Муниципальное бюджетное дошкольное образовательное учреждение
муниципального образования город Краснодар
«Детский сад комбинированного вида № 234»

«Инновационные здоровьесберегающие технологии в работе с детьми дошкольного возраста»

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Физическая культура должна обеспечить осознанное отношение детей к собственному организму, выработать умение щадить здоровье, укреплять его правильным режимом труда, отдыха, питания, гимнастикой и спортом, закаливать физические и нервные силы, предупреждать заболевание …

Сухомлинский В.А.

- **Цель проекта:** организация работы по сохранению и укреплению психического, физического и социального здоровья детей дошкольного возраста средствами здоровьесберегающих технологий.

- **Задачи**
- Сформировать представления о здоровье как одной из главных ценностей человеческой жизни.

- Формировать понимание необходимости заботиться о своем здоровье, беречь его, учиться быть здоровыми и вести здоровый образ жизни.

- Воспитывать бережное отношение к своему здоровью через различные виды деятельности.

- Повышать грамотность родителей в вопросах воспитания и укрепления здоровья дошкольников.

Ожидаемый результат реализации проекта:

- обогащён социальный опыт дошкольников, расширен кругозор;
- сформированы у детей представления о здоровом образе жизни;
- повысился интерес родителей к здоровому образу жизни;
- родители вовлечены в единое пространство «семья – детский сад»;
- снижение заболеваемость и детский травматизм среди воспитанников.

Вид проекта: долгосрочный (1 год).

