

CHARACTERISTICS OF PHYSICAL DEVELOPMENT OF 7-8 YEAR - OLD  
CHILDREN

Sayfiyev Hikmatullo Xayrulloevich

Email: hikmatullosaefiyev@gmail.com

Asia International University

**Abstract:** This article scientifically analyzes the specific features of the physical development of 7-8-year-old children, their morphofunctional, psychological and motor activity aspects. At this age, the active development of the musculoskeletal system, nervous system, cardiovascular and respiratory systems, high motor activity of children and the ability to quickly master new motor skills are substantiated. The article emphasizes the need for age-specific characteristics, an individual approach, standardization of loads and the use of game elements in the organization of physical education classes. Also, biological, psychological and environmental factors affecting the physical development of children, as well as some shortcomings in existing scientific research, are analyzed and scientific conclusions are given on their elimination.

**Keywords:** 7–8 years old, physical development, children's organism, musculoskeletal system, nervous system, movement skills, physical fitness, coordination, flexibility, individual approach, load standardization, sports gymnastics, psychological factors, environmental factors.

**Entrance**

In fact, the age of 7-8 is considered an important and unique period in the physical development of children, and at this age, good opportunities are created for children to form new physical movement skills, develop movement control abilities and flexibility. Also, During this period, the child's body is characterized by the activation of growth and development processes. Because the musculoskeletal system is strengthened, the nervous system develops, and its function improves. system That is, the heart and respiratory processes learn to work efficiently.

Children at the age of 7-8 are highly active and can perform rapidly changing movements and quickly acquire new movement skills. The muscle strength of children at this age is at an early stage of development, and their strength and endurance indicators are lower than those of adults. Therefore, it is advisable to organize physical training sessions in accordance with their age and gender, in stages and on the principle of gradually increasing requirements. Also, at this age, children's nervous system becomes sensitive and flexible, which is important for mastering more difficult movements and developing motor skills. At the same time, special attention should be paid to the psychological characteristics of young gymnasts, because at this age, learning the ability to concentrate and follow instructions has a positive effect on children.

Physical development requires carefulness and attention when planning activities for 7-8 year old children, taking into account their age, gender and other specific characteristics, and prioritizing their individual capabilities, motivation for movement and health. Therefore, the use of game elements and interesting movements in activities helps to further increase children's interest in the activity and activate their physical development.

It is worth noting that regular medical supervision is very important at the age of 7-8 to ensure the correct distribution of loads and prevent orthopedic and neurological problems. Monitoring, analyzing and taking into account the individual characteristics of children's growth and development is an important factor in developing their physical fitness in gymnastics.



A number of scientific research studies emphasize that the physical development of 7-8-year-old children is inextricably linked to the age-specific characteristics of their physiological capabilities, motor activity, level of endurance, and ability to adapt [107; p. 24, 108; p. 23-26, 98; p. 115, 73; p. 116, 74; p. 140].

The period of 7-8 years is considered an important stage in the physical development of a child. At this age, children experience a period of active development of the musculoskeletal and nervous systems, and the cardiovascular and respiratory systems are significantly strengthened. Children of this age are highly physically active, and they tend to quickly master new motor skills.

MXTadzhiyeva and SIXusankhodjayeva (2017) emphasize that sports and physical education of preschool and primary school children play a key role in their further development and the formation of a healthy lifestyle. Because, children aged 7-8 years old, due to their high motor activity and sensitive nervous system, have the opportunity to quickly master and adapt to physical training. At the same time, children of this age have not yet fully developed muscle strength and endurance, and it is necessary to provide them with systematic loads in accordance with their age. Also, increasing the interest of 7-8 year old children in training can be more effective if the training is organized in a game form. At this age, the characteristics of the child's psychological and social development also have a significant impact on physical training. Correctly taking into account the age-specific characteristics of physical development is important for the effective organization and conduct of training for 7-8 year old children in gymnastics. Therefore, training requires an individual approach. based to be flexibility in development effective will be [125; 215-b.].

