INTRODUCTION

Undoubtedly, the problems of physical education of children are relevant and very large-scale because their solution affects the well-being of dozens of countries, affects the development of society and the state, and also contributes to an increase in the population and its reproduction. In this regard, the role of physical culture and sports is increasing to prevent diseases, improve the health of different age groups, prolong an active life, and form a comprehensively harmoniously developed person. Early physical development is very important for the formation of good health in children, but one cannot abstract from the lifestyle of parents who can pass on to their babies both good immunity and a tendency to certain diseases or, for example, congenital disabilities.

Modern medicine can cure many diseases in different age groups, but it will always be preferable to have good genes that provide a stable resistance of the child’s body to various kinds of infections. The formation of immunity at a nearly age is very important since it allows you to avoid infection with infectious diseases with a greater probability and minimizes possible negative consequences. Research in the field of the influence of physical culture on human development was carried out long before the emergence of the current problems in Russia. For example, Aristotle (340 BC) noted that there is a close relationship between physical and mental education, arguing that mood can affect the muscles of a person. At the same time, Aristotle emphasized that movement is life and physical education precedes mental (KUHN, 1982). A.P. Nechaev in his scientific works argued that without physical education one cannot speak of full human development (NECHAEV, 1927). V.A. Sukhomlinsky, reflected on the exceptional benefits of the effective organization of physical education classes precisely in the period of the child’s age, before the beginning of school education. (SUKHOMLINSKY, 1979).

It should be noted that at the present stage of development of social relations and the quality of physical education of children remain relevant due to their specificity, the level of state support, and the ability to influence the health of the nation. Depending on the social needs in Russia and abroad, various methods and methods of the formation of physical education of the population are used, which have a positive effect on the demographic level. Thus, it is necessary to determine the trends associated with the state and potential of physical culture and sports for children aged 3-5 years in Russian regions, considering individual needs, motives, as well as the degree of satisfaction with existing conditions.

MATERIALS AND METHODS

To conduct a detailed analysis of the influence of physical culture on the development of children in Russia and abroad, quantitative and qualitative research methods were used (structural-functional, systemic and empirical methods, content analysis of publications, research of respondents, analysis of open statistical sources, as well as methods of statistical assessment, comparative analysis and group focused interviewing, including the use of combined digital technologies, necessary for research within the framework of the high alert
regime introduced in the territory of the Russian Federation in connection with the threat of the spread of a new coronavirus infection (Covid-19)). For example, as part of a sociological study to determine the individual needs (motivation) of children, 1,325 parents from 85 constituent entities of the Russian Federation were interviewed in various economic and economic zones, in rural and urban settlements. The methods used together made it possible to identify the main methods of physical education of children aged 3 to 5 years, to determine the behavioral factors that affect their motivation, including the mechanisms of the formation of individual needs for specific sports and physical exercise systems. The research results obtained based on the methods used can be reflected in the Russian system of preschool education.

The analysis of the presence of the relationship between the variables was carried out by calculating the correlation between the sports activities of parents and their children. The Pearson χ² test was used (the calculated level of asymptomatic significance less than 0.05 indicates the presence of a connection with a probability of 95%), the contingency coefficients and the Cramer V-test (the calculated values vary in the range from 0 to 1, where 0 is no connection, 1 is a strong relationship), and directed measures of relationship were calculated for nominal variables λ (lambda) and T (tau) Goodman-Kruskal (the dependent variable is the variable where the calculated value varying from 0 to 1 is higher) to identify the dependent variable, the strength of influence one variable to another.

The article is based on the analysis of scientific works of Russian and foreign authors studying the issues of the influence of physical culture and sports on the development of children and the demographic level of the country. Monitoring of physical education in their works was carried out by Matveev L.P., Yungman I.V., Iokhvidov V.V., Popov A.P., and Frolova S.M. They noted that the good physical development of children can make it possible to solve the problems of moral, mental, aesthetic, and labor education. (MATVEEV, 2020; POPOV & FROLOVA, 2019; YUNGMAN et al., 2017).

Popov A.P. and Frolova S.M. in their study revealed the dependence of the growth and physical development of the child’s body (POPOV & FROLOVA, 2019). Donaldson M., Yungman I.V., and Iokhvidov V.V. in their studies emphasized that play activity used in the physical education of children allows achieving high results (DONALDSON, 1985; YUNGMAN et al., 2017; LIROLA et al., 2020).

