Children’s health condition attracts more attention of investigators. It depends on the lack of adequate physical load, which makes serious problems of mental, emotional and physical disorder.

A great worry evokes the physical health of the children on the stage of their preparation for school. It was found out that the children of the age 6-7 in their physical condition (except flexibility) are weaker than the program of physical education requires. The investigation with the Eurofit tests in 2005 found out that 0.4% of children had a high level of physical condition, 8.3% – higher than the middle level, 37% – middle level, 41.2% – lower than the middle level and 13.1% – low level.

The initial level of the children’s health can unfavorably influence the adaptation towards the studying loads and can provoke difficulties in absorption of the educational program. The studying activities in a modern school are routine hard work, which is necessary for the mental working efficiency and common endurance, especially in adaptive systems and nerve-mental sphere.

Irrational adaptation to physical load and static position (sitting, standing) of growing child can provoke vertebral column, thorax, and leg and feet defects formation. Different locomotorium troubles can aggravate functional capacities of the organism and so influence the health, in the result unhealthy and defective persons are formed.

Nowadays has gathered factual report, which proves efficiency of recreative means of gymnastics in mental and physical potential development of the preschool age children. This gymnastics is not widely used in practice of the preschool age children education.

So there are contradictions between existing potential of gymnastic devices, which efficiency in physical and mental development of children’s capacities is proved during the investigations, and its limited use in the process of the preschool physical education of children.

Keywords: Primary School, Gymnastics, Posture