Above emphasizing As we said, 7-8 years old children's physical development to oneself typical and important period calculated, this at the age of nerve system, musculoskeletal apparatus, cardiovascular vein and breath to take systems active accordingly development observed. Physical to activity was interest and opportunities noticeable at the level increases, that's it with one in line complicated movement skills to master readiness take shape to start with explained.

D. N. Rakhmatova and others (2020) believe that preschool, primary education at the age of children's physical upbringing and sports activities one row methodological approaches and individual opportunities into account requires getting. With this together children to oneself characteristic motor activity, attention ability and game skills through physical skills formation high at the level ready It will be. So, 7-8 years old children's muscles power and endurance still complete not formed consideration to learn, lesson their training effective organization to maturity separately attention focus Also, this at the age of children's psychological features, attention concentration ability and to encourage was needs and training to the efficiency impact shows [110; p. 190].

S. Khakimov and Kh. Tilavoldiyeva (2025) primary in phase young gymnasts physical adjectives develop style of age biological and psychological features deep to know and attention received without formation necessary. 7-8 years old children mainly games shaped training through their movement skills increases, this and physical preparation level effective to develop service does [139; pp. 50-54].

According to D. M. Artikovna (2022), 7-9 year olds gymnasts physical adjectives in development biological features, that's it including neuromuscular system sensitivity and flexibility, important role plays. During this period children move quickly mastery skills is formed, but muscle power and endurance still complete not formed, learning their training organization in the process of downloads to standardization attention strengthen to the goal according to. Physical development to age typical features deep learning, individual work, in



gymnastics with the movement abilities of the participants step by step development opportunity gives [22; p. 8-9].

This separately highlight okay above authors scientific - research 7-8 year olds in their work children's physical development to age typical was features deeply studied although our in our opinion some to aspects enough attention not focused or complete lack of lighting observed.

First, most in research children's individual biological development differences and their in sports to prepare impact the issue deeper unexplored. Each child's development level and features various to be natural situation of course, methodical approaches should also be individual necessary. However, there is in research often general to standards based approaches priority that he did our vision possible.

Secondly, children psychological situation, especially their interest, desire and spiritual status such as to factors more theoretical in terms of cover obtained, practical experiments and suggestions, methodical recommendations in the form of enough seeing not released. In artistic gymnastics good to the result achieve for psychological stability and positive motivation importance high if it is, this aspects scientific in terms of enough based on not given.

Thirdly, in training age, gender and physical features in consideration take in training loading size and intensity in determining modern technologies and individual analysis tools opportunities complete open This is not given. children's development process correct, effective control in doing clear scientific conclusions in doing in the stool not giving It is possible. Also, the game elements physical preparation to the process regular and systematic accordingly integration to do in the matter of methodological recommendations less

B. R. Hes and By R. Asienkiewicz (2022) take visited two annual in research It turns out that sports acrobatics with busy athletes physical readiness indicators analysis when done. Results this shows that age athletes individual physical development degrees noticeable difference to do with together, training efficiency increase individual approach for necessity, this and in gymnasts aged 7-8 flexibility and other physical abilities develop methodology improvement requirement [58 ; pp. 185-200].

NV E. Fimova and others by take visited in research and 7-8 years old children's physical development ecological and geographical conditions with how connection to determine attention Researchers industrialized large of the regions in the districts resident children groups choose them anthropometric and functional indicators analysis They did. Their in the methodology children's height, body weight, chest cage circle, heart hit frequency, breathing to take depth such as indicators determined and this results ecological loading to the level looking at The study also compared during children's general health and physical health status to live and marriage conditions, environmental pollution level, nutrition quality and physical activity to the level with dependency determined. Especially ecological in terms of inconvenient in the districts resident in children lungs volume, heart-blood vein system activity and general physical development indicators noticeable low level observed [50;. 140-144- p.]..

This research of work Methodology of artistic gymnastics such as sports that require high physical activity for very important and practical importance Because he is a child physical status in evaluation not only his/her age or gender, maybe to live environment and to your health negative impact doer external factors into account to take the necessity shows.

