

Conditions and methods of
teaching preschool children
to sports activities and
elements of sports games
(part 1)

Basic concepts:

- * sports exercises,
- * sports games,
- * skiing,
- * sliding,
- * two-stroke.

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The physical education program recommends performing the following sports activities with children:

- * sledging,
- * gliding along ice tracks,
- * skiing,
- * swimming.

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age of three years

1. Children carry sleds, carry dolls, toys, snow.

With the help of a teacher, they skate with a low roller coaster. Moving off the hill, the children put their feet on the skids, hold the cord with both hands, pulling it in front of them, while slightly deflecting back.

Senior preschoolers leave the hill not only one by one, but also two. They sit on the sled closely next to each other and put their feet on the skids. Sitting in front holds

cord, pulling it, and sitting from behind holds hands for a friend.

When you re-descend, they change places. Descent from the slides can be complicated by performing different tasks aimed at fostering:

go through the "collar" of the ski poles, at the end of the descent, make a turn to the designated place, throw a snowball into a tree.

Rolling from the slides alternates with sledging on level ground.

children of five years

Children learn to slide on an inclined and horizontal track after takeoff (track length 6-8 m). They vigorously scatter on snow, repel at the beginning of the path, and then slide on the ice.

The teacher explains and shows the children that the duration of the slide depends on the speed of the takeoff and the energy of repulsion. At the moment of sliding, preschool children learn to perform different tasks: slide, put their hands on the belt, perform rhythmic squats, knock down the ice.

Performing a slip creates a child's equilibrium function, the ability to navigate in space.

Занятие по обучению детей ходьбе на лыжах

- * проводится на территории детского сада во время первой прогулки.
- * Допустимая температура воздуха –10-12 градусов. В занятии участвует небольшая подгруппа детей (10-12 человек).
- * Выезды за пределы детского сада (в лесопарк) проводятся только со старшими дошкольниками.

The sports activity on skis is of a training nature and consists of three parts:

- * Introduction, the main part and the final part.
- * The purpose of the introduction is to "warm up" the body.
- * Children perform several exercises or run without skis.
- * Basically, they master the elements of the technique of skiing. This includes descents and ascents to the slopes.
- * The final part of the lesson reduces the physical load received by the child in the main part. Its contents can be calm walking without skis or landing a sports suit and skis in order.

In the younger preschool years

- * When walking on skis, children learn dynamic balance, learn to perform a stepping and sliding step, turns on the spot.
- * Children of this age are still difficult to walk on one ski track, so all the exercises they do when walking parallel to each other on their playground.

Pre-school age

- * Children learn to walk on skis with a sliding step, make turns on the spot by stepping to the right and left around the heels of skis, climbing the hill with a "ladder", descend from the hill in a low rack. The lesson in this group can be conducted on the educational ski track.

Senior preschool age

Senior children simultaneously with a sliding step are trained to perform an alternate two-stroke course, turns on skis in motion, climbing the slopes "ladder", "herringbone" and "feather", descents from the hill in various stands, braking skills "plow" and "half-plow". The main emphasis in the lesson is on teaching children to ski with sticks. At this age, children can traverse the track at an average speed 600-700 m, and at a calm pace up to 2 kilometers.