

ANALYSIS AND METHODOLOGY OF INDICATORS OF PHYSICAL FITNESS OF CHILDREN

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ABSTRACT

The first years of a child's life are characterized by intensive development of all organs and systems. A child is also born with biological characteristics inherent in the breed, including typological features of the main nervous processes (strength, balance and mobility). However, the features are only the basis of physical and mental development, and the determining factor in the first months of life is the external environment and the upbringing of the child. Therefore, it is necessary to create such conditions for upbringing and organize it in such a way that a wakeful, positive emotional state, full-fledged physical and psychological development of the child is ensured.

KEYWORDS: *Sport, Physical Activity, Method, Healthy Lifestyle, Children's Sports.*

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