„DYNAMIC ACTIVITIES THAT CAN BE PERFORMED I N SMALL GROUPS DURING THE SUMMER IN ESTONIA”

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“Movement is life” - these words are known to almost every person. The fact that physical activity is beneficial for the human body, undeniable. But not everyone understands how important it is for the formation of a person’s physical and mental health and how necessary it is to teach children to lead an active lifestyle from kindergarten.

At present, the number of children with poor health has significantly increased, more and more children with frequent colds, overweight, and posture disorders are appearing. This list could be continued for a very long time. There are many reasons for this situation, but one of the main ones is a sedentary lifestyle. At home, parents prefer to entertain their child with quiet games: at best, drawing, intellectual or other board games, at worst, watching TV shows or videos. And this is quite understandable: parents want to relax after a busy day, there is a lot of furniture in the apartments and little space, and "a child, running away, can get injured or break something. Let him sit better - it will be calmer.

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- **The need for motor activity in preschool children is very high. Restriction of activity during this period can lead to a delay in the mental and speech development of the child. It is important to encourage various forms of physical activity: outdoor and sports games, exercises for the development of vital movements (walking, running, crawling, climbing, throwing, balance exercises). Therefore, many dynamic games are held in the kindergarten in summer.**

- **Summer is the most favorite time for all children, because in warm weather you can spend almost the whole day outside.**
- **Dynamic games are the best form of organizing children's leisure in the summer.**
- **Dynamic games for children are, first of all, to move, to act.**
- **In this regard, one should not underestimate the importance of dynamic games as the main means of the complex development of the child - his physical, intellectual and psychological qualities, the education of children's will, courage, perseverance, endurance, determination.**

- **The games “Catch" "in different versions are very popular with children:** with ribbons; with a handkerchief; catch in pairs.
- **Games in a circle will not allow children to overwork in hot weather, and children will receive a charge of vivacity.**

- **Jumping games** include "Classics", "Rubber". You can diversify the scheme of the classics, set the methods of jumping.
- **Flying plate.** Very exciting game with a plastic plate. It can be played by any number of people. For example, ten players stand in a circle at a distance of 4 steps from each other. Children throw the plate to each other in any direction, but not standing next to them.

- **Sports exercises: badminton, basketball, football. Run. Bicycle.**

- **Every day we do morning exercises in kindergarten.**

- **Ball games are very useful for children, they not only develop almost all types of muscles, but also the mental activity of the child**. It can be thrown, rolled, rolled, thrown at the basket, ring, target.

- **Games with a hoop and a skipping rope.** Improve physical training of the child can also be done with the help of a hoop and a skipping rope. You can offer, for example, a small hoop as a steering wheel or put the hoops on edge so that the child crawls through the tunnel. Several hoops placed in a row will allow you like frogs. With the help of a jump u can get acquainted with geometric y folding the rope into a square, ombus, oval, polygon, rectangle, etc.

Sand games.

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- **Blowing soap bubbles will give children a lot of fun!** The main thing is to be patient and teach the child to inflate soap bubbles. By blowing bubbles, kids train their lungs. Besides, blowing in one direction is not such an easy task! Bubble chasing will be especially fun entertainment.

- **Games with stones.** Children love to collect stones. Stones can be put in a bucket and carried to some place, you can do this with a spatula or a cup. You can overlay a flower bed, or a tree with pebbles. You can draw some figure on the ground with a stick, and lay it out with stones along the contour.

Sand games.

- **Paintings in the sand**. You can learn to write letters **and** numbers.
- **Sand castle**. You can build a beautiful castle out of sand. To strengthen this complex structure, it is necessary to prepare certain items - pebbles, twigs, ice cream sticks and bottle caps. If you first make a foundation using a bucket of sand as a large form, then you can build a variety of superstructures on it using plastic cups or containers from yogurts suitable for this purpose.
- **Cafeteria**. Playing in the garden with sand, children will be happy to “make” sand cookies using culinary molds and set the table for tea drinking, or create real ice cream and open their own mini-cafe. Let the teacher come to visit and taste the efforts of the children.
- **Wet prints**. Try making hand and foot prints in the wet sand. The marks disappear rather quickly, and therefore children are able to do this for a long time.
- **Sand experiments.**

We are young artists.

- On a walk in the fresh air and on the pavement, drawing is very interesting. And crayons, paints and a great summer mood will help in this.
- Miracle drawing. The children are given colored crayons. You can divide the children into two teams and arrange a fun competition. The team creates a general drawing on the pavement: someone's portrait, flowers, vegetables, fruits, birds, butterflies, etc. The team that created a similar portrait and worked together wins.

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