The main goal of the study is to develop recommendations for improving the directions of development of physical culture and sports in children aged 3-5 years, taking into account the methods and approaches used in foreign countries.

RESULTS

The results of the study showed that the physical education of children in the modern world cannot be overestimated. According to the results of a sociological study in the Russian Federation, based on the results of a survey of parents of children aged 3-5 years, it was found that physical culture and sports have a positive effect on speech (65.4%), imagination (77.7%), attention (92.8%), memory (80.8%) and thinking (86.8%). The survey revealed that 27.5% of children aged 3-5 years do not interfere with attending sports, or the child plays sports enough. The main reason that prevents a child from starting to engage in physical education and sports or leading a more active lifestyle is the lack of free time for parents (31.8%), sports infrastructure near the house (15.2%), the child’s unwillingness to engage in (13.4%), lack of friends who are actively involved (11%), desired activities require too much money (10.6%), do not know where to start (9.4%) (KULYAMINA et al., 2020).

The study showed that 35.9% of parents indicated the satisfactory health of their children, moreover, it was noted that some of the children have disabilities. This indicates the need to form different target groups for sports for children of this age. Based on the obtained data, most parents believe that as many of the child’s peers to engage in physical education and sports as possible, it is necessary to consider modern needs, age specifics, increase free time and the number of sports schools, sections, circles, organized free classes. At the same time, many parents confirmed that their children are already engaged in physical development by the age of three or are positively disposed towards active activity and playing sports. In this regard, the development of sports infrastructure for this category of children has great potential.
Children are one of the most important groups of the population for the state, as they are of socio-demographic interest in the modern conditions of the development of society. This is a potential that can be realized in different spheres of life: family, professional and social development. Unfortunately, every year there is a deterioration in the general state of health of children in Russia, and if in 2009 the incidence of children aged 0-14 years by the main classes of diseases was more than 41.3 thousand people, then in 2019 this figure reached 44.7 thousand people.\(^1\) It should be remembered that the future of the country depends on the health of our children, however, each death can lead to expenditures of the state budget, which will subsequently entail significant economic damage. For example, a decrease in the number of labor resources may lead to an underproduction of GDP (RAZVARINA, 2018). So, according to Federal State Statistics Service, the natural population growth in the country in 2019 was 317,233 people. Many factors influence this, including poor ecology, low level of vital activity, use of electrical appliances (smartphones, TVs, computers, etc.), the workload in educational institutions and kindergarten, overwork, poor environment, and an elementary lack of walks on fresh air. The active spread of digital technologies has radically changed the life of modern society, moreover, mobile devices are increasingly becoming available for children. In Russia, 42% of children 3-6 years old have their smartphone or tablet (KIRTON et al., 2018; KOLESNIKOVA, 2020).

The negative dynamics of the above indicators in the Russian Federation do not inspire optimism, however, some facts based on the results of a sociological survey on the topic of motivation to engage in physical culture and sports allow for a completely favorable development of events. In the course of the study, several fundamental factors were identified that affect the motivation of parents to attract children to sports. In addition, the reasons for the refusal to involve children in physical activity and the motives for engaging in activities were established. Since the parents of children are in active working age, the main sports activities for children aged 3-5 are reduced to activity during their stay in kindergartens. Unfortunately, often kindergartens do not have a sufficiently developed sports infrastructure or are not equipped at all for physical education with children in this age group, so their activity is reduced only to morning exercises, simple exercises for coordination of movements and stretching, outdoor games, and physical education minutes. Thanks to a sociological survey conducted in 2020 among parents of children aged from 3 to 5 years, several important facts were established. It was determined that 50% of parents noted that if the restraining reasons independent of parents and children were eliminated, in the next year their child would rather start physical education and sports. Also, according to the results of the survey, it was revealed that the main reasons for the refusal of children of 3-5 years old from physical education and sports are based on the position of their parents that it is too early for their children to engage, as well as due to the lack of desire of the child himself. Moreover, the reasons for refusal were the lack of time, suitable sections, and adequate health (Figure 1).

**Figure 1.** Distribution of the answers of the respondents of parents of children from 3 to 5 years old to the question: “Why does your child not go in for physical culture and sports?“.

