

PHYSICAL DEVELOPMENT OF YOUTH IN PRESCHOOL EDUCATION

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ABSTRACT

The article highlights the scientific basis of the importance of physical education and sports among children in preschool education in their physical development. The analysis of the pre-school education system is aimed at preparing children for spiritual life and developing mechanisms for physical well-being. Keywords: sports, preschool education, children, system, physical education, training, norm.

KEYWORDS: *Physical Culture, Primary Gymnastics, Movement Games, Preschool Education.*

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