



PEDAGOGICAL FEATURES OF PHYSICAL DEVELOPMENT OF GIRLS IN GRADES 5–7

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Abstract

The article focuses on studying the pedagogical aspects of the physical development of girls in grades 5–7. It examines the physiological and psychological changes occurring during this age period and their impact on physical education. The paper emphasizes the importance of an individualized approach, the use of play-based methods, and health-saving technologies. The author highlights the significance of developing physical qualities such as flexibility, coordination, and endurance, as well as fostering proper posture and preventing scoliosis. Pedagogical recommendations are provided for organizing lessons, creating a motivating environment, and engaging with parents to ensure the harmonious physical development of girls.

Keywords: Physiological characteristics of girls in grades 5–7. Psychological aspects of development. Methods of physical education. Health-saving technologies. Pedagogical recommendations.

Introduction

The physical development of school-age children is an important component of their general upbringing and education. A special role in this process is played by work with girls in grades 5-7, who are aged 10-13 years. This period is characterized by the onset of puberty, intensive physical growth and changes in the functioning of the body. These physiological processes are accompanied not only by external changes, but also by significant psychological changes, which requires an individual approach from teachers and taking into account age characteristics.

Effective physical education of girls of this age is a complex and multifaceted task. It is important for teachers to take into account the peculiarities of physical development, avoid excessive loads, maintain interest in sports and form a positive attitude to physical education. Competently organized pedagogical work contributes not only to the strengthening of girls' health, but also to the development of self-confidence, self-discipline skills and the basics of a healthy lifestyle.

This article is devoted to the analysis of the pedagogical features of the physical development of girls in grades 5–7. The physiological and psychological aspects of this



age period are considered, recommendations are offered for the effective organization of physical education classes and ensuring harmonious development.

Pedagogical Features of Physical Development of Girls in Grades 5–7

The physical development of girls in grades 5-7 (10-13 years) is characterized by significant changes associated with the transition period of their maturation. During this period, girls go through the stage of puberty, which has a significant impact on their physical and emotional state. Taking into account these changes, teachers and physical education specialists should take into account age, physiological and psychological characteristics in order to create comfortable and effective conditions for physical education

Features of physical development of girls in grades 5–7

- Age-related changes At this age, girls have active growth and changes in physique. Body length increases, proportions change, body weight increases. Secondary sexual characteristics also begin to appear. These changes can cause both physical and emotional stress.
- Physiological changes Puberty is accompanied by growth spurts, the development of the skeletal and muscular systems. However, coordination of movements and endurance may temporarily decrease, which requires adjustment of the load in physical education lessons.
- Psychological aspects Emotional instability associated with hormonal changes can affect motivation and interest in physical activity. Often, girls become more sensitive to criticism and pay more attention to their appearance.

Psychological aspects of the development of girls in grades 5–7

The psychological development of girls at the age of 10-13 is closely related to the processes of their physical maturation. This period is characterized by the active formation of personality, changes in the emotional background, as well as the complication of social interaction. The peculiarities of the psychological state of girls at this age have a significant impact on their attitude to educational activities, including physical education.

The main psychological characteristics of girls in grades 5–7

- Emotional instability During puberty, girls have increased emotional sensitivity. This is due to hormonal changes and psychosocial development. Girls may become



more irritable, prone to frequent mood changes, which requires a delicate approach on the part of teachers.

➤ Increased self-criticism Girls begin to pay more attention to their appearance and physical characteristics. This can be accompanied by the formation of an inferiority complex, especially if they do not meet social standards of beauty. Negative self-perception can reduce interest in physical exercise, especially if the classes are related to the assessment of external form.

➤ Development of self-awareness and self-esteem At the age of 10-13 years, girls actively develop self-awareness, strive to determine their place in the team. They begin to compare themselves to others, which can both stimulate development and cause feelings of insecurity. The support of teachers and the correct distribution of roles in classes can help to avoid negative manifestations.

➤ Social orientation For girls of this age, the opinion of their peers is important. They strive to be accepted in a group, which makes them more vulnerable to criticism and more motivated to work together.

➤ Motivation and interest in classes The level of interest in physical education can be different. Some girls at this age are enthusiastic about dancing, gymnastics, or team sports, while others may avoid active activities due to lack of confidence or lack of motivation. The success of the teacher in this case depends on his ability to choose suitable types of activity that can captivate students.

Recommendations for teachers

➤ Creating a supportive atmosphere It is important to create a welcoming environment in which girls feel confident. Criticism should be constructive, and praise should be regular to increase the self-esteem of students.

➤ Developing group interaction Team games and joint tasks help to strengthen social ties and create a sense of belonging, which has a positive effect on the psychological state.