![Figure 1](https://rosstat.gov.ru/folder/13721)

Source: Search data.

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\(^1\) Morbidity in children aged 0-14 years by the main classes of diseases. Federal State Statistics Service. Retrieved from https://rosstat.gov.ru/folder/13721.
Let's consider the main motives that induce physical culture and sports (Figure 2).

**Figure 2.** Distribution of the answers of the respondents of parents of children from 3 to 5 years old to the question: "How are physical culture and sports in your family supported and stimulated?".

![Chart showing distribution of motives](chart.png)

**Source:** Search data.

The survey materials revealed that most of the respondents stimulate their children to physical culture through joint sports activities. Many parents give gifts to their children, stimulate them morally, encouraging and support them, and also agitate them by showing a personal example and encouraging them financially. According to the survey, it was also found that some parents make decisions about the physical education of their children exclusively on a commercial basis, determining the choice of paid sections primarily by the lack of suitable free classes (40.5%). At the same time, parents positively assess the individual approach and good conditions for conducting classes, which, respectively, make up 34.3% and 36.4% of the total number of respondents. The curriculum and the availability of additional services are also important factors that parents of children aged 3 to 5 pay attention to.

According to the survey results, it was revealed that not all kindergartens have outdoor sports grounds on their territory, some kindergartens are not even equipped with an indoor hall for physical education and outdoor games. Moreover, the survey showed that the availability of sports facilities where a child could engage in physical culture and sports decreased compared to 2019. For the most part, children are engaged in physical culture and sports weekly within the framework of compulsory classes for no more than 1.5 hours, and also add or for a fee - no more than 2 hours. At the same time, children in this age group perceive physical education mainly as a kind of entertainment with elements of exercises, they are generally motivated to manifest physical activity, especially given the variety of forms of its implementation and objects where classes are directly held. Based on the survey materials, it can be concluded that the majority of children aged 3 to 5 years are engaged in physical culture in kindergarten (56.7%).

It should be noted that in Russia attention is paid to the physical education of children, due to which, in the classroom in a playful way and through special exercises, children learn primary knowledge about the motor skills of movements, the structure and capabilities of their body and its components, the functions of the systems of internal organs. Undoubtedly, such events determine the persistent idea of children about the benefits of physical education, introduce them to a healthy lifestyle.

Many parents of children between the ages of 3 and 5 do not doubt that sport or physical activity are necessary for children. The basic needs that are met through children’s physical activity are the general physical development of the child and the strengthening of his health. Parents believe that sports and physical activity form the muscles and skeleton of the child, contribute to the development of motor skills and coordination, and develop his nervous system. Parents expect that sports activity, playing a specific sport will have a positive effect on the child’s cognitive skills, and develop his brain. The need for physical education and a specific sport is due to the confidence of parents that physical activity gives their children certain
advantages. From the parents’ point of view, practicing specific sports allows children to acquire the necessary life skills.

Moreover, when determining the statistical relationship, it was revealed that among the parents involved in physical culture and sports, children are more involved in active sports life (the significance of the Pearson χ² criterion for the analyzed variables at level 0) at the average level (the value of the coefficient of conjugation and V- Cramer criterion at the 0.3 level). Based on the calculation of the coefficients λ and Т of Goodman-Kruskal, we can say that those children whose parents also played sports at an early age or are involved in sports now go in for physical culture and sports. This necessitates the involvement of parents of children aged 3 to 5 years in an active lifestyle.

According to the results of a survey in 2020, most parents were forced to send their children to paid sports schools, which is primarily due to the lack of premises for physical education in preschool educational organizations, as well as separate playgrounds. When analyzing the adequacy of the sports infrastructure for the age group from 3 to 5 years, it was found that 60% of parents spoke about the lack of sports grounds with exercise equipment and sports grounds with horizontal bars. More than 25% of respondents spoke about the lack of a pool, stadium, bike, and jogging paths. Given the dependence of the nation’s health on the effectiveness of physical education of children aged 3 to 5 years, it is necessary to further develop the sports infrastructure in the courtyards of residential buildings, kindergartens, and other preschool educational organizations, which will generally have a positive effect on the demographic situation in Russia.

