

DEVELOPMENT OF PHYSICAL QUALITIES IN PRIMARY SCHOOL STUDENTS OF GENERAL SECONDARY EDUCATION

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Abstract: *This paper discusses the importance of developing physical qualities in primary school students and presents effective pedagogical methods to enhance their physical fitness. The formation of physical abilities such as agility, endurance, strength, and coordination at an early school age plays a key role in a child's comprehensive development.*

Main Text:

The primary school period is a crucial stage in the physical and mental development of children. During this stage, regular physical education classes and active games help to strengthen the musculoskeletal system, improve posture, and develop vital motor skills.

Physical training lessons should be designed considering the students' age characteristics, focusing on developing basic physical qualities – strength, speed, endurance, flexibility, and agility.

Game-based exercises, running, jumping, and ball games not only improve physical abilities but also foster teamwork, discipline, and emotional stability. Teachers should integrate morning exercises and outdoor activities to maintain students' motivation and ensure consistent physical development.

Well-organized physical education lessons positively influence students' health, learning performance, and social adaptability.

CONCLUSION:

Developing physical qualities in primary school students is essential for forming a healthy lifestyle and a balanced personality. Therefore, teachers should systematically plan physical education lessons, applying age-appropriate exercises and interactive teaching methods.

Key words: *physical qualities, primary school, physical education, development, students*

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