

GYMNASTIC EXERCISES FOR CHILDREN 7-9 YEARS OLD TO DEVELOP MOVEMENT SKILLS

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Abstract: Gymnastics 7-9 years old children's physical in development important role plays . He is right . stature formation , muscle strengthening , coordination of movements , flexibility and agility to develop help This gives In this article we will discuss aged the children gymnastics to the exercises to teach features seeing we will go out , also exercises and methodical recommendations samples we bring .

Keywords: flexibility , coordination of movements and endurance develops

7-9 years old children's development features: 7-9 years old children active growth and development period from the head They are forgiving. This at the age of their coordination of movement improves movement skills formed, small motor skills They develop further. independent and responsible will be, sports and physical upbringing with to engage in interest appearance will be .

Gymnastics to the exercises to teach tasks: 7-9 years old the children gymnastics to the exercises of teaching main tasks of the following consists of :

- Health reinforcement : gymnastics heart and blood vein and breath to take systems to strengthen , substance exchange to improve and immunity to increase help gives
- Physical adjectives development : gymnastics exercises strength , agility , flexibility , coordination of movements and endurance develops .
- Correct stature formation : gymnastics back and belly muscles to strengthen help gives, this and correct stature to the formation help gives .
- Movement skills to teach : children rolling , jumping , balancing exercises and other gymnastics exercises to do they learn .
- Moral-volitional adjectives upbringing : gymnastics courage , determination , patience, discipline and responsibility such as adjectives to educate help gives .

Methodical recommendations

7-9 years old the children gymnastics to the exercises in teaching following methodical to recommendations action to do need :

- Individual approach : every one the child's individual characteristics , his/her physical readiness and development level into account to take need .
- Step by step : to teach simple from exercises start , slowly more complicated to exercises transition need .
- Demonstrativeness : pictures , videos and of exercises from the demonstration use need
- Game shape : training game in the form of transfer need , then to children interesting and fascinating will be .
- Security : exercises in execution security provide need gymnastics mats and insurance from devices use need .
- Promotion : the children successes for encouragement , training positive motivation create need .

7-9 years old children for gymnastics exercises complex sample

1. Heating : in place walking , in place jump , head and body deviations , hand and of the feet rotation .
2. Balance exercises : gymnastics on the bench walk , one on foot standing , " swallow " exercise .
3. Flexibility exercises : forward , backward and to the sides Bends , " bridge " exercise , " hoop " exercise .
4. Strength exercises : on the floor relying on shooting , horizontal bar pull-ups , dumbbells with exercises .
5. Coordination exercises : forward and back rolling , on a rope jump , ball with exercises
6. Final part : rest exercises , breathing to take exercises .

Children's in development gymnastics importance

Gymnastics 7-9 years old children's in development important role He plays . He plays healthily . to strengthen , physically adjectives to develop , correctly stature formation , movement skills to teach and moral-volitional adjectives to educate help gives . Regular gymnastics training children's further strong , agile , flexible and to oneself reliable to be help gives .

To emphasize this gymnastics to the exercises to teach experienced coach or pedagogue under the leadership of transfer It is necessary for those children to age and physical to prepare suitable coming exercises selection , as well as exercises in execution security to provide possible

Gymnastics small school at the age of children's (7-9 years old) physical in development important role plays . He not only to improve health and correct stature to the formation help gives , maybe coordination , agility , flexibility and balance movement skills such as development effective This is a tool . in the article we are talking about 7-9 year olds to children gymnastics exercises successful to master and necessary movement skills to develop help giving scientific based methods seeing Let's go out .

7-9 years old children active growth and development during These will be at the age of their coordination of movements improves movement skills formed , small motor skills They develop further . independent and responsible will be , sports and physical upbringing with to engage in interest appearance will be .

Gymnastics to the exercises to teach tasks

7-9 years old the children gymnastics to the exercises of teaching main tasks of the following consists of :

- Health reinforcement : gymnastics heart and blood vein and breath to take systems to strengthen , substance exchange to improve and immunity to increase help gives .
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- Moral-volitional adjectives upbringing : gymnastics courage , determination , patience , discipline and responsibility such as adjectives to educate help gives .

