

Early education and physical exercise

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Abstract

Lack of exercise, professional requirements, town pollution, all these combined, predispose the human body to a series of organic and psychological troubles which shatter the state of health and eventually lead to a decrease in the work capacity.

Thus, among the general objectives of a physical sport education programme can be mentioned: maintaining an optimal general state of health, and a harmonious development of the human body. In order to be put into practice, the physical education teacher has to possess thorough knowledge of physical development and physical growth in order to be able to use, in an efficient way, the didactic strategies and the specific didactic means.

Nowadays, we should pay more attention to early education. This concept refers to a pedagogical approach for children ranging from birth-6/7 years.

This article intends to be a plea for doing physical exercise, under all its practical forms, starting as early as the age of 3 until 6/7 years.

Keywords: early education, physical exercise, gymnastics, play.