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DEVELOPING POSTURE AND MOTOR SKILLS IN GIRLS AGED 5–7 THROUGH RHYTHMIC GYMNASTICS

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Abstract. This article examines the effectiveness of rhythmic gymnastics in developing posture and motor skills in girls aged 5–7. The study analyzes methodological approaches, training structure, and their impact on physical and cognitive development. The findings indicate that systematic rhythmic exercises significantly improve coordination, balance, flexibility, and posture. In addition, integrating movement with rhythm and speech elements enhances children's attention, creativity, and language skills.

Keywords: rhythmic gymnastics, posture, motor skills, early childhood, physical development

Introduction. Early childhood is a critical period for physical and cognitive development. At the age of 5–7, children actively develop motor coordination, balance, and posture, which form the foundation for future physical abilities. Rhythmic gymnastics is considered one of the most effective tools for supporting this development, as it combines physical exercises with music, rhythm, and expressive movement.

Research shows that structured physical activity improves not only muscular strength and flexibility but also enhances neural coordination and spatial awareness. According to Piaget (1952), children at this stage learn effectively through movement and interaction with their environment.

Research Methodology. The study was conducted with girls aged 5–7 participating in regular rhythmic gymnastics sessions. Training sessions were held three to four times per week, lasting 30–40 minutes. Exercises included stretching, balance training, coordination drills, and rhythmic movements using equipment such as ribbons, hoops, balls, and ropes.

Observation and pedagogical experiment methods were used to assess posture, balance, and motor skills before and after the training period. The results were analyzed comparatively to determine the effectiveness of the program.

Main Part. The results of the study showed that rhythmic gymnastics significantly contributes to improving posture and motor skills in young girls. Regular exercises strengthened the back and core muscles, leading to visible improvements in posture.

Figure 1 illustrates the dynamics of posture development over an 8-week training period. The results demonstrate a steady increase in posture indicators, confirming that systematic physical activity positively affects body alignment and muscle tone.

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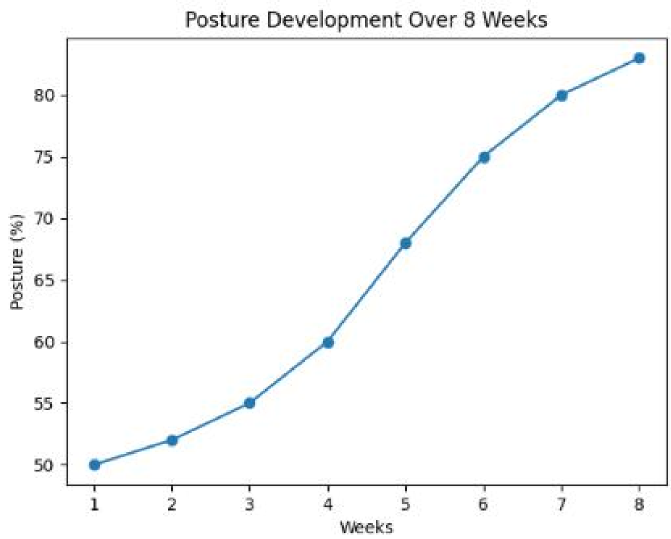

Figure 1 *"Dynamics of posture development over 8 weeks of rhythmic gymnastics training"*

Furthermore, children showed noticeable improvements in coordination, balance, and flexibility. They became more confident in controlling their body movements and performing complex motor tasks.

Figure 2 presents a comparative analysis of motor skills before and after the training program. The data clearly indicate improvements in balance, coordination, and flexibility, proving the effectiveness of rhythmic gymnastics exercises.

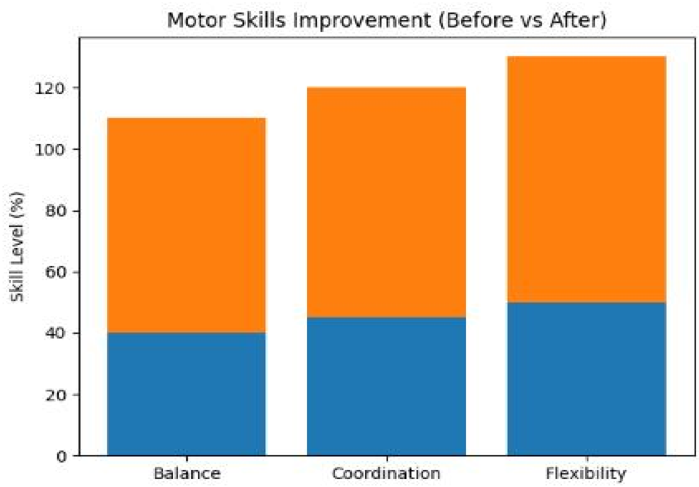

Figure 2 *"Comparison of motor skills before and after training"*

Scientific studies support these findings. Anderson and Thompson (2018) state that rhythm-based exercises significantly enhance neuromuscular coordination and balance. Additionally, Tomasello (2003) emphasizes that physical activity combined with interaction supports cognitive and language development.

Conclusion. The study confirms that rhythmic gymnastics is an effective method for developing posture and motor skills in girls aged 5–7. Regular training improves flexibility, coordination, and muscle strength, while also supporting cognitive and language development.

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The inclusion of structured exercises, rhythm, and interactive elements makes the learning process more engaging and effective. Therefore, rhythmic gymnastics can be recommended as a comprehensive tool for early childhood development.

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