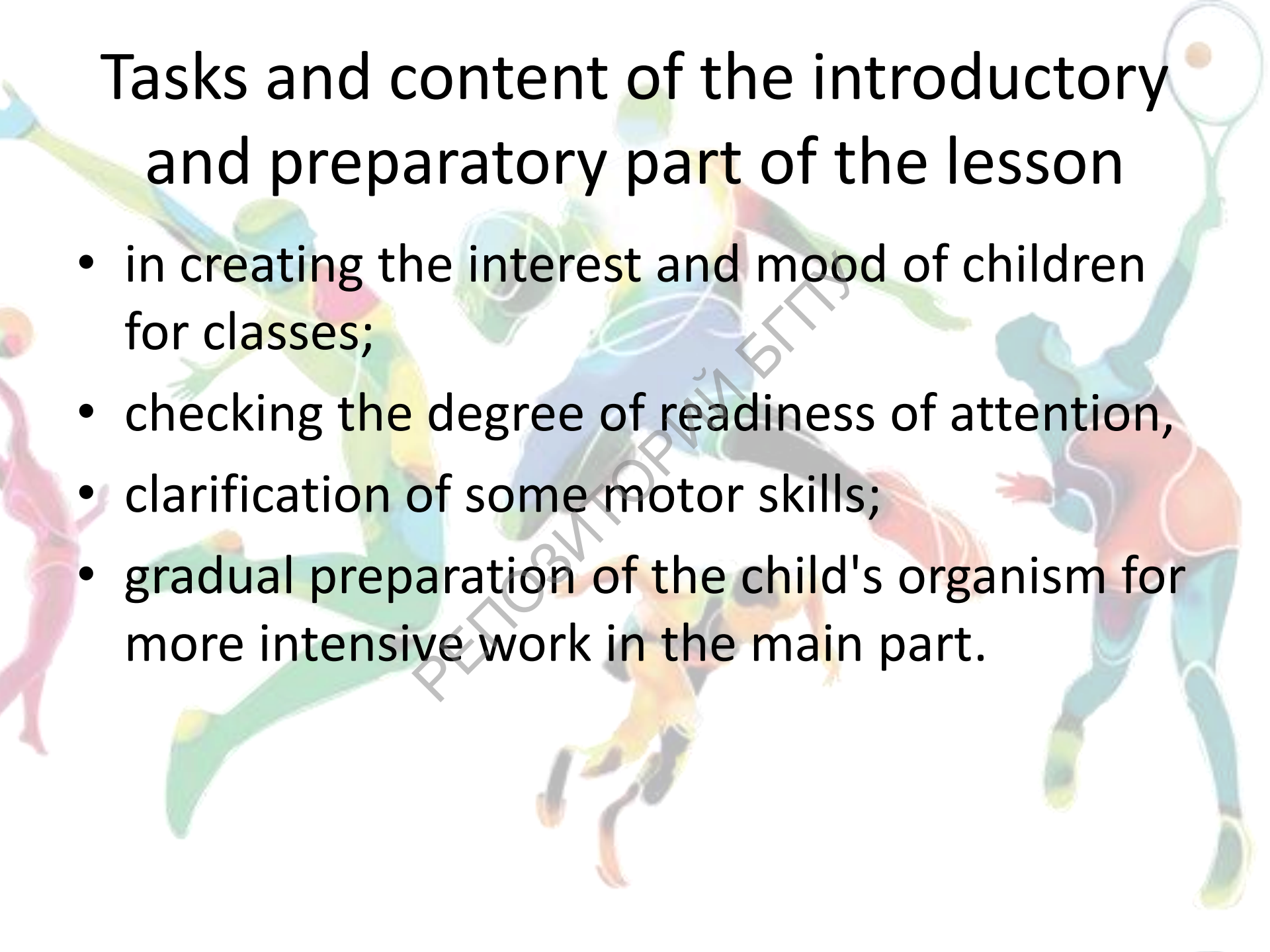
FORMS OF ORGANIZATION OF PHYSICAL EDUCATION IN PRESCHOOL INSTITUTIONS

Forms of organization of physical education of children:

- 1) physical training;
- 2) physical and recreational activities (morning exercises, physical exercises, vacation procedures in combination with physical exercises)
- 3) daily work on physical education of children (outdoor games, walks, individual work with individual children and small groups, independent activity of children in various kinds of physical exercises, holidays).

Tasks and content of the introductory and preparatory part of the lesson

- in creating the interest and mood of children for classes;
- checking the degree of readiness of attention,
- clarification of some motor skills;
- gradual preparation of the child's organism for more intensive work in the main part.



Exercise to activate

- Exercise exercises:
- various construction and alteration;
- walking and running with various tasks (rotation with direction, changing the leader, etc.),
- easy movement in all directions and subsequent construction in large and small circles, columns, etc .;
- Walking various types and to prevent flat feet - on the heels, toes, on a thick cord lying on the floor, stairs and other exercises.

Tasks and content of the main part of the lesson

- 1. the tasks of teaching children skills in general development, as well as basic movements and education of physical qualities;
- 2. exercises in the basic movements that provide familiarization with the new motor material, the repetition of the already known using its various options, improving the motor skills that are in the stage of consolidation.

Exercise

The background features several stylized, semi-transparent illustrations of athletes in various sports poses. On the left, a basketball player is shown in mid-air. In the center, a soccer player is depicted in a dynamic running or kicking motion. On the right, a tennis player is shown in a classic backhand swing. Each athlete's body is overlaid with semi-transparent anatomical diagrams of muscles, primarily focusing on the shoulder girdle, abdominal region, and back muscles. A faint, diagonal watermark reading 'ПРОСТОЙ БИГУ' is visible across the center of the image.

- A. Exercises for the development and strengthening of the muscles of the shoulder girdle.
- B. Exercises for the development and strengthening of abdominal muscles and legs, including the leg;
- C. Exercises for the development and strengthening of the back muscles and flexibility of the spine