Участники проекта – воспитанники средней группы, воспитатели, родители.

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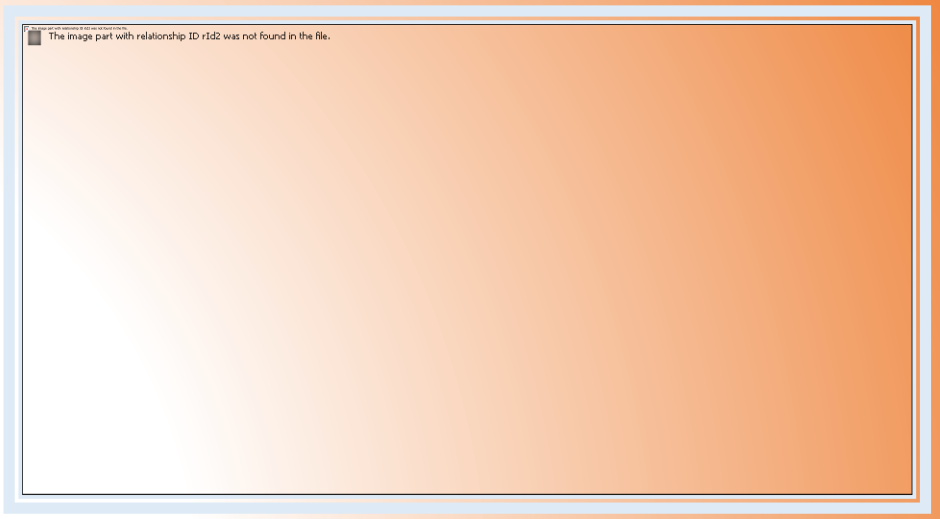
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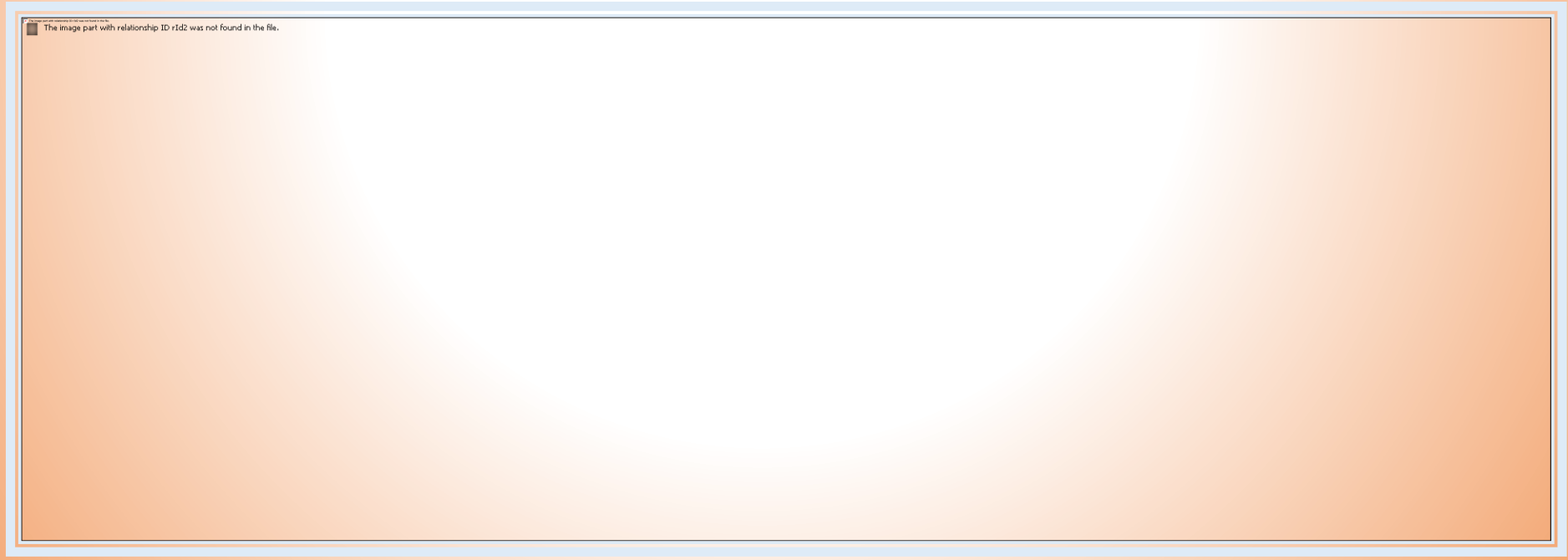
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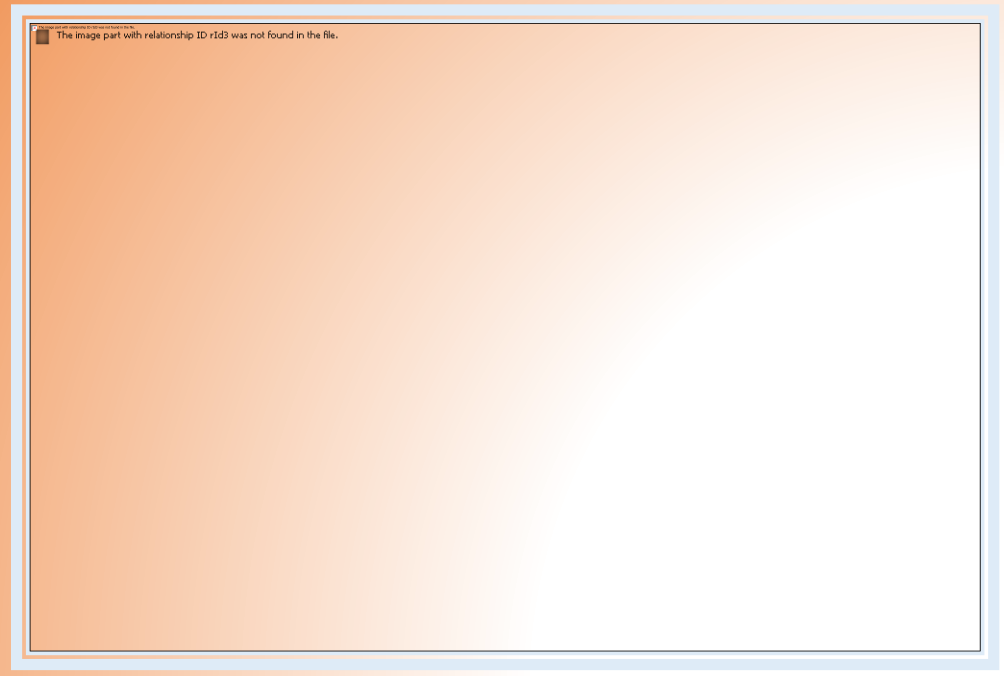
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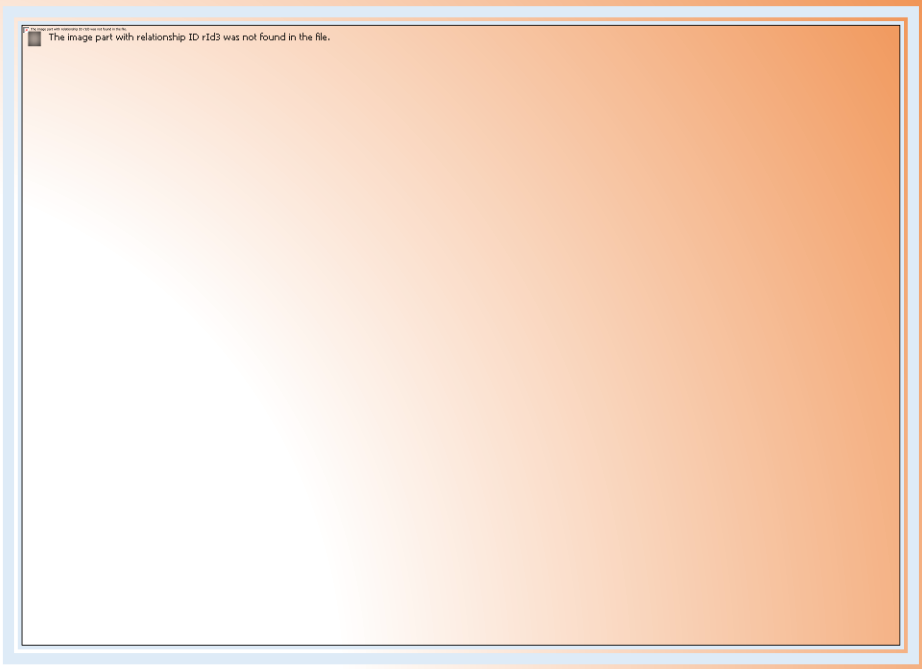
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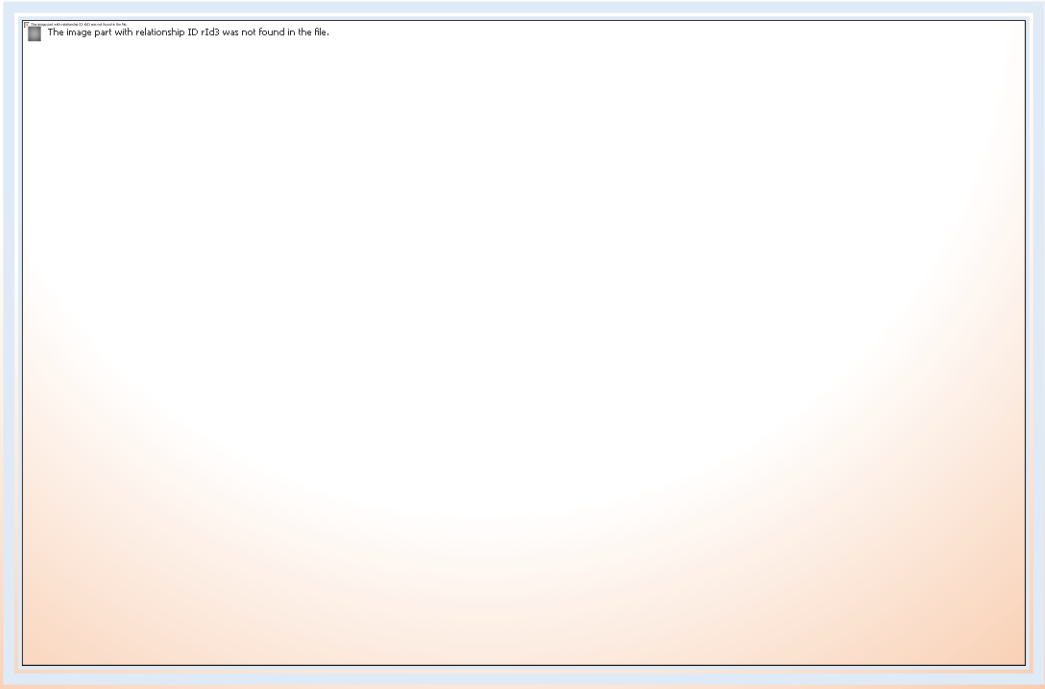