➤ Individual approach It is important for teachers to take into account the differences in the nature and pace of development of girls. Some need extra support to overcome difficulties related to self-esteem or motivation.

➤ Supporting interest in classes The program of classes should include a variety of activities that correspond to the interests of girls, such as dance elements, gymnastics or light game exercises.

➤ Emotion management training Elements of relaxation exercise, such as breathing techniques, can help girls cope with emotional stress.



Methods of physical education for girls in grades 5–7

Methods of physical education of girls at the age of 10-13 years should be aimed at developing physical qualities, forming motor skills and supporting interest in an active lifestyle. At the same time, it is important to take into account the physiological and psychological characteristics of age so that the classes are beneficial and contribute to harmonious development. The main methods of physical education are divided into three groups: verbal, practical and playful.

1. Verbal methods

Verbal methods are aimed at learning through explanation, instruction and motivation. They are especially important when working with girls in grades 5-7, as they help to create an understanding of the importance of physical activity and create a positive attitude.

- **Explanation and instruction** The teacher explains the technique of performing exercises, gives instructions for performing movements, focusing on the correct posture, breathing and pace.
- **Motivational conversations** Classes are accompanied by stories about the health benefits of physical activity, which is especially important for girls who want to improve their appearance.
- **Feedback and Praise** Verbal assessment of students' progress helps to maintain their confidence and stimulates them to further achievement.

2. Practical methods

Practical methods include exercises, motor skills training and physical development. These methods are the basis of physical education.

- **Exercise method** It is used to form and consolidate motor skills. Exercises can be aimed at developing flexibility, strength, coordination and endurance.
- **Repetition method** Regular exercise in a variety of conditions helps girls improve their technique and endurance.
- **Control method** It is used to assess the physical fitness of girls through tests (for example, checking flexibility, strength or speed).

3. Game methods

Games and game exercises are an effective way to captivate girls and create an emotionally comfortable atmosphere.





- Outdoor gamesBall games, relay races and team competitions develop dexterity, coordination and team spirit.
- Imitation exercisesExercises that imitate animal movements or dance elements are used to make the classes more fun.
- Creative tasksGirls can perform exercises in the form of small story games or come up with movements on their own.

4. Method of problem situations

This method develops not only physical, but also intellectual abilities. The teacher creates tasks that require students to independently search for solutions. For example:

- What is the most effective way to overcome an obstacle course?
- How to distribute forces in the relay?

5. Health-saving methods

These methods are aimed at preventing fatigue and increasing the overall tone of the body:

- Breathing exercisesUsed to relax and improve the functioning of the cardiovascular system.
- Stretching complexesHelp develop flexibility and relieve muscle tension.
- Alternating load and restIt is important to correctly dose physical activity to avoid overfatigue.

Principles of using methods

- IndividualizationTake into account the level of physical fitness and age characteristics of each girl.
- GradualIncrease the load gradually to avoid injuries and overloads.
- VarietyUse a combination of methods to keep the activity interesting.
- Emotional supportTo create a welcoming atmosphere so that girls feel comfortable.

Health-Saving Technologies in Physical Education of Girls in Grades 5–7

Health-saving technologies play an important role in the physical education of girls in grades 5-7. These technologies are aimed at preserving and strengthening health, developing physical qualities and forming a stable interest in a healthy lifestyle. Taking into account the age and physiological characteristics of girls during the period of active growth and puberty, the use of health-saving approaches becomes a priority task for teachers.





Basic principles of health-saving technologies

1. An integrated approachHealth-saving technologies cover the physical, psychological and social aspects of the development of students. This makes it possible to create favorable conditions for their harmonious growth and development.
2. IndividualizationEach girl has unique features of physical and psychological development. Technologies should be adapted to the level of training and health of the student.
3. Prevention of fatigue and injuriesModeration in physical activity, proper organization of rest and the use of safe exercises prevent the negative consequences of training.
4. Formation of a conscious attitude to healthIt is important to develop girls' understanding of the importance of a healthy lifestyle and teach them to take care of their health on their own.

The main elements of health-saving technologies

1. Organization of motor activity

- **Alternating Exercise and Rest:** **Avoiding** excessive exercise helps you maintain high energy levels.
- **Stretching and relaxation exercises:** **prevent** muscle tension and improve overall well-being.
- **The use of game forms of classes:** active games, dance elements and creative exercises help to create an emotionally comfortable environment.

2. Breathing practices

- Exercises for proper breathing strengthen the respiratory and cardiovascular systems.
- Relaxation techniques, such as deep breathing or meditative exercises, can help you manage stress.

3. Health monitoring

- Regular medical supervision of students allows you to identify possible deviations in a timely manner and adjust the load.
- The teacher should be attentive to the physical condition of the girls and take into account factors such as fatigue, overexertion or the presence of chronic diseases.



