

Children and Sports

Motor development in children:- Motor development refers

to the development of

child's bones, muscles and ability to move around in environment. This is refers to muscles, bones children need is balance muscles, bones. Therefore, to develop their muscles and sets them for standing, sitting, rolling, walking, running and swimming.

a)

Gross motor development:- It is development of skill

which control action like

throwing, kicking ball as well as walking, jumping. Gross motor skill utilised larger muscles quadriceps and requires less.

b)

Fine motor development:- This type of development

refers to the state, where

children learn to use their smaller muscles in the hand, finger and wrist. Children use their fine motor skill while holding small items, turning pages, eating, cutting with scissors etc.

Factor Affecting Motor development:-

The development and motor skill by many factors as a factor, cultural.



i) Tone:- It refers to the ongoing contraction and stretched straight muscles at rest. Tone can be normal, hypotonic or hypertonic. When tone is low or high the child may limp or slow moving arms and legs because of stiffness.

ii) Strength:- Strength is the force of muscles contracted purposefully exerted against the distance to carry out an activity. for ex:- A child with weak leg muscles might have trouble standing and climbing the stairs.

iii) Endurance:- It is the ability to maintain the exertion for an activity. A child with poor endurance might not be able to stop upstairs, but not climbing a flight of stairs. Endurance involves many factors such as muscles tone and strength.

iv) Balance:- It is the daily made action of equilibrium. These factors all work as a system together to allow your child to maintain posture and upright position and for activity such as sitting, walking, reaching, etc.

v) Cultural:- A child's cultural identity influences state and level of motor skill development. Cultures so that climate and culturally best child practices strongly impact the development of motor skill.

vi) Social:- Personality self perceptual are by of social indicators that impact motor skill development. Children who do these abilities as a



reflection of their attitude to hard mainly action, when they find conspiring a skill.

Physical and physiological benefits of exercise:-

- i) Weight under control
- ii) Stronger bones and muscles
- iii) Protection from disease
- iv) Improve posture
- v) Improve flexibility.

Weight under control:- children who exercise have body composition less fat and are becoming overweight. Those who are already overweight can lose both excess weight through exercise. It could be identified by calculating their BMI value of children.

Stronger bones and muscles:- Exercise help children bone becomes and stay strong while enhancing the bones mineral density. Having strong bones especially important for growing children. Building strong bones and muscles means children have more stamina.

Protection from disease:- children who exercise are less to avoid infection disease and chronic condition including diabetes, thyroid, abnormal cholesterol level, heart problem and respiratory problems. Some believe that various childhood mental disorders including depression, anxiety and attention issues.

Improve posture:- Working against a resistance help children build stronger muscles. Muscular strength allowed it to deal with the demands of daily life without exercise stress on their joints and muscles. The activities that build strength promote strong bones, muscles and good posture. Improve the availability to lift and enhances healthy growth and development.

Improve flexibility:- Activities that encourage children to bend stress promote flexibility. Flexibility allows children participate in daily activities without pain or restriction from their muscles or joints. Being flexible promote good posture reduces muscles stickness and encourage relaxation.

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