

EDUCATIONAL POLICIES TO IMPROVE A HEALTHY LIFE FROM EARLY CHILDHOOD

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Abstract

Genetic and environmental factors safeguard childhood. As school have come under pressure to increase reading and math knowledge, time for physical education and recess has declined. Many children share a confident play space, often spending more time waiting than moving. Policy makers are unaware that, paradoxically, time spent in school exercises may improve academic achievement. New generation will represent and guide our society in the coming years. The school is the main institution that should include physical education and sports for the children. In order to shape our national culture with the inclusion of physical education and sports, it becomes necessary to start from early childhood. New educational policies, reflected in the "Strategy of Pregraduated Education", draw attention for involvement of children in active life. Which is the site of intense physical activity in early childhood? The aim of study is to focus on the role the curriculum in the formation of multiple competencies, including motors skills. It has been used mixed scientific method; analyses and synthesis. The influence of environmental factors, adequate food regime, daily intense physical activity and pleasure from physical activity are used as measuring parameters in the study. Quantitative data collected through questionnaires from populations involved in the study were processed with statistical program SPSS version 20, which allows comparability of data. Sedentary life, as a result of the advancement of information technology, has replaced the intense activity, the lack of which in early childhood affects in a negative way in the functionality of the locomotor system. Those actors: students, teachers, family and the whole society, including the main factor, the intense activity, will help creating a whole culture focused on the health of children. Through practical learning, children will participate themselves in motor skills development which will impact not only the enhancement and the quality of life, but at the will help with the humanization and socialization process.

Keywords: *physical education, physical health, intensive activity, motor skills competence, quality of life*