**According to M. N. Nitsuk (2020) according to, 6-12 years old between in children physical development and coordination abilities consistent and step by step is formed. Especially at the age of 7-9 period children for actions coordination, balance storage, actions speed and accuracy increase for the most good and sensitive from the eras one is considered and this of age children's central nerve system actions management regarding high plasticity has to be, training**



in the process coordination skills fast is formed. Therefore, in sports training exactly this adjectives active develop necessary, because their foundation early from a young age is formed, this and further sporting achievements for solid ground creates [99; pp. 197-206].

According to O. V. Tulyakova (2012), children physical development level not only age, maybe to live place and socio-ecological also depends on the circumstances [126; pp. 74-87]. The author methodology to the following based on:

**First, the children age in consideration received without anthropometric indicators standards with comparison ;**

**Secondly, territorial ( republic, region, city, district, village) and etc. ) and socio - economic factors analysis ;**

**Third, medical conclusions and physiological of changes observations based on assessment. O. V. Tulyakova research** results this shows that 7 years old come in children healthy development level according to noticeable at the level differences This is observed. this means that physical upbringing and sports training, including gymnastics individual development of children level, ecological and social to the environment suitable accordingly to be need.

In this place A.A.Shibkov and NVEfimovs, 7-8 years old in children this period morphological, functional in terms of big changes observable period is, their education in institutions training to the activity adaptation and general physical development status and level between dependencies available [147; pp. 95-106]. Researchers in my opinion this of age the children deep **morphofunctional screening** through study necessity emphasizing passed. Children's growth pace, muscles and bone system development level, heart-blood vein and breath system functional opportunities their research in their work determined evaluated by A. A. Shibkov and NVEfimov's methodology of the following organization finds :

**1. Anthropometric measurements ( height, body mass) index, chest cage circle ).**

**2. Heartbeat frequency and arterial pressure i.**

**3. External respiration function, vegetative indicators ( for example, heart rate ) vegetative regulation ) determination.**

As a result and 7-8 years old children their own physical to the state based on various kind flexible opportunities, children their physical upbringing and sports activities attraction individual approaches to making important that confession Some in children heart and blood vein system to downloads relatively more sensitive if, in others and muscle power lower development observed. Authors, sports training, in particular gymnastics according to training in training children's morphological, functional preparation level right evaluation and individual loads big attention focus important. This is especially start preparation in the group gymnasts health reinforcement and their flexibility, balance such as physical abilities effective formation and in development important factor It will be.

Also, Yu. V. Polinsky in my opinion, elementary preparation in groups athletes, especially 7-8 year olds children physical development, preparation to oneself typical features manifestation This will be young period to sports specialization now starting and physical preparation basics formable important stage Children 's organism high flexibility to the ability has to be, physically to downloads quickly adapt knows. With that together, the same at the time their muscle and bone system still complete underdevelopment because of, study in the classroom of the loads norm and to the intensity very considerate to be with one in line effective management need.

Start drinking preparation in the stage, training in training physical indicators the following important importance has will be :

➤ Strength ;



- Speed ;
- Balance ;
- Endurance ;

➤ Flexibility. At this age their in harmony development children's physical opportunities improves and sports competitions high consequential in the display solid foundation creates. Also, young individual differences in gymnasts into account to take important. Every child's development level and physical preparation status difference to do possible, that's it because of the training individualization principle based on organization to be done requirement does. With this together this at the age of athletes injury the risk reduce and efficiency increase for It is important. It is important to start with preparation in the phase children between of actions coordination, flexibility and physical preparation level general indicators priority This is Features in artistic gymnastics technician in terms of complicated was actions in mastering basis become service does [104; pp. 30-35].

From the above come out this highlight go it is permissible, authors scientific and methodological and research in their work gymnasts in all aspects in development some factors to the effect enough attention not focused on. In particular, children family environment, parents to sports was relationships, school study mastery indicators such as factors their physical development, sports to the results impact to do This is possible. factors account to take very important, because individual and regional methodologies working exit not only gymnasts maybe other sports are also training degrees in improvement important factor is considered. From this outside, physical development main from the indicators one was coordination abilities and flexibility in development important was some aspects attention not taken. Age in gymnasts complicated, difficult was actions consecutively better and faster absorption for coordination and flexibility in harmony develop to the goal according to this point of view from the point of view scientific and methodological of affairs in most cases this two physical ability integrated in shape develop methodology working exit and in practice from the test transfer to the issues enough unfounded our observation possible.

