THEORETICAL BASIS OF PHYSICAL EDUCATION OF CHILDREN OF PRESCHOOL AGE

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ABSTRACT

Physical education for children is the same as the foundation for a building. The more solid the foundation is, the higher the building can be erected; the more worries about the child's physical education, the more success he will achieve in general development; in science; in the ability to work and be useful to society as a person.

Keywords: methodology, theory, tactics, technique, activity, formation, development.