## MONITORING OF PHYSICAL ACTIVITY OF JUNIOR SCHOOLCHILDREN AT PHYSICAL EDUCATION LESSONS

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## **ABSTRACT**

The article presents the results of monitoring studies of the motor activity of younger schoolchildren at physical culture lessons. The effectiveness of the developed motor tasks was experimentally determined, which made it possible to significantly hang the motor activity of children at physical culture lessons.

**Keywords:** Monitoring, physical culture lesson, motor activity, hypodynamic factor, daily motor potential.