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Development the Speed of Movement and Coordination Abilities of Pupils with Use of Exercise Classic's

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ABSTRACT To study the effect of the exercise «Classic's» on indicators the speed of movement of schoolchildren and their coordination abilities. The experiment was conducted in an ordinary school with schoolchildren from the second grade. The study involved 50 boys and girls aged 8-9 years. The class in physical education in the school lasted 40 minutes lesson twice a week. After the pedagogical experiment, children from CG were able to improve performance, but the difference was not reliable. At the same time, children from EG significantly improved performance in both tests. In the «Shuttle run» test, the values changed from 10.5 ± 0.8 sec to 8.5 ± 0.5 sec ($P < 0.05$), and in the «Running on the spot» test the values increased by 37.1 percent ($P < 0.05$). If at each lesson on physical culture at school with children of 8-9 years to carry out exercise «Classics», indicators the speed of movement and coordination abilities will considerably improve.