**DISCUSSION**

Today the state sets tasks related to solving the problems of population decline and its reproduction. The Federal State Budgetary Healthcare Institution Center for Hygienic Education of the Population of Rospotrebnadzor noted that it is extremely important to develop the protective functions of the body through physical activity, which has a positive effect on strengthening and forming immunity, and the earlier physical development begins, the greater the benefits for human health. Meanwhile, at present, among the citizens of Russia who are engaged in physical culture and sports, the urban population predominates, mainly children. However, over the past few years, there has been a deterioration in the general health of children in Russia. As a result, the role of physical culture and sports is actualized to prevent diseases, improve the health of people of different age groups, prolong an active life, and form a comprehensively harmoniously developed person. This is noted in the draft Strategy for the Development of Physical Culture and Sports in the Russian Federation until 2030.

Following the Russian state program "Development of Physical Culture and Sports", most sports schools admit children over the age of six to the budget sections, and many kindergartens in the country do not have a gym, playground, or swimming pool. Thus, it is difficult to judge the mass development of sports, since the considered category of children remains uncovered, which emphasizes the objective need to identify the main trends in the state and potential of physical culture and sports for children aged 3-5 years.

The main form of education for a child to acquire skills in body control is physical education, considering gender and age characteristics. For example, for 3 years, the child continues to improve the skills of movements, which are recommended to be consolidated playfully. Physical culture from an early age is aimed at all-around development, allows you to understand the features of the body’s motor activity, improve the motor skills of body parts, psychophysical and biological processes. On the contrary, a child's physically undeveloped body is more likely to be fatigued and ill, which in turn can lead to mental, physical, and emotional disorders in the activity of a young organism. To minimize the negative consequences for the body associated with the improper physical education of the child, it is necessary to teach him how to handle his body correctly from childhood, which in the future will allow him to develop harmoniously. (LIROLA et al., 2020; SOTELINO, 2019).

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2 The impact of sports on the health of children and adolescents. FGBUZ “Center for Hygienic Education of the Population of Rospotrebnadzor”. Retrieved from [http://cgon.rispotrebnadzor.ru/content/62/811/](http://cgon.rispotrebnadzor.ru/content/62/811/)
The issues of promoting a healthy lifestyle are of concern to both specialists and the population as a whole, which is confirmed by the totality of studies carried out in various scientific fields (BRONNIKOVA et al., 2020). It should be emphasized that the features of physical education of children aged 3-5 years are associated with their natural development. Such upbringing is based on the dynamics of their age characteristics, including height, body weight, development of muscles and motor functions, flexibility, as well as training of the sense organs. At preschool age, special attention should be paid to the processes of the child’s mental development to prevent the deterioration of the dynamics in the cognitive sphere of the baby, not to harm the correct formation of the volitional and psycho-emotional components of his personality. At this stage, it is very important not to miss socialization when the baby gets used to living among other peers and adults. In the first years of a child’s life, physical education mainly helps to develop him multifaceted, comprehensively, because it is during childhood that health is formed, personality traits and character are laid. The number of tasks performed for a certain time and the success of their completion mostly lies in the state of the child’s physical development, because his body can quite sharply react even to minor fluctuations in environmental conditions, so at an early age, immunity is just beginning to form and many life-supporting systems have not yet strengthened. Moreover, in children aged 3-5 years, in contrast to adults, there are closer connections between mental, somatic, and reflex processes (LIROLA et al., 2020).

The problems of physical education of children affect all states. The leadership of any country will not remain indifferent in addressing the issues of children’s physical development, realizing the responsibility for future generations, and understanding that the guarantee of adult health lies in the health of children. Therefore, world economic research addresses the issues of the physical development of children, which is an integral part of the educational systems of various countries. For example, in Australia, the United Kingdom, Germany, China, the United States, and Japan, the benefits of regular physical activity, which are instilled from an early age, are noted (MILOVANTSEVA et al., 2018; KIRTON et al., 2018).

A sedentary lifestyle has become the norm for most children. For example, about 30% of children in Australia do not use physical activity, in most cases, this is due to an excessive passion for computer games, the use of the Internet, and television. In the United States, 66% of children aged 3-4 years spend about three hours a day on hobbies with mobile technologies, and by the age of 5, this time only increases and reaches 4.5 hours. More than 85% of children are estimated to be overweight or at risk of being overweight, contributing to a 40% increased risk of obesity by age 25. Moreover, it was found that 60-90% of overweight children (5-10 years old) have at least one of the biochemical or clinical risk factors (Makeeva, 2019).

