

# ISSUES OF REGULATING CHILDREN'S MOTOR ACTIVITY IN MODERN PRESCHOOL EDUCATION

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**Purpose:** The objective of the research is to determine the volume and intensity of motor activity of children aged 5-6 years, identify existing problems of motor activity at this age and compare the results with age norms.

**Methodology:** study and comparative analysis of psychological and pedagogical literature on the topic; pedometry, pulsometry, timing, statistical processing of the results.

**Result:** The calculation of average daily indicators of pedometry revealed that boys, on average, perform  $10789.26 \pm 426.15$  steps, and girls - respectively  $13094.64 \pm 511.83$  steps. At the same time, boys had significantly lower indicators of pedometry than girls ( $p \geq 0.05$ ). Analysis of the ranking results and comparison of the data obtained with the age norm, which is 11-15 thousand steps per day, suggests that 52.6% of boys perform the norm, and 47.4% of the average daily physical activity is below the norm. Motor activity in 80% of girls is within the age norm, in 10% - above the norm, and in 10% - below the norm. The intensity of daily loads in terms of pulsometry both in boys and girls corresponds to low and medium intensity.

**Applications:** This research can be used for universities, teachers, and students.

**Novelty/Originality:** In this research, the model of issues of regulating children's motor activity in modern preschool education is presented in a comprehensive and complete manner.

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