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| --- | --- | --- | --- | --- | --- | --- | --- |
| Подготовка к полднику, полдник | 15.30–15.50 | 20 |   | 10 | 5 |   | 5  |
|  НОД -2Игры | 15.50–16.0016.00-16.30 | 1030 |  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**

| **Режимныемоменты** | Время | Всего минут | НОД | ОД в режимных моментах | Самостоятельная деятельность | Взамо-действие с семьей | При-смотри 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**

| **Режимныемоменты** | Время | Всего минут | НОД | ОД в режимных моментах | Самостоятельная деятельность | Взамо-действие с семьей | При-смотри 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  | 9.00–9.30940-10.1010.20-10.50 | 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. НаблюденияУход 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% |

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