

## FEATURES OF PSYCHOPHYSIOLOGICAL DEVELOPMENT IN THE SELECTION OF GYMNAST GIRLS 4-7 YEARS OLD

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### ABSTRACT

*The development of women's sports is one of the topical issues of today. The mother, first of all, plays an important role in the upbringing of a young child in order to become a master of sports or a well-rounded person in the future. Every mother can also raise her child healthy if she feels the importance of physical education for health. The development of women's sports in our country has once again proved its importance and necessity, and ample opportunities are being created for the development of women's sports. Because our healthy mothers create a healthy generation for us. In order to increase the effectiveness of the tasks of attracting our girls to sports, first of all parents should pay attention to this.*

**KEYWORDS:** *Rhythmic Gymnastics, Women's Sports, Sports, Competitions, Healthy Lifestyle.*

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