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IMPACT OF MOBILE GAMES FOR DEVELOPMENT

KEY PHYSICAL QUALITIES

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Annotation

The article deals with the influence of outdoor games on the development of physical qualities such as endurance, speed, strength.

Keywords: physical exercises, physical qualities, speed, strength, endurance.

The game is a historically established social phenomenon, an independent type of activity inherent in man. The game can be a means of self-knowledge, entertainment, recreation, a means of physical and general social education, a means of sports.

The games used for physical education are very diverse. They can be divided into 2 large groups: mobile and sports.

Much has been written about the mobile game. On the basis of scientific works, an outdoor game is considered as a meaningful activity aimed at achieving specific motor tasks in rapidly changing conditions. It manifests the creative initiative of the player, expressed in a variety of actions, consistent with collective actions.

In the play activity of children, two very important factors are objectively combined: on the one hand, children are involved in practical activities, develop physically, get used to acting independently, on the other hand, they receive moral and aesthetic satisfaction from this activity, deepen their knowledge of their environment. All this ultimately contributes to the education of the individual as a whole. Thus, the game is one of the complex means of education. The game contributes to the comprehensive development of children: physical, mental, mental.

The game introduces the child into life, into communication with others, with nature, contributes to the acquisition of knowledge, skills, and the improvement of motor activity.

In the conditions of modern civilization, in connection with a sharp decrease in human motor activity, the role of systematic physical exercises and outdoor games is increasing.

Almost every game has running, jumping, throwing, balance exercises, etc. In games, the basic physical qualities of the child are brought up, such as strength, speed, endurance, and a variety of motor skills and abilities are improved.

The importance of outdoor games in the education of physical qualities is great: speed, dexterity, strength, endurance, flexibility. Games instill in children a sense of solidarity, camaraderie and responsibility for each other's actions. Play is an extremely valuable way to involve a child in motor activity. Outdoor games, as a means and method of physical education, are widely used at school in the classroom and in extracurricular activities. Outdoor games are held in physical education classes in combination with gymnastics, athletics, and wrestling.

Strength.

Strength is understood as the ability of a person to overcome external resistance or counteract it due to muscular efforts. One of the most significant moments that determine muscle strength is the mode of muscle work.

Muscles work in different modes. If, overcoming any resistance, the muscles contract and shorten, then such work is called overcoming. Muscles that oppose any resistance can, when tensed, lengthen, for example, holding a very heavy load. In this case, their work is called inferior. Overcoming and yielding modes of muscle work are combined by the name dynamic. Muscle contraction under constant tension or external load is called isotonic.

However, all of the above is mainly related to sports, and not physical education. It is necessary to develop such an important quality for a person as strength from childhood through outdoor games, gradually introducing new elements and increasing the load.

Endurance.

Endurance is the most important physical quality, which is manifested in professional, sports activities and in everyday life of people. It reflects the overall level of human performance.

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In the theory and methodology of physical culture, endurance is defined as the ability to maintain a given load power, necessary for ensuring professional activity, and to resist fatigue that occurs in the process of doing work. Therefore, endurance manifests itself in two main forms:

1. In the duration of work at a given power level until the first signs of pronounced fatigue appear.
2. In the rate of decrease in performance in the event of fatigue.

General endurance is the basis of high physical performance necessary for successful professional activity. Due to the high power and stability of aerobic processes, intramuscular energy resources are restored faster and adverse shifts in the internal environment of the body during the work itself are compensated, high volumes of intense power, speed-strength physical loads and coordination-complex motor actions are tolerated, and the course of recovery processes during the period between workouts. Endurance must be developed from early childhood.

Rapidity.

In accordance with modern concepts, speed is understood as a specific motor ability of a person for emergency motor reactions and high speed of movements performed in the absence of significant external resistance, complex coordination of muscle work, and not requiring large energy expenditure. The physiological mechanism of the manifestation of speed, associated primarily with the speed characteristics of nervous processes, is presented as a multifunctional property of the central nervous system and the peripheral neuromuscular apparatus.

There are several elementary forms of manifestation of speed:

1. The speed of simple and complex motor reactions.
2. The speed of a single movement.
3. The speed of a complex (multi-joint) movement associated with a change in the position of the body in space or with switching from one action to another.
4. Frequency of unloaded movements.

The main means of developing various forms of speed are exercises that require fast motor reactions, high speed and frequency of movement.

However, despite the fact that all such exercises are aimed at developing speed, there are still significant methodological features in the development of its various forms. One of the forms of speed development is certainly outdoor games.

Conclusion.

The special significance of outdoor games lies in the fact that they are widely available to people of all ages. Outdoor games, despite the huge variety, reflect such common characteristics as the relationship of the players with the environment and the knowledge of reality. The mobile game is characterized as a multifaceted, complex in terms of impact, pedagogical means of education. Complexity is expressed in the formation of motor skills, the development and improvement of vital physical, mental and moral-volitional qualities.

The game is one of the most important means of physical education of children. It contributes to the physical, mental, moral and aesthetic development of the child.

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