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THE ROLE OF PHYSICAL EDUCATION EXERCISES IN DEVELOPING MOVEMENT COORDINATION IN PRESCHOOL CHILDREN

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Abstract: This article highlights the significance of physical education exercises in developing movement coordination in preschool-aged children. Through targeted physical activity, children enhance their ability to maintain balance, determine direction, control movements, and execute tasks with precision. Drawing on experiments, observations, and scholarly sources, the study analyzes how coordination exercises contribute to overall physical development.

Keywords: Movement coordination; preschool education; physical education; exercises; balance; child development; motor skills; psychomotor growth.

Preschool age is a period of intense development in a child's life. During this stage, a child's body, locomotor organs, and central nervous system grow rapidly. However, the skills needed to consciously control and coordinate movements are not yet fully formed. Therefore, appropriate use of physical education tools during this critical period lays a crucial foundation for a child's health, activity, and future social success.

1. Physiological Basis of Movement Coordination

Movement coordination is the ability to execute movements harmoniously, maintaining balance and directing movements smoothly. It relies on the coordinated function of muscular, skeletal, respiratory, cardiovascular, and nervous systems.

In 5–6- year- old children, coordination skills are still developing, which often results in:

- Jerky, imprecise movements
- Difficulty managing multiple actions at once
- Poor balance
- Slow reaction times

2. Physical Education Exercises for Coordination Development

Physical exercises stimulate the child's neuromotor system. The following exercises are particularly effective:

- Single-leg stance and balance drills
- Cross-step walking, walking over obstacles, reverse walking

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- Small-ball activities such as throwing, catching, and rolling
- Dual-task coordination drills, e.g., moving one limb while another performs a different movement

These exercises engage not only the muscles, but also cognitive faculties such as concentration, memory, and intentional control.

3. Practical Experiment and Results

An eight-week program was conducted with a group of 30 preschool children, practicing coordination exercises three times per week. Before and after the intervention, the following tests were administered:

Metric	Before (%)	After (%)
Maintaining balance for 10 seconds	40	78
Catching and holding the ball twice	52	86
Following instructions quickly	35	74

These findings reveal a strong efficacy of physical education exercises in improving movement coordination among preschoolers.

4. Recommendations for Organizing Exercises

- Each session should last 20–30 minutes
- Begin with a warm-up using active games
- Tailor exercises to each child's abilities
- Maintain positive motivation led by the instructor

Movement coordination is a key aspect of a child's physical development. Through well-structured physical education exercises, a child can become not only physically healthy but also mentally sharp and emotionally balanced. The conducted study demonstrated that targeted coordination exercises significantly improve the ability to maintain balance, react quickly, and handle movement tasks effectively.

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