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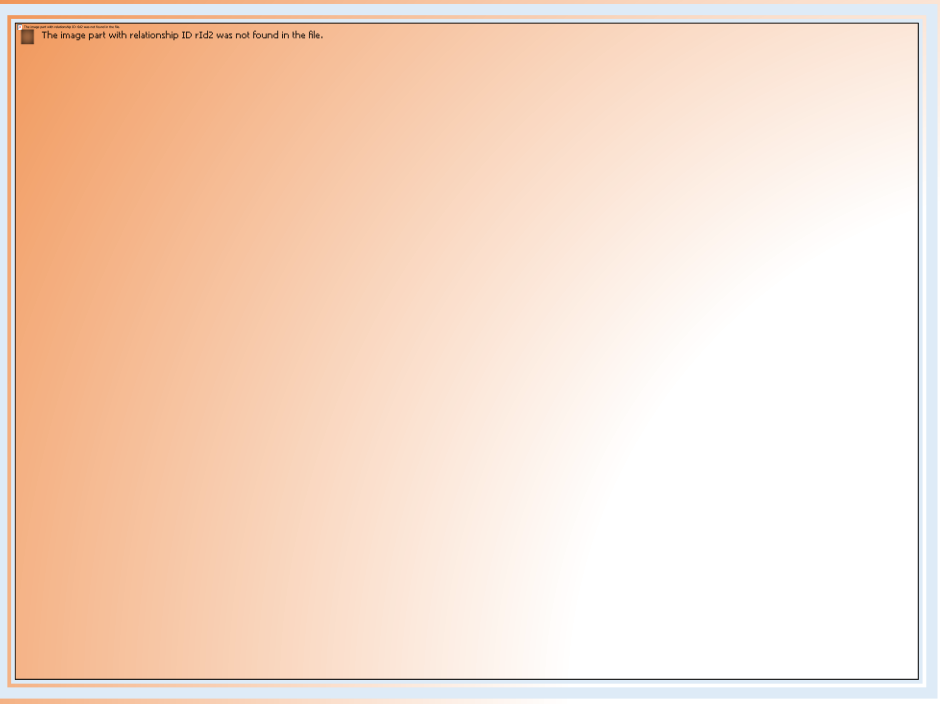
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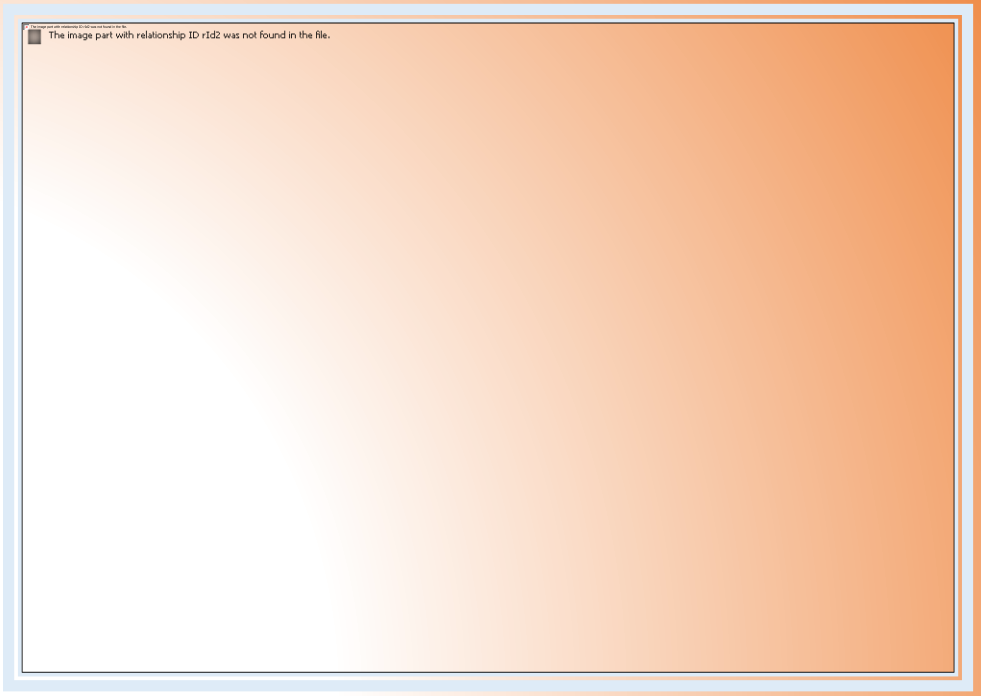
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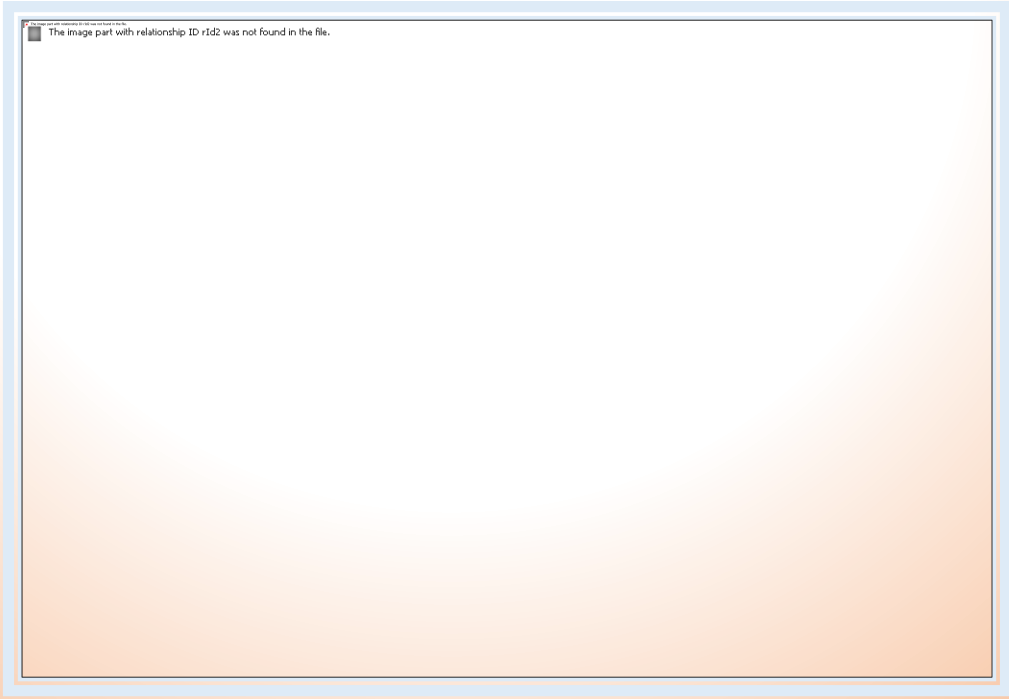
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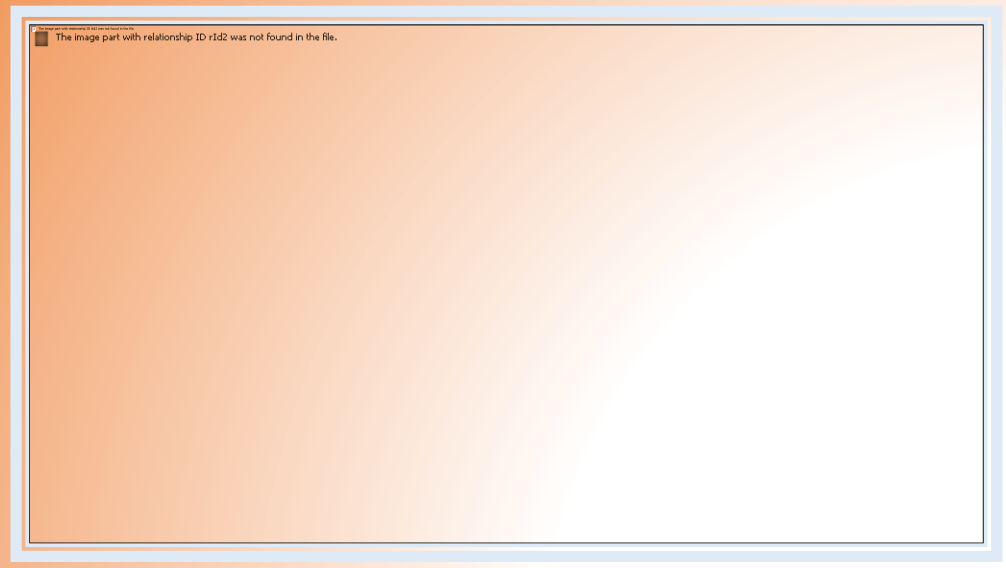
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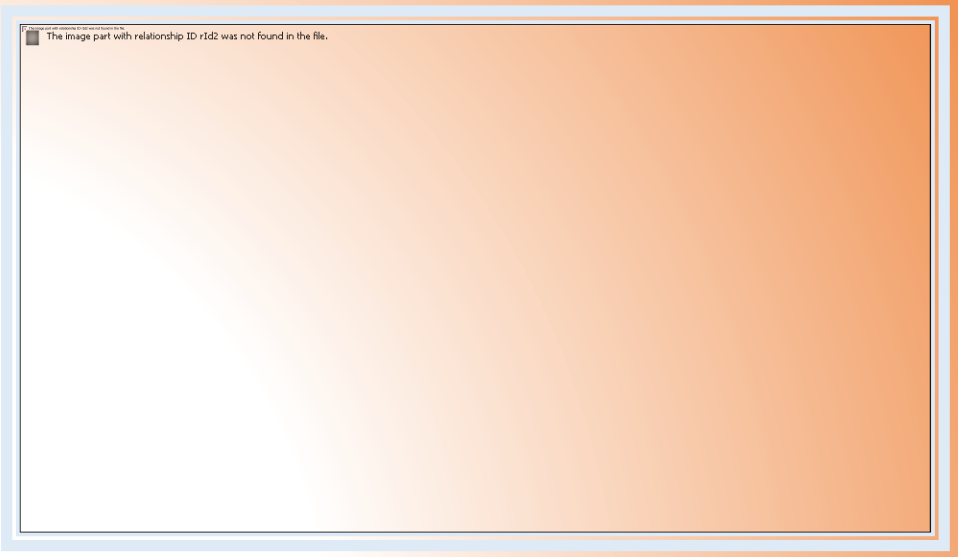
