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PROPER PHYSICAL DEVELOPMENT

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Annotation: The development of the human body is one of the crucial stages in the development of children. Special attention needs to be paid to both growth and the ability to use muscles and body.

Key words: musculoskeletal system, locomotor system, proper functioning of the organs, therapeutic exercises, flat feet.

The fit, elegance and beauty of the body often depends on the locomotor system, and it is determined by the normal physiological bends in the neck and lumbar spine.

Excessive softness and unevenness of a child's bed, not assessing the developmental characteristics of the spine can lead to underdevelopment of the musculoskeletal system.

The following hygienic rules should be followed for the normal formation of the spine in children; to teach a child from an early age to sleep on a flat and slightly stiffer bed, the pillow should be lower; do not let the baby sit until it is 6 months old, do not let it stand for a long time until it is 10 months old; young children and primary school students should not sit in one place for a long time, should not stand up, walk long distances, carry heavy loads, always work with one hand; Pupils should sit on desks, tables and chairs that are appropriate for their height.

While sitting on a chair, their body and shoulders should be straight, their back should lean on chair; their legs should be bent at an angle, the distance between the

chest and the edge of the desk should be close to 3-5 cm.

Adequate attention should be paid to the development of the musculoskeletal system from child's birth. If he sits incorrectly on a chair in the kindergarten, is engaged in strenuous physical activity that is not appropriate for his age, uses very wide or narrow shoes, is constantly bent over, or vice versa, its musculoskeletal apparatus is formed incorrectly and as a result it will be ugly. The chest is narrowed, there are no conditions for the proper functioning of the organs in it, the legs get tired quickly when walking, they do not run well, and so on.

The development of spine to the left or right side (scoliosis) can make the birth process more difficult in the future of girls, which can lead to severe injuries to the child or mother.

They distinguish 3 levels of stature disorder. In the first degree, the tone (tension) of the back muscles decreases, and to overcome this, it is recommended to exercise regularly. The second level is caused by dysfunction of the spinal joints, which requires special corrective gymnastics. In the third stage,

there are serious changes in the spine and bones, which require long-term treatment. Stature disorder is more common among preschool children who are with poor physical development, rickets and tuberculosis, and impaired vision and hearing.

To prevent this, it is not recommended to put the child in a very soft position, especially to let a baby with rickets sit until it is 6 months and to let it stand up until it is 9-10 months. Holding one hand while teaching babies to walk can also lead to asymmetry in the its body.

At the same time, special attention should be paid to the child's body during exercise, nutrition, games and other activities.

Flat feet is a postural deformity in which entire sole of the foot coming into complete or near-complete contact with the ground. Flat feet can be congenital and acquired. Acquired flat feet, in addition to the reasons mentioned above, also include overweight, non-heeled or hard-heeled printed, cast shoes. To prevent flat feet, you should do special exercises for 10-20 minutes a day, aimed at strengthening the leg muscles and calf muscles. On summer days, it is recommended to walk barefoot on sand and soil, take massages and warm foot baths. It is also recommended to do special therapeutic exercises under the supervision of medical staff.

Due to the fact that the musculoskeletal system of preschool children is not rigid, improper posture can lead to fatigue and various disorders of the body. That's why it's important to teach them from an early age to hold their body properly.

If the body has a stable balance, normal functioning of the cardiovascular, respiratory, digestive systems, as well as

auditory and visual analyzers, the condition of the body can be considered correct.

Figure, head, shoulder girdle, chest, spine, abdomen, pelvis depend on muscles and nervous system. There are different types of figure: lordosis, kyphosis, scoliosis, normal, and bent.

- a) In a **normal** figure, the head is straight, the shoulders are slightly back, and the spine is normally curved.
- b) When children are standing, their heads are slightly **bent** and their shoulders are bent forward.
- c) In children with **kyphosis**, their shoulders are always bent forward.
- d) In children with **lordosis** figure, the back of the body is flat, the chest is flat, the abdomen is protruding, and the lumbar spine is bent forward more than normal.
- e) In children with **scoliosis** figure, when standing upright, one of the shoulders is low, whereas the other one is high, the breasts are low and high, and one side of the chest is bulging and the other side is hollow. Posture disorders affect not only the appearance, but also the development and function of internal organs (lungs, liver, kidneys, stomach and intestines).

Kindergarten and nursery equipment and tools include furniture, toys, didactic manuals, and inventory for children's work in buildings and gardens.

Equipment (furniture) of children's institutions is made of lightweight, durable materials (dry wood, aluminum, plastic, etc.), light-colored, harmless, covered with paints or varnishes resistant to water, soap and disinfectants. All parts of children's equipment are well secured. All corners of cabinets, tables, chairs, etc. are made with rounded softened edges.

The size, construction (shape) and weight of the equipment should be appropriate to the

strength, height and body proportions of preschool children.

Toys are made of harmless, easy-to-clean and disinfectant materials, their weight and size should be suitable for the strength and size of the child's hands, their shape should not damage, and have smooth surfaces.

Toys should be artistically decorated, colorful, realistic, such toys can evoke more joy in children, instill in them an artistic taste.

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