Reasoned Opinion

Some structural features of physical activity of younger school-age students (6-9 years old)

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Abstract

The paper discusses the physical activity of younger school-age students (6-9 years) and the positive impact of physical exercises on the body of adolescents. The opinion was expressed that the formation of muscle mass and the musculoskeletal system of adolescents as a result of physical exercises does not always proceed evenly and consistently.

Keywords: physical performance of younger schoolchildren, muscle mass hypertrophy, aerobic and anaerobic training regimen, cardiorespiratory performance results, calendar age of younger schoolchildren, biological development, health promotion.

Introduction

The results of the studies showed that in younger (6-9 years old) schoolchildren, along with the increase in the dynamics of physical performance, the formation of physical qualities (strength, speed, flexibility, endurance, coordination, dexterity) takes place.

It is known that with each year of the life of schoolchildren of this age, significant changes occur in a number of physical factors that determine the effectiveness of muscular work capacity.

From a generalized point of view, these Properties are formed under the influence of the fact that with increasing physical activity in aerobic training, the muscle mass of adolescents increases (muscle hypertrophy) (S.A. Dushanin, Moscow, 1984). It is currently scientifically proven that most of the physical functions of the body of younger school-age students improve between the ages of 6 and 10 (V.G. Kondrashov, Moscow, 1986). At the same time, maximum aerobic capacity is not related to the dynamics of those indicators that reflect the potential cardiorespiratory work capacity.

Based on the above, it is necessary to conduct a detailed study of the dynamics of physical performance in younger schoolchildren. Identification of the characteristics of the cardiorespiratory system is a determining and limiting factor in the muscular activity of the

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body.

Research method. Finding and analysing literary material [1-3], studying the Information collected over the years at the Georgian State University of Physical Education and Sports.

Research results. Analysis of the effectiveness of the aerobic mechanism has shown the advantage of dynamic muscular activity over other functional activities. First of all, this concerns the strength of the anaerobic metabolism barrier.

The intensity of physical activity varies significantly among primary school-age children (6-9 years) and is independent of their biological development rate.

The heterogeneity of physical activity in primary school students, which is determined by the ability, strength, realization of potential capabilities and efficiency, has been established. It was found that physical working capacity is a key factor in the physical work of primary school students, regardless of their calendar age and level of biological development.

It was revealed that the structure of physical activity of primary school-age students is heterogeneous (non-uniform) in terms of functional changes in the cardiovascular system, quantitative indicators of physical abilities, and intense muscular activity.

It is desirable to include sports games in the physical activities of school-age students. Forexample: mini-football, mini-basketball, handball, etc.

Particular attention should be paid to the inclusion of children of younger school age in the general physical education system, both in school and sports sections, where their individual physical abilities should be taken into account.

In relation to the degree of correlation of specific cardiorespiratory work, physical work should be moderately associated with indicators of aerobic efficiency. The main factor in the internal structure of physical work in schoolchildren (6-9 years old), regardless of calendar age and biological development, is a given that reflects the stability of the cardiovascular respiratory system under conditions of physical exertion.

Conclusion

It was revealed that physical education of younger schoolchildren is one of the main links in the physical education system.

Based on many years of scientific observations, it has been proven that reasonable and standardized physical exercises conducted with younger schoolchildren become the basis for their physical development and the establishment of a healthy lifestyle in the future.

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უმცროსი სასკოლო ასაკის მოსწავლეების (6-9 წლის) ფიზიკური დატვირთვის ზოგიერთი სტრუქტურული თავისებურება

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აბსტრაქტი

ნაშრომში განხილულია უმცროსი სასკოლო ასაკის მოსწავლეთა (6-9 წლის) ფიზიკური აქტივობა და ფიზიკური ვარჯიშების დადებითი გავლენა მოზარდების ორგანიზმზე. გამოითქვა მოსაზრება, რომ ფიზიკური ვარჯიშების შედეგად მოზარდების კუნთოვანი მასისა და კუნთოვანი სისტემის ფორმირება ყოველთვის თანაბრად და თანმიმდევრულად არ მიმდინარეობს.

საკვანძო სიტყვები: უმცროსი სასკოლო ასაკის მოსწავლეების ფიზიკური მაჩვენებლები, კუნთოვანი მასის ჰიპერტროფია, აერობული და ანაერობული ვარჯიშის რეჟიმი, კარდიორესპირატორული მუშაობის შედეგები, უმცროსი სასკოლის ასაკის მოსწავლეების კალენდარული ასაკი, ბიოლოგიური განვითარება, ჯანმრთელობის ხელშეწყობა.

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