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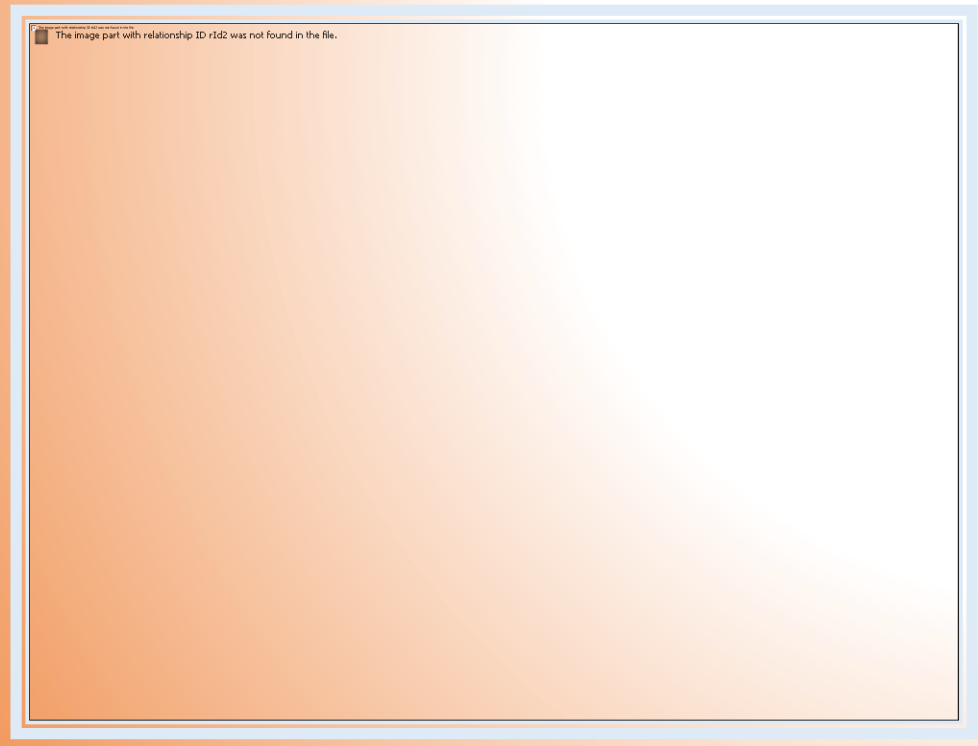
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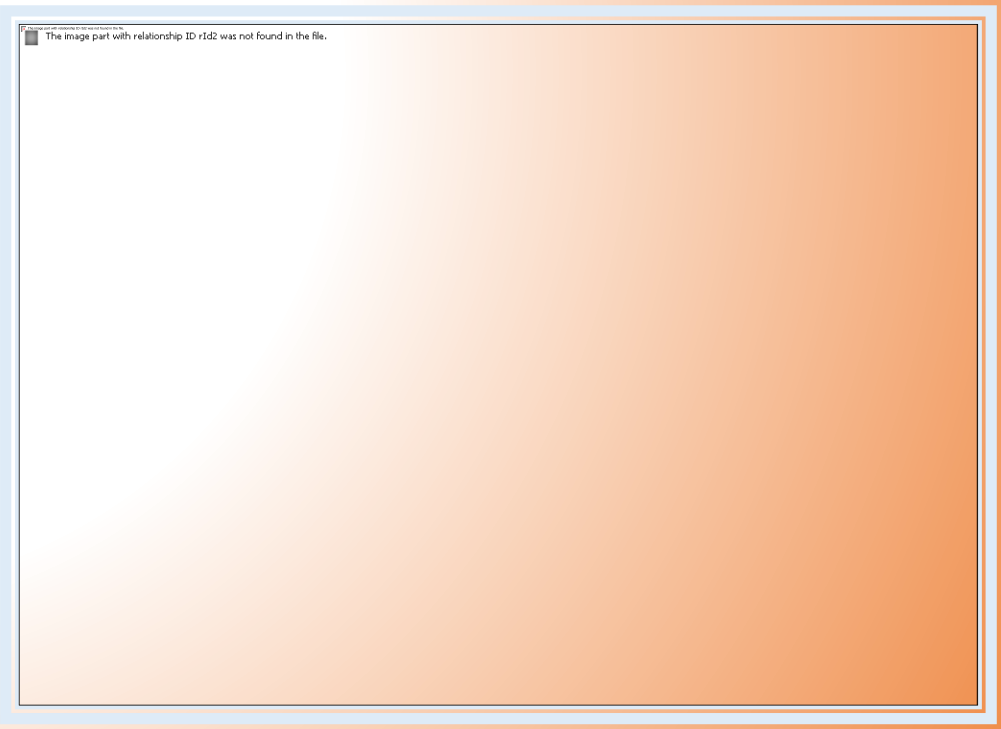
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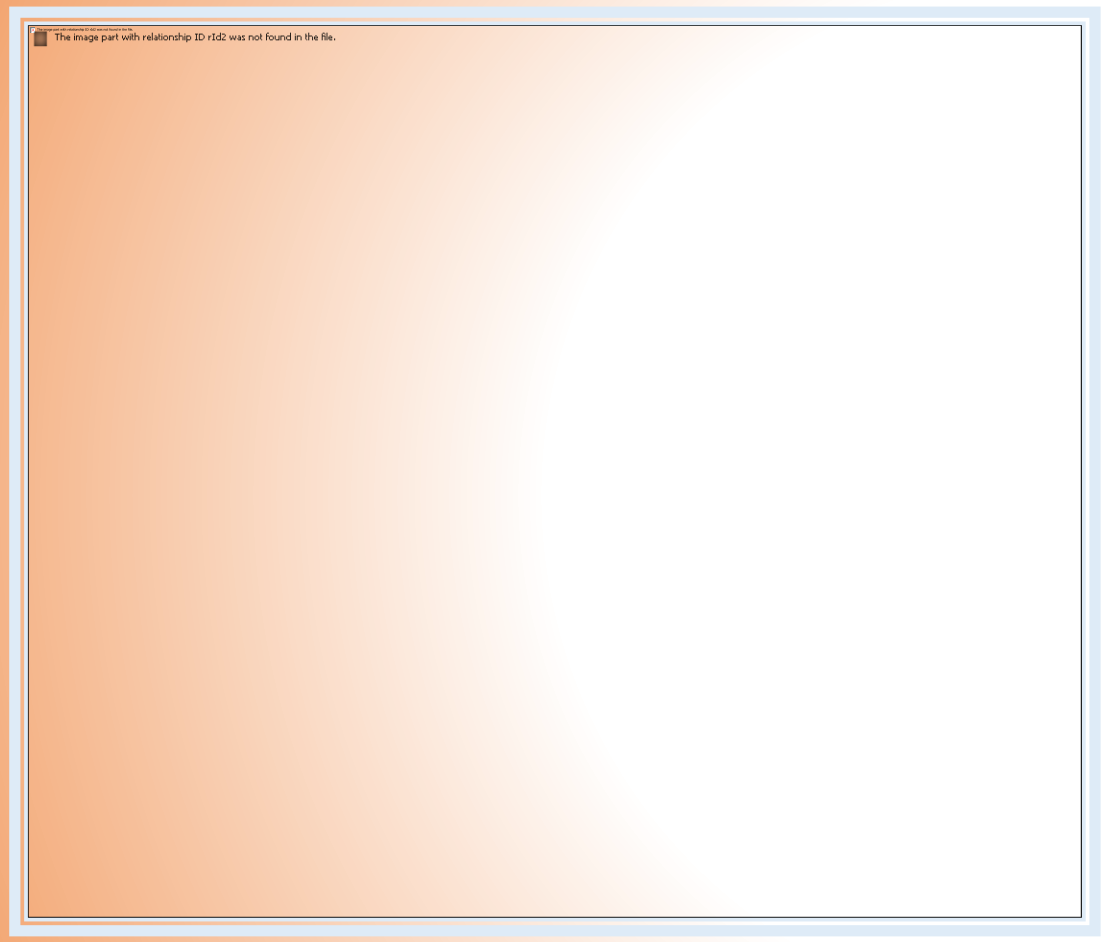
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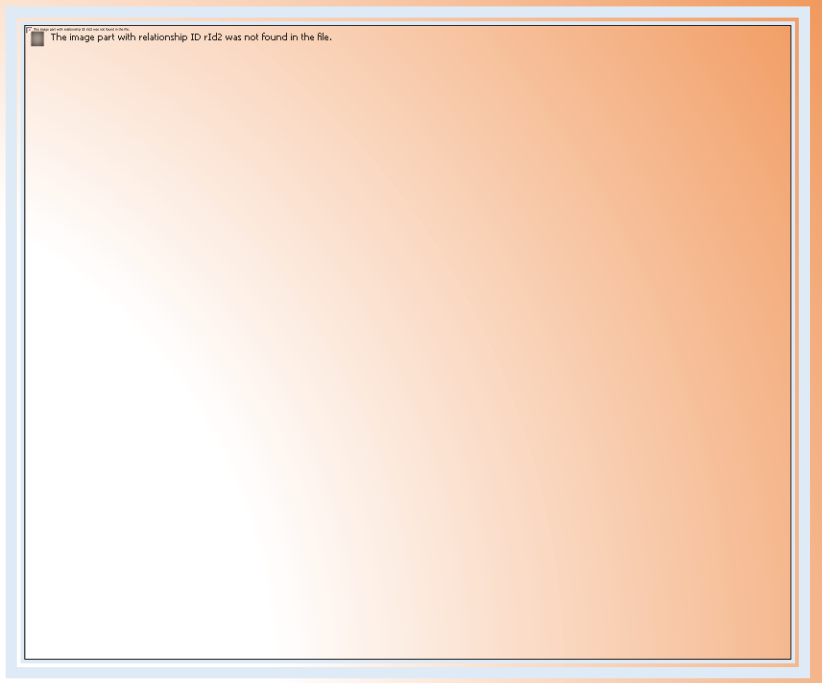
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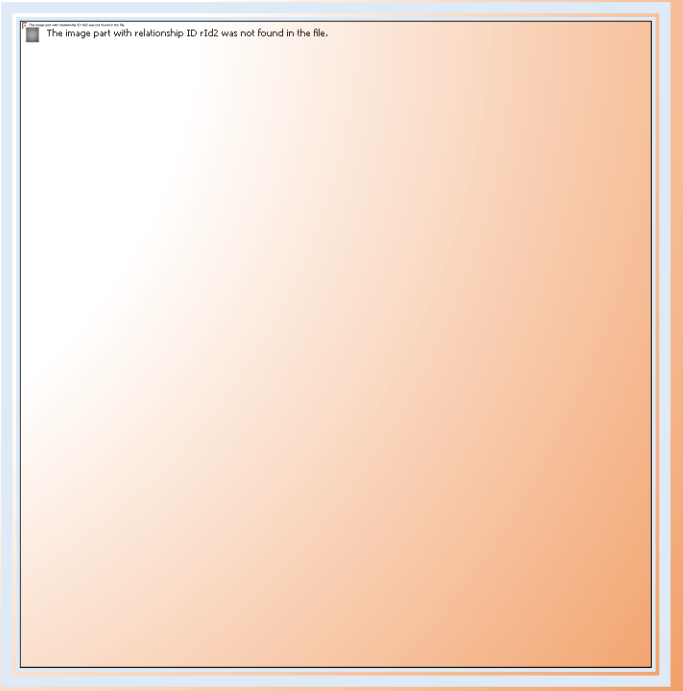
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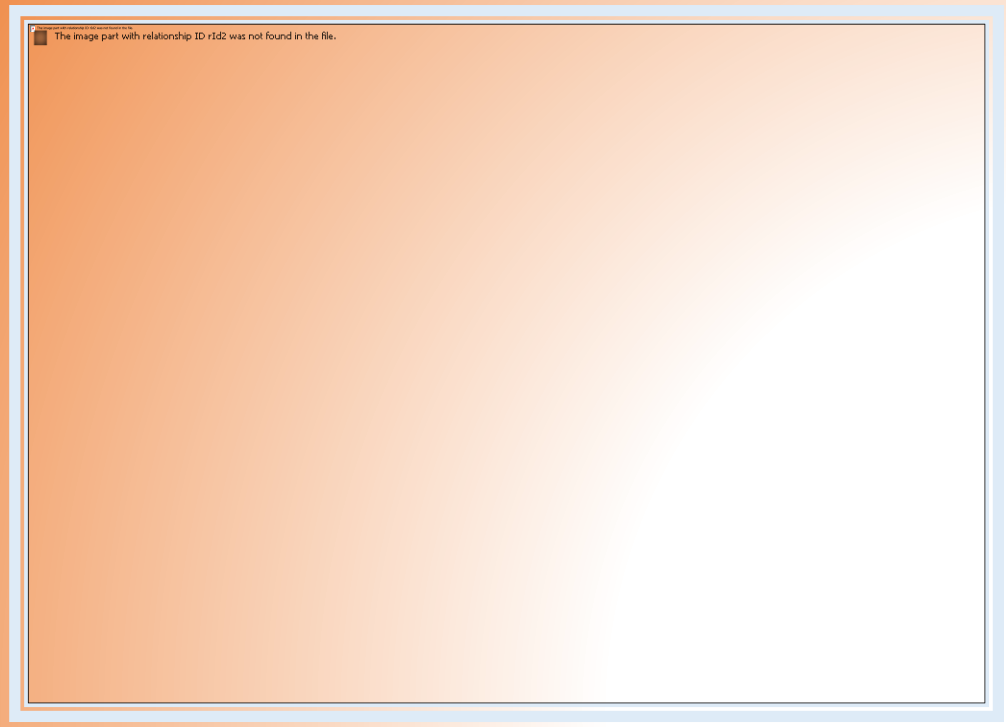
