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The invention relates to the field of electronic games designed to stimulate children's interest in physical education and/or in doing physical exercises.

The method of developing skills for doing morning exercises and physical exercises and training system for the implementation of this method consists in that the process of playing with the popular toy, imitating the life of the "Virtual friend", whose general condition is determined by the paid attention, feeding and care thereof, is carried out by the child with the help of operating controls. In the game is additionally introduced a proportional influence on the state of the "Virtual friend" by the objective motion activity of the child, depending on the quality and time of doing by the child of morning exercises and other physical exercises during the day. The motion activity is objectively measured by known methods using the gaming device located in the children's electronic watch, sold in the set with the basic toy.

Claims: 2

Fig.: 2