

Movement experiments

We conducted different motor experiments in all age groups. A total of 165 children and 12 teachers participated in the experiments.

Performing all experimental activities including motor exercises, in different groups of the kindergarten, we can draw the following conclusions:

1. Through the exercises for developing fine and general motility, in the youngest children, we improved their self-service habits;
2. From the first group, through the morning movement, we created a prerequisite for a good physical activity and a good mood throughout the day;
3. In the older children, through the exercises we loaded on more muscle groups of the body, through which we formed the physical qualities: strength, endurance, desire for overcoming difficulties, willpower, and through relaxing exercises we improved their breathing.

The preparation and conduct of motor experiments had a positive impact on the development of professional competencies of teachers.

1. Improving the professional competence of teachers in the development of experimental skills with children and sharing good practices in the design and implementation of experimental activities for children (and thus improving their teaching practice /
2. Teachers will continue to use such exercises and games in their daily work with children and will pass on their experience to colleagues from other kindergartens.