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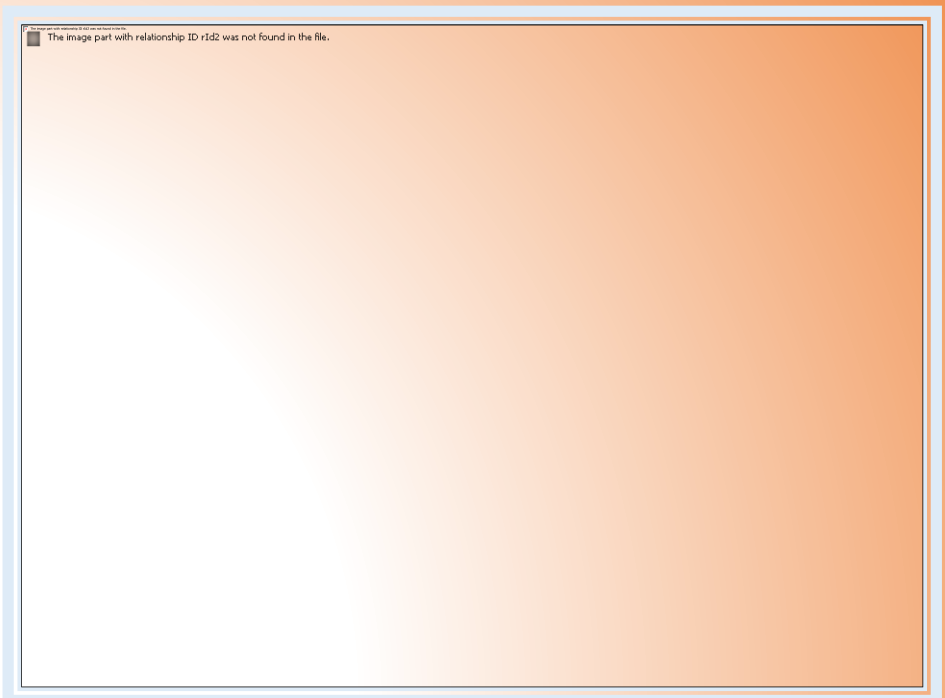
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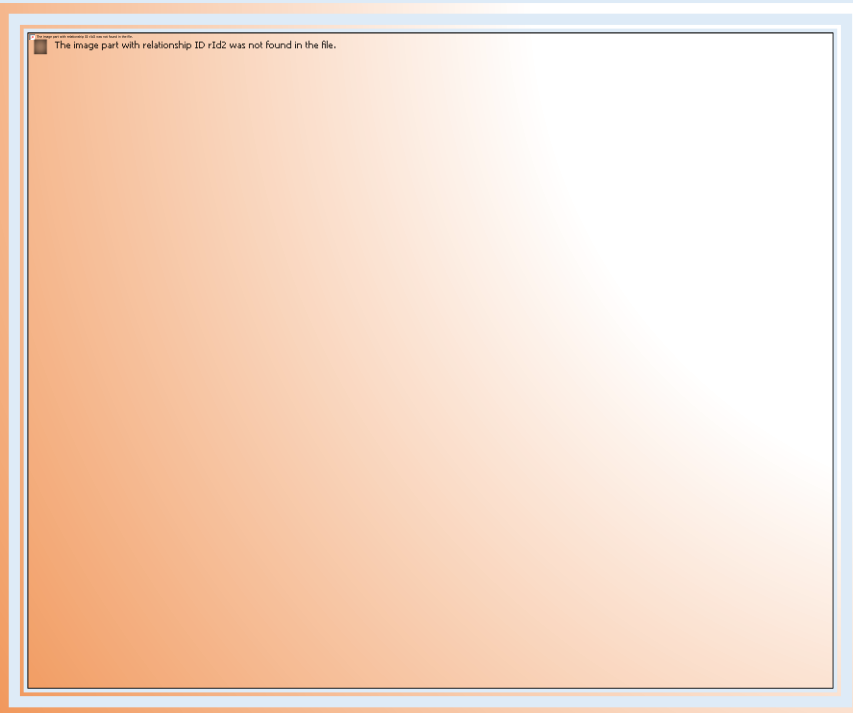
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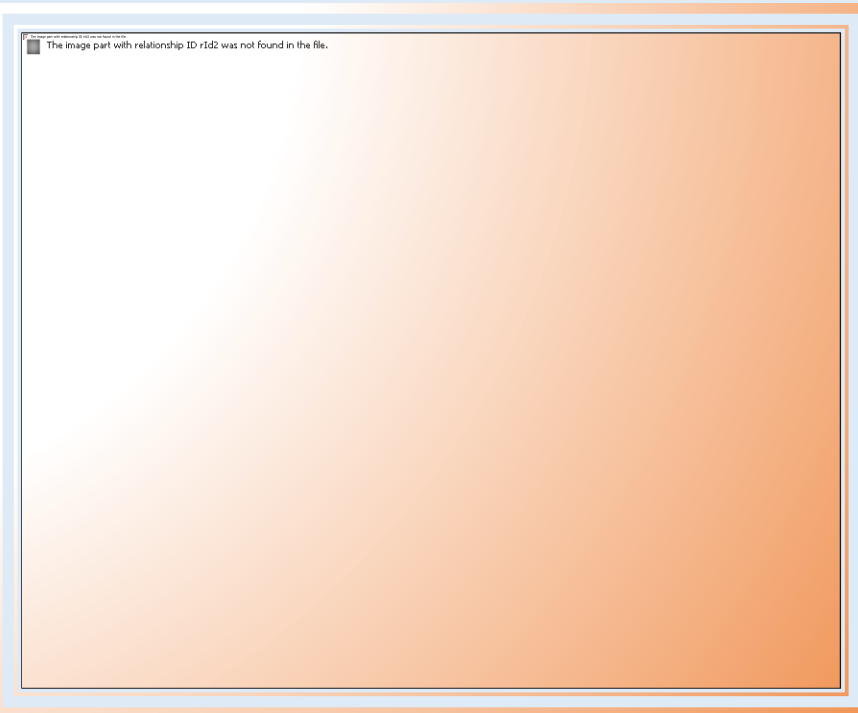
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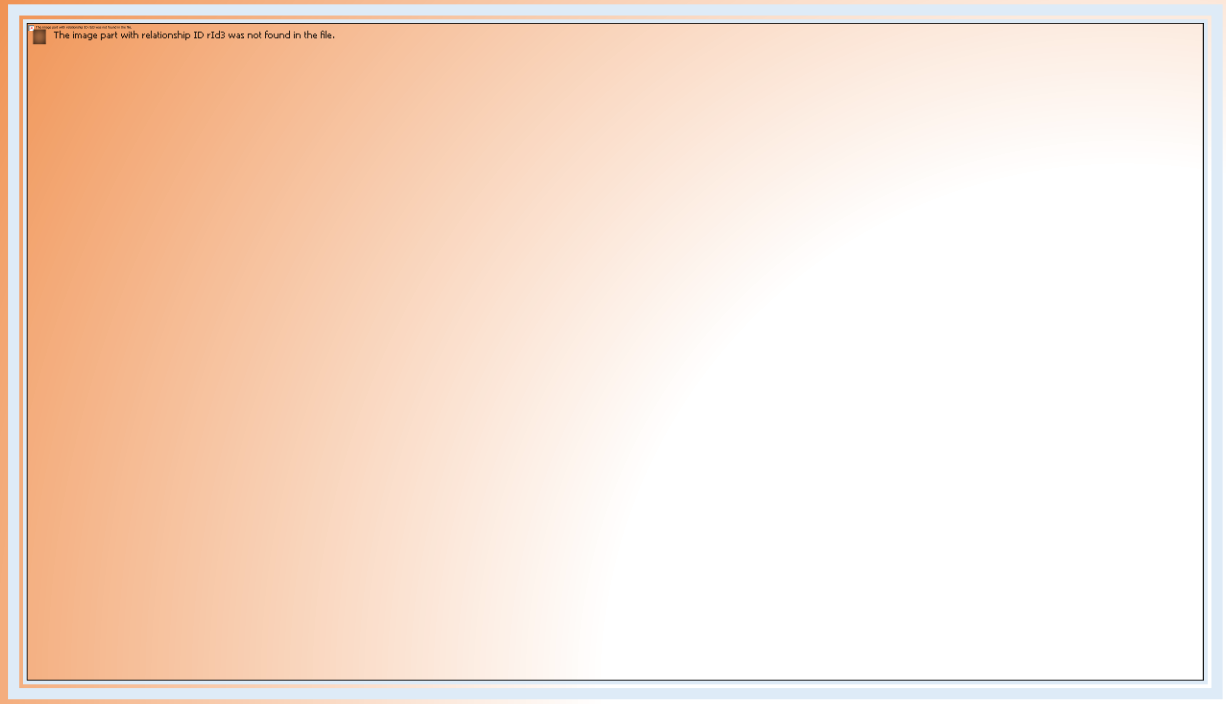
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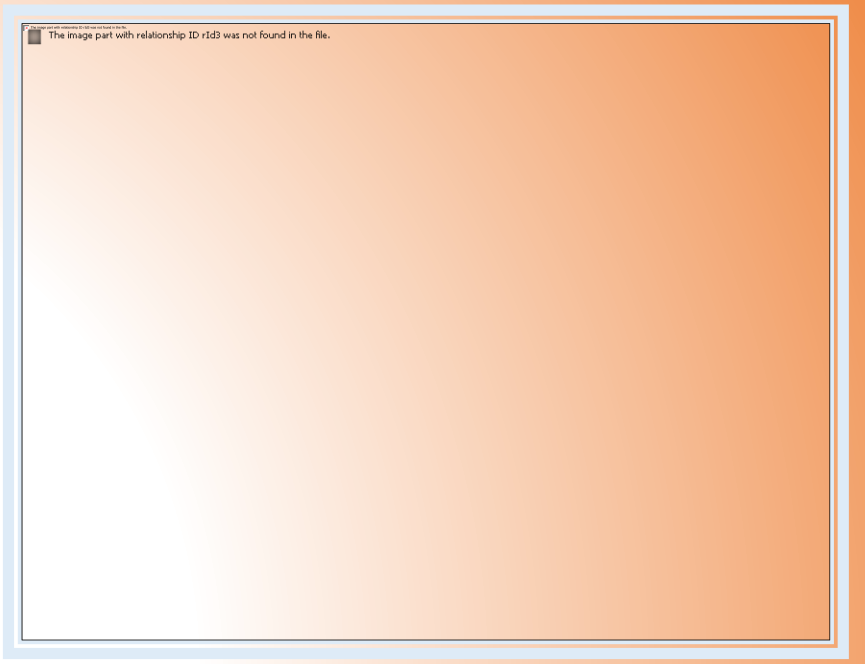
