

ABSTRAKT

Title: Movement preparatory of preschool children

Objectives: The main goal of this work is the physical activity of preschool children and the acquisition of basic movement skills based on movement experience. Partial goals are analyzing the determinants of movement, defining principles of movement within programs, organizing a space for intervention, and developing a program where consistent practice occurs, movement deficits in pre-school children can be improved.

Methods: Based on a literature research, an intervention is proposed to reduce the movement deficit in preschool children. The search was divided into two parts. First part consists of analysis of the determinants of motion. Second part of the work is a synthesis of acquired knowledge. Based on my own judgment and practice in the field, keywords were chosen (movement, development, development, preschooler, child, motor skills, fitness, health, lifestyle, abilities, skills, bones, joints, CNS). The keywords were then used to search for relevant studies in the PubMed research database. The strategy of growing pearls and trimming served to narrow down the selection of studies found.

Keywords: development, preschooler, motor skills, literacy, fitness, health, healthy lifestyle, abilities, skills, bones, joints, CNS

Results: The results of this work are the principles for the creation of movement programs, proposals for movement programs and their use in the standard conditions of preschools.