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| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | Подготовка  к полднику, полдник | 15.30–15.50 | 20 | |  | 10 | | | 5 |  | | | 5 | | НОД -2  Игры | 15.50–16.00  16.00-16.30 | 10  30 | 10 | | | 20 | 10 | | |  |  | |  | | Подготовка  к прогулке, прогулка, уход домой | 16.30–17.30 | 60 |  | | | 20 | 30 | | |  | 10 | |  | | Всего, ч |  | 600 | 30 | | | 180 | 165 | | | 15 | 210 | |  | | Всего, % |  | 100 % | 5% | | | 30% | 27.5% | | | 2.5% | 35% | |   **Режим дня для детей 3–5 лет**   | **Режимные моменты** | Время | Всего минут | | НОД | | ОД в режимных моментах | | | | Самостоятельная деятельность | | | Взамо-действие с семьей | | | | При-смотр и уход | | | | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | Прием детей, игры | 7.30–8.10 | 40 | |  | | 10 | | | | 15 | | | 15 | | | |  | | | | | Утренняя  гимнастика | 8.10–8.20 | 10 | |  | | 5 | | | | 5 | | |  | | | |  | | | | | Подготовка  к завтраку, завтрак | 8.20–8.45 | 25 | |  | | 5 | | | | 10 | | |  | | | | 10 | | | | | Игры | 8.45–9.00 | 15 | |  | | 10 | | | | 5 | | |  | | | |  | | | | | НОД (с под-группой) | 9.00–10.20 | 80 | | 30 | | 30 | | | | 20 | | |  | | | |  | | | | | Игры | 10.20–10.30 | 10 | |  | | 5 | | | | 5 | | |  | | | |  | | | | | Второй  завтрак | 10.30–10.40 | 10 | |  | | 5 | | | | 5 | | |  | | | |  | | | | | Подготовка  к прогулке, прогулка | 10.40–11.50 | 70 | |  | | 20 | | | | 30 | | |  | | | | 20 | | | | | Возвращение с прогулки, игры | 11.50–12.00 | 10 | |  | | 5 | | | | 5 | | |  | | | |  | | | | | Подготовка  к обеду, обед | 12.00–12.30 | 30 | |  | | 10 | | | | 10 | | |  | | | | 10 | | | | | Подготовка ко сну, сон | 12.30–15.00 | 150 | |  | | – | | | | – | | |  | | | | 150 | | | | | Подъем, гимнастика после сна | 15.00–15.10 | 10 | |  | | 5 | | | | 5 | | |  | | | |  | | | | | Игры, трудовая деятельность | 15.10–15.30 | 20 | |  | | 10 | | | | 5 | | |  | | | | 5 | | | | | Подготовка  к усиленному полднику, усиленный полдник | 15.30–15.50 | 20 | |  | | 10 | | | | 10 | | |  | | | |  | | | | | Игры | 15.50–16.20 | 30 |  | | | | 20 | | 10 | | | | |  | | | |  | | |  | | Подготовка  к прогулке, прогулка, уход домой | 16.20–17.00 | 40 |  | | | | 10 | | 20 | | | | |  | | | | 10 | | |  | | Всего, ч |  | 570 | 30 | | | | 160 | | 160 | | | | | 15 | | | | 205 | | |  | | Всего, % |  | 100 % | 4,1 | | | | 24,3 | | 28,4 | | | | | 7,6 | | | | 32,6 | | | |  |  |  | |  |  | |  |  | | |  |  | | |  |  | | |  |  | | |  |   **Режим дня для детей 5–8лет**   | **Режимные моменты** | Время | Всего минут | НОД | ОД в режимных моментах | Самостоятельная деятельность | Взамо-действие с семьей | При-смотр и уход | | --- | --- | --- | --- | --- | --- | --- | --- | | Прием детей, игры | 7.30–8.20 | 50 |  | 25 | 20 | 5 |  | | Утренняя  гимнастика | 8.20–8.30 | 10 |  | 10 |  |  |  | | Подготовка  к завтраку, завтрак | 8.30–8.50 | 20 |  | 5 | 10 |  | 5 | | Игры | 8.50–9.00 | 10 |  | 5 | 5 |  |  | | НОД | 9.00–9.30  940-10.10  10.20-10.50 | 110 | 90 | 10 | 10 |  |  | | Второй  завтрак | 10.50–10.55 | 5 |  | – | 5 |  |  | | Подготовка  к прогулке, прогулка | 10. 55–12.30 | 95 |  | 30 | 45 |  | 20 | | Возвращение с прогулки, | 12.30–12.40 | 10 |  | 5 | 5 |  |  | | Подготовка  к обеду, обед | 12.40–13.05 | 25 |  | 5 | 15 |  | 5 | | .Водные процедуры, профилактика плоскостопия. | 13.05-13.10 | 5 |  |  |  | 5 |  | | Подготовка  ко сну, сон | 13.10–15.00 | 110 |  | – | – |  | 110 | | Подъем, гимнастика после сна. Игры | 15.00–15.25 | 25 |  | 15 | 10 |  |  | | Подготовка к полднику. Полдник | 15.25 – 15.40 | 15 |  | 5 | 10 |  |  | | Игры, трудовая деятельность. Чтение художественной литературы | 15.40–16.30 | 50 |  | 20 | 30 |  |  | | Подготовка к прогулке. Прогулка.  Игры. Наблюдения  Уход детей домой. | 16.30 –  17.30 | 60 |  | 20 | 30 | 10 |  | | Всего в минутах |  | 600 | 90 | 150 | 200 | 15 | 145 | | Всего в % |  | 100% | 15% | 25% | 33.3% | 2.5% | 24.2% | |