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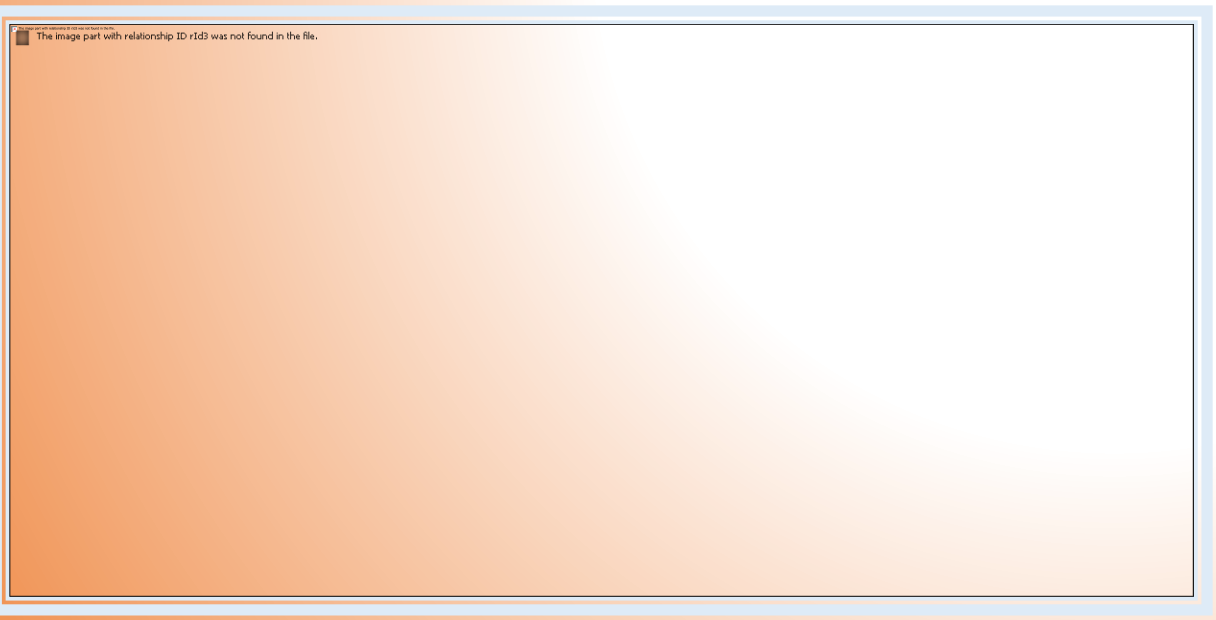
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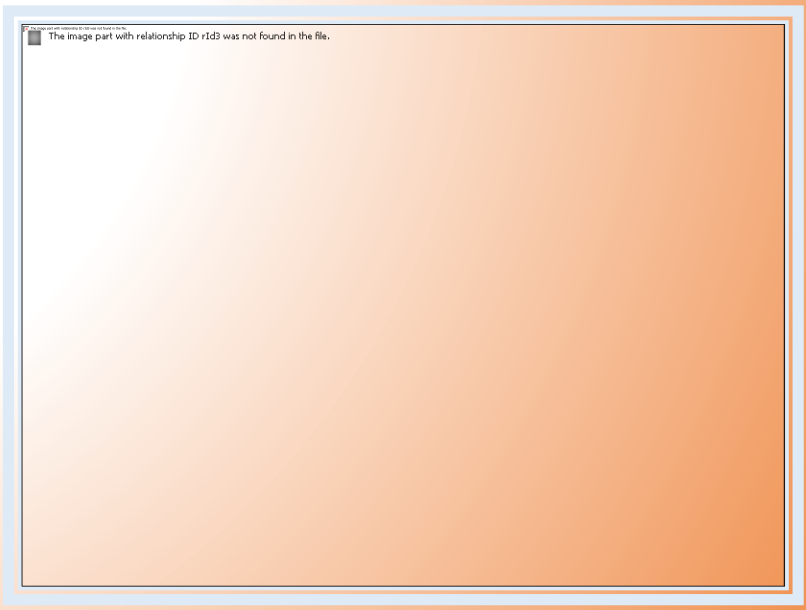
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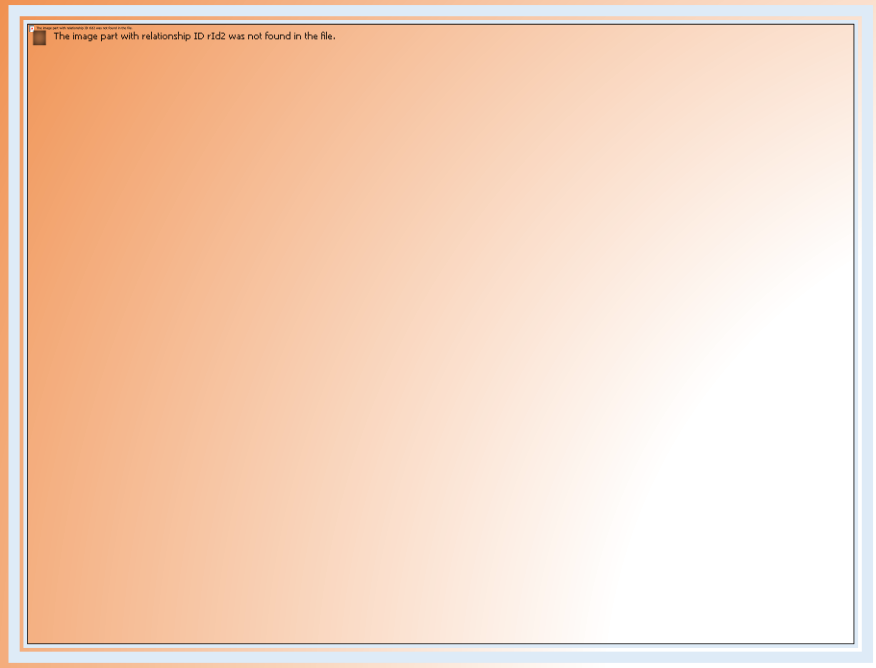
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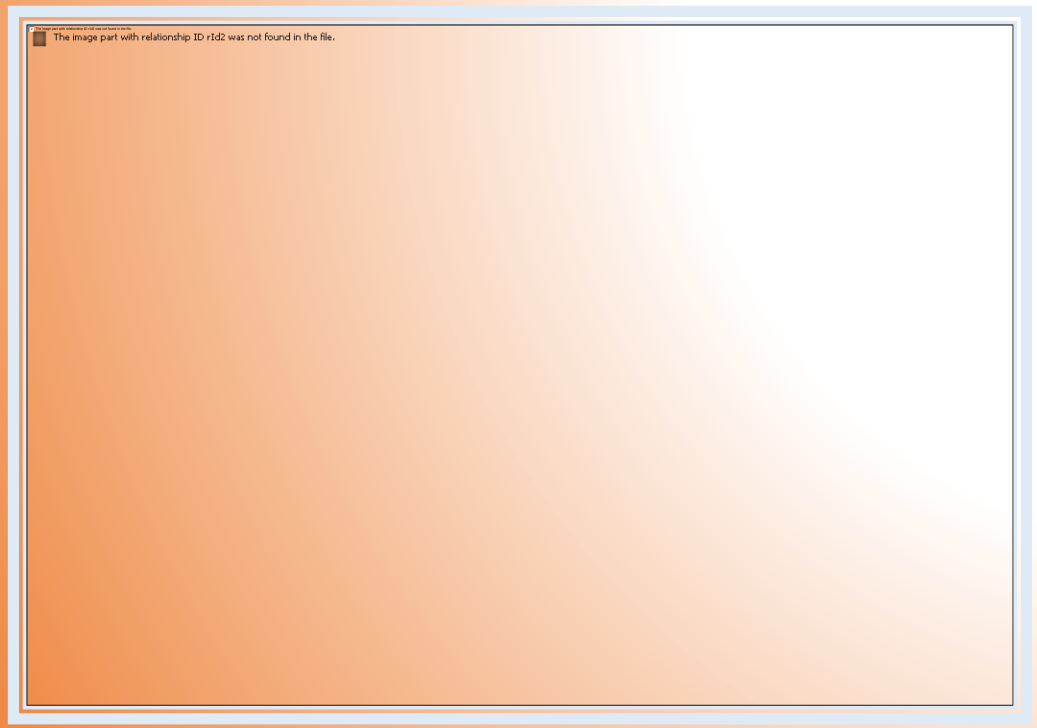
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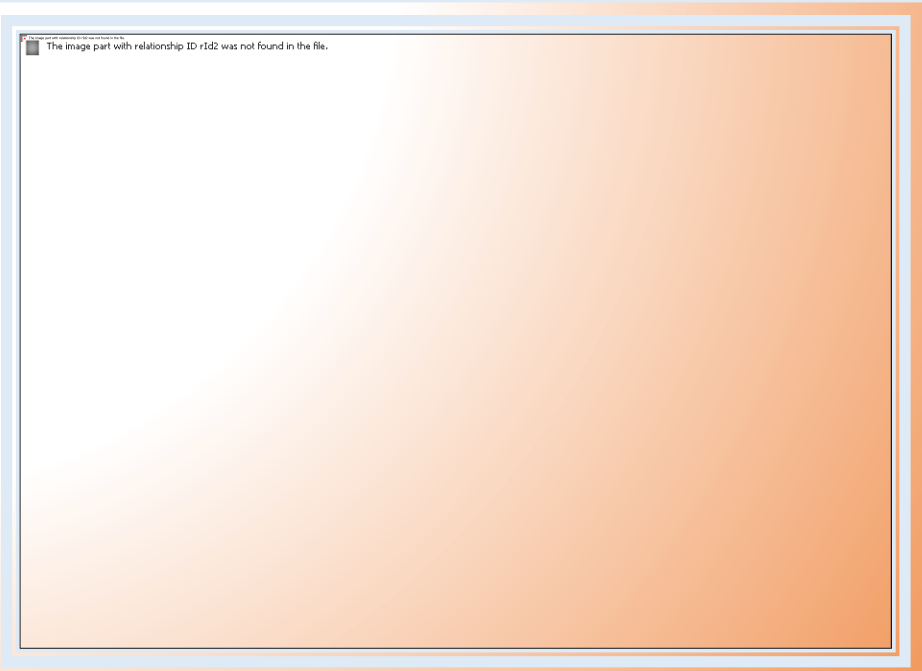
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Спасибо за внимание!