Teaching scientific based methods

7-9 years old to children gymnastics exercises in teaching this aged children's development features into account able to scientific based from methods use need . Such to methods the following includes :

- Individual approach : every one the child's individual characteristics , his/her physical readiness and development level into account to take need .
- Step by step : to teach simple from exercises start , slowly more complicated to exercises transition need .
- Demonstrativeness : pictures , videos and of exercises from the demonstration use need .
- Game shape : training game in the form of transfer need , then to children interesting and fascinating will be .
- Security : exercises in execution security provide need gymnastics mats and insurance from devices use need .
- Promotion : the children successes for encouragement , training positive motivation create need .

Exercises samples and methodical recommendations

1. Heating : in place walking , in place jump , head and body deviations , hand and of the feet rotation .
2. Balance exercises : gymnastics on the bench walk , one on foot standing , " swallow " exercise . *Recommendation: for balance related simple from exercises start, slowly to more complex ones transition.*
3. Flexibility exercises: forward, backward and to the sides Bends , " bridge " exercise , " hoop " exercise . *Recommendation: flexibility exercises smooth execution, sharp from actions escape*
4. Strength exercises: on the floor relying on shooting, horizontal bar pull-ups, dumbbells with Exercises. *Recommendation: children to age and physical to prepare suitable coming exercises choice .*
5. Coordination exercises: forward and back rolling, on a rope jump, ball with Exercises. *Recommendation: movement coordination develop for game from exercises use .*
6. Final part: rest exercises, breathing to take exercises.

Children's in development gymnastics importance

Gymnastics 7-9 years old children's in development important role He plays. He plays healthily . to strengthen , physically adjectives to develop , correctly stature formation , movement skills to teach and moral-volitional adjectives to educate help gives . Regular gymnastics training children's further strong , agile , flexible and to oneself reliable to be help gives .

Gymnastics children's every one-sided in development important role plays . He not only physical health strengthens , but their mental , social and emotional positive for development impact shows .

Physical development :

- Power and endurance increases : Gymnastics exercises children's muscles strengthens them , strength and endurance increases .
- Coordination and balance develops : Gymnastics movements to children own their bodies control , balance to save and movements coordination teaches .
- Flexibility increases : Gymnastics exercises children's muscles to stretch and their flexibility to increase help gives .
- Correct height forms : Gymnastics back muscles strengthens and to children correct in stature to stand help gives .
- Excess from weight saves : Gymnastics exercises calories to light help gives and children's excess weight collection prevent takes .
- Mental development :

- Attention to summarize improves : Gymnastics exercises from children attention to summarize and to their actions attention to give demand does .
- Memory strengthens : Gymnastics exercises to perform children's memory strengthens and to them new actions faster to study help gives .
- Thinking ability develops : Gymnastics exercises to children problems solution to do and movements planning teaches .
- Social development :
- In the team to work teaches : Gymnastics training often in the team is held , this and to children each other with cooperation to do and in the team to work teaches .
- To make friends help gives : Gymnastics training to children new friends to increase and social skills to develop help gives .
- To himself trust increases : Gymnastics exercises successful to perform children's to oneself trust increases and to them own to their abilities to believe help gives .
- Emotional development :
- Stress reduces : Gymnastics exercises children's stress to reduce and their mood to improve help gives .
- Emotions to manage teaches : Gymnastics exercises to children own emotions to manage and them correct expression to reach teaches .
- Creative abilities develops : Gymnastics exercises children's creative abilities to develop and to them own movements free expression to reach help gives .

Conclusion as in other words , gymnastics children's every one-sided development for very It is important . It is their physical , mental , social and emotional to develop positive impact shows . Therefore for every one parents own of the child gymnastics with to engage in attention to give It is necessary to emphasize that gymnastics to the exercises to teach experienced coach or pedagogue under the leadership of transfer It is necessary for those children to age and physical to prepare suitable coming exercises selection , as well as exercises in execution security to provide possible .

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