4. Rational organization of the learning environment

- Lessons should be held in a well-ventilated room, taking into account the temperature regime.
- The use of ergonomic sports equipment and clothing prevents injuries and discomfort.

5. Formation of self-control skills

- Girls are taught to assess their physical condition, be able to regulate the load and follow the principles of safe activity.
- Elements of self-observation, such as keeping a health diary, contribute to the awareness of the importance of physical education.

Examples of health-saving technologies in practice

1. Modular Activity ProgramsInclude elements of aerobics, yoga, dance and outdoor games to develop all muscle groups and maintain a high level of interest.
2. Outdoor activities, such as hiking, playing outside or doing light sports, boost your immune system and improve your mood.
3. Psychophysical unloadingThe use of exercises to relieve tension after prolonged sitting at a desk: stretching, breathing exercises or relaxing postures.
4. Project activitiesInclusion of girls in projects dedicated to a healthy lifestyle: development of their own sets of exercises, participation in sports events, discussion of topics about the benefits of proper nutrition and exercise.

The role of the teacher in the implementation of health-saving technologies

The teacher plays a key role in creating conditions that contribute to the preservation of girls' health:

- Organizes classes taking into account the individual characteristics and health status of students.
- Supports the motivation of girls using a variety of methods and forms of work.
- Serves as an example of a healthy lifestyle, demonstrating the importance of physical activity and a positive attitude towards your body.

Pedagogical recommendations for physical education of girls in grades 5–7

Physical education of girls in grades 5-7 requires an attentive and thoughtful approach based on taking into account their age, physiological and psychological characteristics. This period is characterized by intensive growth, development of the body and



formation of personality, therefore pedagogical recommendations should be aimed at creating conditions for harmonious physical and emotional development.

1. Taking into account age and physiological characteristics

- Individualization of the loadIt is important to take into account the level of physical fitness of each student. Girls aged 10-13 have different rates of growth and development, so the exercises should be adapted to their capabilities.
- Moderate exerciseAvoid excessive physical activity, as it can lead to fatigue and negatively affect health.
- Development of posture and coordinationExercises to strengthen the muscles of the back and abs, as well as tasks for the coordination of movements, will help prevent posture disorders characteristic of this age.

2. Creating a comfortable and motivating environment

- Emotional supportThe teacher should create a friendly atmosphere in which girls feel comfortable and confident. Pay special attention not to compare students with each other, but to evaluate their success individually.
- Motivation through varietyUse a variety of forms and methods of training – dance elements, game exercises, team games. This will help to interest students and maintain their interest in classes.
- Inclusion of creative elementsEncourage girls to participate in the creation of exercises or dance combinations. Creativity helps foster creativity and increases engagement.

3. Health Maintenance and Injury Prevention

- Hygiene and safetyClasses should be carried out in suitable conditions: a well-ventilated room, on a comfortable sports surface, using safe equipment.
- Alternating activity and restTo prevent fatigue, it is important to include rest breaks and relaxation exercises in training.
- Compliance with safety rulesBefore performing complex exercises, conduct a mandatory briefing. It is also important to pay attention to the correct technique of performing movements.

4. Formation of a conscious attitude to physical culture

- Teaching self-controlThe teacher should develop in girls the ability to assess their physical condition and regulate the load. This can be done by keeping an activity diary or discussing how it feels after class.



- Promotion of a healthy lifestyle In the classroom, explain the importance of proper nutrition, daily routine and regular physical activity for health.
- Parental involvement Involve parents in the physical education process. These can be family sports activities or joint walks that promote physical health and family bonds.

5. Support for psycho-emotional development

- Developing self-confidence Pay attention to the fact that each student feels her success and progress. Gradually increasing the difficulty of tasks helps to build confidence in your abilities.
- Teamwork Organize classes where girls work in pairs or groups. This contributes to the development of communication skills, support and team cohesion.
- Unwinding Incorporate elements of relaxation, such as breathing exercises or gentle stretching with soothing music, to reduce stress levels.

Conclusion

Physical education of girls in grades 5-7 is an important component of their overall development and health. This age period is characterized by intensive growth, changes in body proportions, the onset of puberty and emotional instability, which requires a special approach from teachers. Taking into account age, physiological and psychological characteristics, as well as the use of a variety of methods and health-saving technologies, contribute to the harmonious development of girls and the formation of a stable interest in physical activity.

The key tasks of teachers are to individualize the load, maintain a comfortable and motivating environment, prevent injuries and form a conscious attitude to a healthy lifestyle among students. A well-organized system of physical education lays the foundation for strengthening health, developing physical qualities and forming the personality of girls.

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