

Α :

μ μ

&

[ μ μ μ μ μ ( . . . ) ]

μ μ / ... μ

μ

/μ ! ,

μμ μ μ !



μ

( μ )

( μ μ μ μ )

➤ ( . . .

« μ »)

μ μ μ μ μ μ μ μ μ μ

μ μ / μ μ .



( : [https://www.istorikathemata.com/2011/11/blog-post\\_21.html](https://www.istorikathemata.com/2011/11/blog-post_21.html), 21.04.2020)

**μ !**

➤ μ μ —

- μ μ μ 3-5 \* μ μ 60

μ μ 10-15

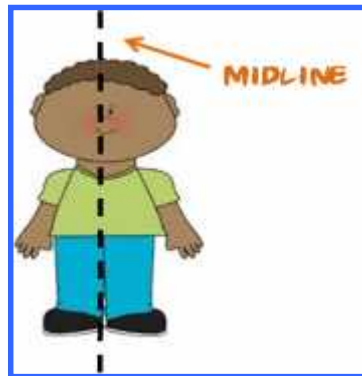
\* NASPE, Handbook of Research on the Education of Young Children, 2019

- μ ( .1) μ .

- μ ( .2) ( . . μ , μ μ ) ,



( .1)



( .2)

( : <https://www.elpasobackclinic.com/core-posture-stabilization-scientific-approach-part-ii/> , 6/11/2017 & <http://brainytech.blogspot.gr/2013/03/teaching-ideas-to-activate-both-brain.html> , 01/11/2017)

- μ ( , . . μ , )
- μ ( . . — — , )

μ :

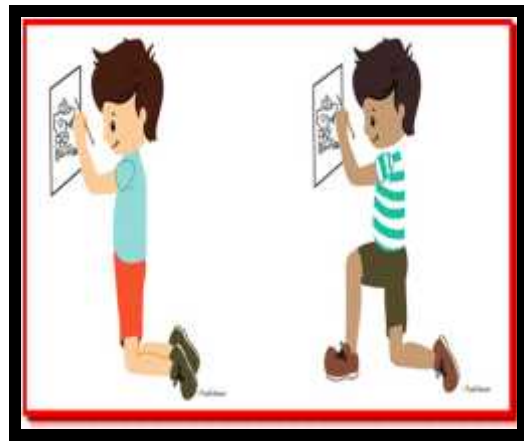
. μ μ μ μ  
) μ ( . . μ , μ μ ,  
.  
μ μ \*  
.  
μ μ

---



/ )  
• μ μ  
•  
• ( μ , μ . . )

μ - μ μ



(μ ...)

• μ μ  
( μ μ ) μ  
• μ μ μ μ  
( . . μ μ )  
• μ μ μ μ ( .  
.2)  
• ( . . μ  
, )  
• ( μ μ  
) μ μ  
• μ μ - (

(μ ...)  
μ μ ,  
:  
• -  
• μ μ

( )



(μ ...)

μ - μ



(μ ...)

...

( μ μ « 2 μ  
2 μ μ

...).

( μ )



( μ : μ

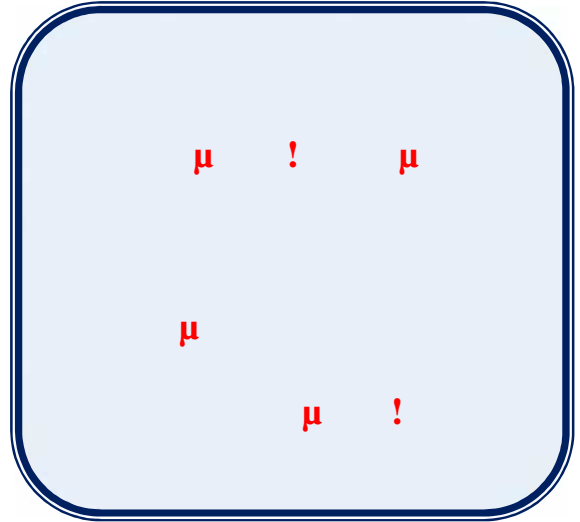
( μ ...)

μ μ μ

μ μ μ



μ



(μ ...)

μ ) - squat ( μ  
 - μ  
 μ

\* :  
<https://www.toolstogrowot.com/blog/2016/01/11/primitive-motor-reflexes-their-impact-on-a-childs-function> ( -  
 μ : μ -  
 , -  
 , μ μ  
 2020) ,