Physical culture in Germany has not only government support but is also instilled from generation to generation. In nurseries and kindergartens, compulsory walks are organized for children, and with children from 3 to 6 years old, teachers are engaged in the development of physical, spiritual, emotional, and social competence. In addition, older people always try to find time for sports, demonstrating to the younger generation a love for a healthy lifestyle and emphasizing its importance (ZHOLEBOVA & ANDRENKO, 2019; KIRTON et al., 2018).

The government of the People’s Republic of China has identified several important aspects of the physical education of preschool children. In kindergartens, as a rule, every morning the state of health of children is assessed and classes are held on their physical development. Classes are organized in such a way that preschool children develop the right attitude to exercise. In China, it is believed that it is the preschool period that is one of the most responsible in the development of life, the formation of cultural skills and physical health, ensuring the further physical development of a person, strengthening and maintaining health in the future (ZOLOTOVA & CHAICHENKO, 2017).

The U.S. Department of Health and Human Services (HHS) released the Physical Activity Guidelines (PAG) for Americans in 2018, with physical activity guidelines for people three years of age and older. This document included recommendations for the youngest group, ages 3 to 5, for the first time, and reviewed the evidence supporting a range of recently established benefits of physical activity for different populations (JEFFREY, 2018).
According to the official data of the Ministry of Education, Culture and Sports in Japan, people’s health is part of the national idea, therefore, great attention is paid to the physical education of the younger generation. It is customary to send children to kindergarten from about 3 years old. The most popular tool for the physical education of babies in Japan is martial arts, designed to develop a person both physically and mentally, to foster a sense of duty and personal dignity.

With a view to the prospective development of physical culture among children aged 3 to 5 years, it is necessary to organize the construction of new kindergartens and the re-equipment of existing preschool educational organizations, taking into account the possibility of conducting classes in swimming pools, indoor halls for team sports, on outdoor sports grounds and others, sports infrastructure facilities, equipping them following modern safety requirements to meet the varied needs of children in specific motor exercises. Thanks to such measures, physical education will go beyond the usual playing sports that are popular for teaching preschool children, which will further motivate children to achieve high results.

Also, according to the results of the analysis of the organization of physical education of children in foreign countries, it is noted that involvement in an active lifestyle helps to form a positive attitude towards life, develop skills in the physical, cognitive, emotional, and social areas of life. In addition, high-quality physical training of a child should be carried out by qualified teachers who can apply modern methods of physical culture and health-improving activity in practice. Such teachers should be able to organize a variety of activities in a playful way, stimulate children’s interest in physical education and gymnastics, engage them and focus on the desire to be healthy, joyful, active, and decisive, complete from the standpoint of mental and emotional components.

In modern society, any person, regardless of age group, for physical education must overcome some obstacles related to personal circumstances, financial investments in organizing classes (buying special equipment and a subscription to a fitness room, renting a room, personal trainer services, etc.), allocating time for systematic visits to sports events, and also a person must be physically developed, purposeful and organized (FEDINA & FILIPPOVA, 2019). In addition, the physical development of children aged 3 to 5 years should be approached systematically, using the educational complex of physical education programs, which is developed taking into account the needs of the child under his age, provides for the organization of sports and entertainment events and compliance with sanitary and hygienic standards (YUNGMAN et al., 2017). It should also be noted that the child’s environment largely determines his attitude to physical education. As noted earlier, children are extremely susceptible to the behavior of their parents, whom it is advisable to involve in the pedagogical process affecting physical education.

CONCLUSION
Having analyzed the organization of physical education of children in Russia and abroad, it can be argued that the time volume of teaching hours spent on the physical development of children from 3 to 5 years old practically coincides and reaches 4 hours a week. When analyzing state programs of physical development in different countries were noted significant differences. And if the state policy in the field of physical development of citizens in China is aimed at training healthy people capable of high labor productivity and active life, then in Russia an emphasis is placed on the health of the nation and an increase in population growth. Whereas in Japan the physical education system has its effectiveness and works exclusively in the country of the rising sun, where a certain structure has evolved for centuries, and many of its methods are difficult and even impossible to use in countries with European culture.

