

A phenomenon which make me able to manipulate and gain control over the movements is my motor abilities

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Abstract

The all round development of a human being depends on the activities he performed in their daily routine. Take an example of running, which is regarded a basic motor activity. With some of the specific observable patterns, fundamental motor skills are the common motor activities. It was a good observable fact that the children basically learn the motor skills in a sequential manner, Fundamental motor skills comprise one level in the continuum of motor skill acquisition. In this stage or the earliest phase of the primary school, the development of motor skill and knowledge must be given, which help to put a fine image in the mind. Further, during the later primary years (at the age 4–6), students should be taught at some of the lead-up or motor skill activities, then These are the important phase of student's life, During this secondary years, students should receive physical activity that enables and encourage them to further develop their motor skills such as throwing, catching and batting, learned previously, into the more complex and specific sport and leisure activities common to the community.

Keywords: Motor abilities, different age groups

Introduction

“Champions aren't made in the gyms. Champions are made from something they have deep inside them -- a desire, a dream, a vision”.

-Muhammad Ali (World Heavyweight Champion Boxer)



Fig 1



Fig 2

The all round development of human being depends on the activities; they performed in their daily routine. Running, is regarded as basic motor activity. With some of the specific observable patterns, fundamental motor skills are the common motor activities. Most skills used in sports and movement activities are advanced versions of fundamental motor skills such that throwing in softball and cricket, the baseball pitch, javelin throw, tennis serve etc.

It was a good observable fact that the children basically learn the motor skills in a sequential manner, Fundamental motor skills comprise one level in the continuum of motor skill acquisition. Children build their fundamental about any of the movement during the pre stage of the skill learning and transfer it to the acquisition of more advanced skills. The fundamental skills are always taught by means instructions

Motor abilities at Early Stage or near about 3-4 years Sequence of Instruction

In this stage or the earliest phase of the primary school, the development of motor skill and knowledge must be given, which help to put a fine image in the mind. The development of motor skills and physical fitness and knowledge must begin in the earliest years of primary school. During these years, students are physically and intellectually capable of benefiting from instruction in physical education and are highly motivated and enthusiastic about learning.

However, Age relate instruction must be given to the students, throughout the student's school life, at the early part of the life or pre primary schools, opportunities are provided for the students so that they must learn the essential motor skills upon which later learning is dependent. But these fundamental motor skills are often come during playing the game or we can say that they are involuntary movements.

During any of the play or game, the different motor skills, such as overhead throw, catch, punt, kick, forehand strike, two-hand side-arm strike, ball bounce, run, leap, dodge and vertical jump can developed easily and rapidly.

At the development stage, mastery over this motor skill is very must. if not, then the children who do not master these skills are not able or often not willing to persist with the difficult task of learning more complex motor skills, and will avoid activities which expose them to "public failure". In other words, those student's struggle a sport skill proficiency barrier and going far to participate in the physical activities, so the proper development at the early stage or refinement on the motor skills are must at the regular intervals

Motor abilities at later primary years (4-6)

Further, during the later primary years (age 4-6), students should taught at some of the lead-up or motor skill activities. Examples of skills and activities in this group include: basketball dribble, modified netball, paddle tennis and modified baseball.

The skills and activities at this level may be combined or modified in various ways, practice with or without equipment and taught through individual practice or by putting them into modified game structures.

Motor abilities at secondary years near about 10-12 yrs

10 to 12 yrs. are the important phase in a student's life, During this secondary years, students should receive physical education / activities that enables and encourages them to further develop their motor skills such as throwing, catching and batting, learned previously, into the more complex and specific sport and leisure activities common to the community.

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