Study in training physical abilities one of time in oneself, each other filler training using development efficiency also information about less This condition occurs in children aged 7-8 years. children for complex approach working exit and to practice implementation to grow and their general preparation level in all aspects improve opportunity gives. 7-8 years old children's physical development their age and biological to the characteristics suitable in case will be. During this period child's muscles, bones and nerve system active develops, this and physical preparation level in improvement opportunity creates. With this together, children individual differences between clear it is felt, this and study individual approach in training requirement will reach.

Also, children coordination abilities and flexibility same this at the age of intense development in the phase They are gymnastics. for important was actions to master opportunity It also gives. Note that to take need this psychological situation and motivation if to these enough attention not given that 's it athletes preparation process to the efficiency negative impact to show possible.

In general 7-8 years old children's all- round development for individual characteristics, psychological characteristics in methodologies preparation and external environment the impact and factors in consideration to take need and study in training coordination and flexibility in harmony to develop separately attention focus, physical preparation level in improvement important importance profession will reach.

## References.



1. Ayubovna, S. M. (2024). GYMNASTICS IN TRAINING PHYSICAL PREPARATION AND MOTOR FEATURES. PEDAGOG, 7(6), 22-30.
2. Saidova, M. (2024). OF SPORTS GYMNASTICS IN PHYSICAL EDUCATION LESSONS AND ITS EFFECT ON THE EDUCATIONAL PROCESS. Medicine, pedagogy and technology: theory and practice, 2(9), 348-359.
3. Saidova, M. M. (2023). Peculiarities of the development of ischaemic and non-ischaemic heart disease in patients with rheumatoid arthritis (literature review). The American Journal of Medical Sciences and Pharmaceutical Research, 5(06), 81-86.
4. Xayrullayevich, S. H. (2024). GYMNASTICS IN TRAINING SIMPLE POSTURES. PEDAGOG, 7(5), 81-88.
5. Xayrulloevich, S. H. (2024). TECHNIQUE OF TEACHING SPORTS GYMNASTICS. PEDAGOG, 7(6), 31-38.
6. Xayrullayevich, S. H., & Ayubovna, S. M. (2023). BADMINTONCHILAR JISMONIY TAYYORGARLIGI VA UNI RIVOJLANTIRISH METODIKALARI. FORMATION OF 163.
7. Sayfiyev, H. X. (2023). SPORT GIMNASTIKASI ORQALI YOSH BOLALARNING HARAKAT KO 'NIKMASI RIVOJLANTIRISH PEDAGOGIK.
8. Xayrullayevich, S. H. (2023). Gimnastika zallarning talablari va sport zallar xususiyatlari. TECHNICAL SCIENCE RESEARCH IN UZBEKISTAN, 1 (5), 435–441.
9. Xayrulloevich, S. H. (2023). GIMNASTIKA DARSIDA PEDAGOGIK KO 'RSATMALAR VA MASHQLARNI O 'TKAZISH USULLARI.
10. Xayrulloevich, S. H. (2024). Basic concepts of the growth of motor development in gymnastics. Multidisciplinary Journal of Science and Technology, 4(3), 141-148.
11. Xayrullayevich, S. H. (2023). SPORT GIMNASTIKASIDA HARAKATLAR KETMA-KELIGINING NAMOYON BO'LISHI. TECHNICAL SCIENCE RESEARCH IN UZBEKISTAN, 1 (5), 478–491.
12. Xayrullayevich, S. H. (2023). SPORTS ARE GYMNASTICS IN ACTION SERIES-BE THE MANIFESTATION OF COME. TECHNICAL SCIENCE RESEARCH IN UZBEKISTAN, 1 (5), 465–477.