The study emphasized the need for systematic work on the organization of physical education among children aged 3 to 5 years because of the relationship between their refusal to exercise and gaining excess weight. The analysis of children’s physical activity allowed us to come to an important conclusion that parents mainly have a direct impact on the physical education of their children, show them by personal example the exceptional benefits of various exercises that can harmoniously develop a child and have a positive effect on his health.

To solve the problem of attracting children to a healthy lifestyle, it seems appropriate to use an integrated approach, including the comprehensive development of sports infrastructure and the promotion of physical culture and a healthy lifestyle. Russian and foreign scientific studies concerning the study of the issues of the influence of physical culture and sports on the...
development and health of children, emphasize the relevance of this problem. In this regard, it is necessary to take into account the key role of parents in the physical education of children, to organize campaign events aimed at involving the population in physical education and sports. In addition, the construction and re-equipment of preschool educational organizations, their equipment with sports infrastructure facilities will contribute to the creation of favorable conditions for physical education, since at present there is a shortage of specialized kindergartens and institutions for children aged 3 to 5, operating on a budgetary basis. Due to the dependence of a person's health on physical education, received from an early age, it should be noted that it is necessary to take comprehensive measures aimed at expanding the availability of sports infrastructure facilities, the formation of the need for physical education, and sports in the consciousness of society, the motivation of children to active physical development.

The proposed activities are based on the results of the study and the analysis of Russian and foreign trends in the field of physical education of children. They can have a positive impact on the demographic situation in the Russian Federation.

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Physical education of children aged 3 to 5 years as the main demographic factor

Educación física de niños de 3 a 5 años como principal factor demográfico

La educación física de los niños de 3 a 5 años como principal factor demográfico

Resumo
O artigo apresenta os resultados de uma pesquisa sociológica de pais de crianças de 3 a 5 anos nas regiões da Federação Russa para determinar necessidades individuais (motivação) em condições de cultura física e esportes. Um estudo detalhado da questão da educação física de crianças de 3 a 5 anos possibilitou determinar seu impacto na situação demográfica, bem como destacar os principais problemas de envolver crianças em atividades relacionadas ao desenvolvimento físico e esporte. Foi determinado que a educação física de crianças na Rússia de 3 a 5 anos é aconselhável ser realizada sistematicamente, utilizando um complexo de programas que leve em conta as necessidades da criança com menos de sua idade, proporcionando a organização de eventos esportivos e de entretenimento e o cumprimento das normas sanitárias e higiénicas.

Palavras-chave: Educação Física. Desenvolvimento infantil. Educação infantil. Desenvolvimento físico de crianças.

Abstract
The article presents the results of a sociological survey of parents of children aged 3-5 years in the regions of the Russian Federation to determine individual needs (motivation) in conditions for physical culture and sports. A detailed study of the issue of physical education of children aged 3 to 5 years made it possible to determine its impact on the demographic situation, as well as to highlight the main problems of involving children in activities related to physical development and to establish the main reasons that impede physical education and sports. It has been determined that physical education of children in Russia aged 3-5 years is advisable to be carried out systematically, using a complex of programs that take into account the needs of the child under his age, providing for the organization of sports and entertainment events and compliance with sanitary and hygienic standards.

Keywords: Physical education. Children’s development. Children’s education. Physical development of children.

Resumen
El artículo presenta los resultados de una encuesta sociológica de padres de niños de 3 a 5 años en las regiones de la Federación de Rusia para determinar las necesidades individuales (motivación) en las condiciones de la cultura física y los deportes. Un estudio detallado de la cuestión de la educación física de los niños de 3 a 5 años de edad ha permitido determinar su impacto en la situación demográfica, así como poner de relieve los principales problemas de la participación de los niños en actividades relacionadas con el desarrollo físico y establecer las principales razones que impiden la educación física y el deporte. Se ha determinado que la educación física de los niños en Rusia de edad 3-5 años es aconsejable que se lleve a cabo sistemáticamente, utilizando un complejo de programas que tiene en cuenta las necesidades del niño menor de su edad, proporcionando para la organización de eventos deportivos y de entretenimiento y el cumplimiento de las normas sanitarias e higiénicas.

Palabras clave: Educación Física. Desarrollo infantil. Educación de los niños. Desarrollo físico de los niños.