



# Actividad Física y desarrollo de funciones cognitivas de niños y niñas de 4 a 5 años: revisión sistemática [

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text (article)

Analítica

**Aim:** To analyze the contributions of physical activity in the development of cognitive functions in children aged 4 to 5 years. **Methods:** We developed a systematic review under PRISMA guidelines, of twenty-four articles found in PubMed, Redalyc, ResearchGate and Google Academy. **Results:** The practice of physical activity has beneficial effects on: EF and higher cognitive; language, thinking and early literacy. Attention and concentration are favored. At the neurophysiological level, increase of specific areas of the brain, neurogenesis, gliogenesis, greater neuronal connections at the cortical level triggering neurotransmitters such as dopamine, serotonin, norepinephrine and endorphins. **Conclusion:** Positive correlation between physical activity and cognitive development in children under 5 years of age. It is advisable to promote physical activity in the first years of life, understanding that it is in this period where the greatest opportunities for intervention for the development of cognitive functions and executive functions are found

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