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PEDAGOGICAL FOUNDATIONS FOR DEVELOPING CORRECT POSTURE AND BODY STRUCTURE IN PRESCHOOL CHILDREN THROUGH PHYSICAL EXERCISES

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Abstract: This article examines the issue of developing correct posture and body structure in preschool and early primary-aged children through physical exercises. It explores the causes of postural deviations and presents pedagogical strategies to address them. Proper posture—characterized by spinal health, balanced muscle development, and optimal cardiopulmonary function—is vital for children’s well-being. The paper analyzes corrective exercise routines and playful teaching methods to guide instructors in practical application.

Keywords: Posture; physical exercises; spine; postural deviation; corrective exercises; children’s health; muscle balance; prevention.

Modern children’s lifestyles—marked by reduced activity, extensive screen time, and poor sitting habits—have led to early onset of postural irregularities (scoliosis, kyphosis, lordosis) during preschool years. However, this developmental stage offers

a critical window for intervention, as the musculoskeletal system is still forming. Implementing structured physical education exercises aimed at posture correction thus becomes both a rehabilitative and preventive educational strategy.

1. Physiological and Psychological Significance of Correct Posture

Posture refers to the balanced arrangement of the body in space, maintained through coordinated muscle and skeletal function. Improper posture stemming from prolonged incorrect sitting, carrying heavy bags, and insufficient physical activity can lead to:

- Spinal deformities
- Respiratory and circulatory impairments
- Muscle imbalance
- Psychological issues such as low self-esteem and body-image concerns

In contrast, correct posture promotes:

- Symmetrical musculoskeletal development
- Optimal organ alignment
- Healthy respiratory and circulatory function
- A confident and healthy appearance in children

2. Methods for Postural Correction in Exercise Sessions

Postural correction exercises are organized in three phases:

Phase 1: Assessment

- Conduct a medical evaluation of posture
- Measure muscle tone in the back
- Identify spinal curvature and shoulder asymmetry

Phase 2: Corrective Exercise Program

Exercises include:

- Wall-supported posture drills
- Animal-themed postural plays (e.g., “cat stretch,” “bridge,” “boat”)
- Visual-motor coordination walks (eyes fixed on a target)
- Static holds to strengthen core muscles

Phase 3: Play-Based Approach

To boost engagement:

- Use music-driven movement games (“Star posture,” “Forest walk”)
- Introduce character-based movements (“robot walk,” “soldier stance”)
- Encourage self-observation (“How is my posture in the mirror?”)

3. Session Structure and Hygiene Standards

- Frequency: 3–4 times per week
- Duration: 15–20 minutes per session
- Conditions: Comfortable footwear, smooth floor, well-lit environment

Educators should adopt a gentle, explanatory, and encouraging approach. Visible improvements in posture and gait will motivate children to participate more actively.

Teaching correct posture in preschool and early primary school children is essential not only for physical health but also for their emotional and psychological well-being. Well-structured exercise classes help:

- Strengthen back and abdominal muscles
- Prevent spinal deformities
- Instill healthy walking, sitting, and standing habits
- Support a healthy lifestyle foundation

Therefore, early childhood education institutions should implement targeted exercise routines focused on posture alignment.

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