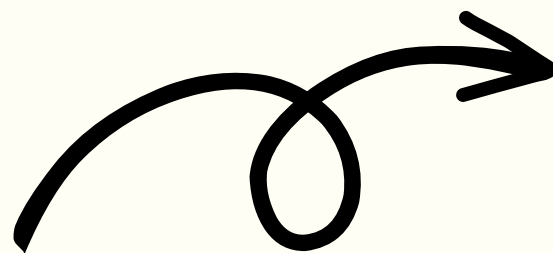


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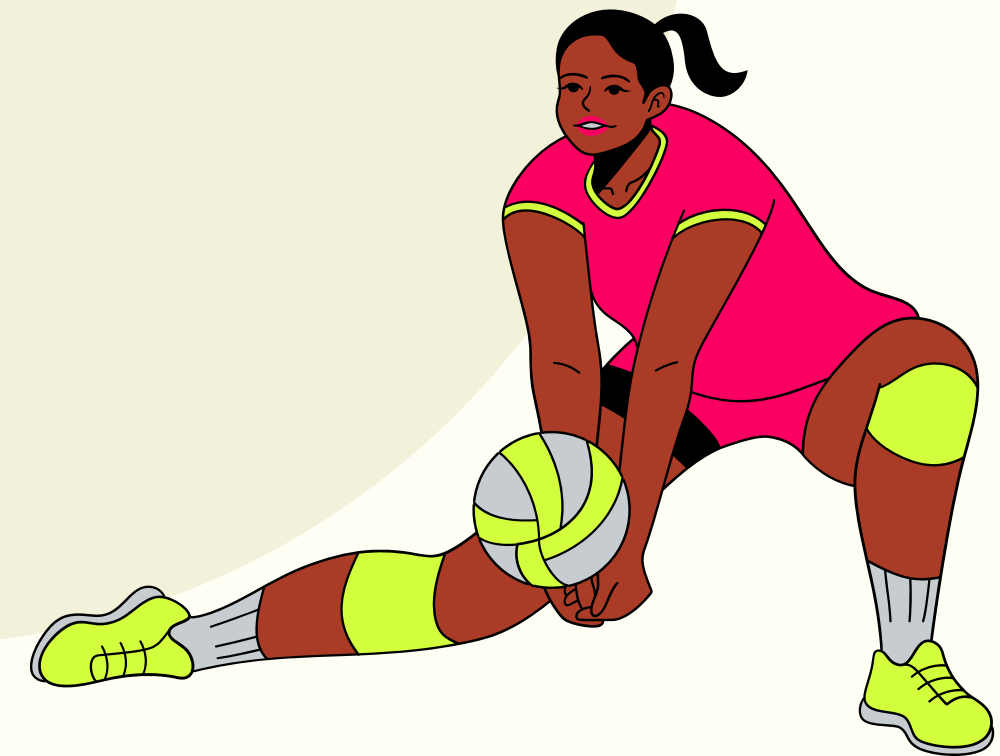
MODULE 1:

**TEACHING PE ONLINE AND
THE DEVELOPMENT OF
MOTOR SKILLS**

Learning objectives:



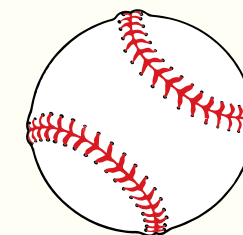
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- Introduction to Motor Skills
 - Types of Motor Skills
 - Motor Skills Development in different age groups
 - Factors Affecting Motor Skill Development
 - PE activities developing motor skills



Introduction to Motor skills

A motor skill is a function that involves specific movements of the body's muscles to perform a certain task.

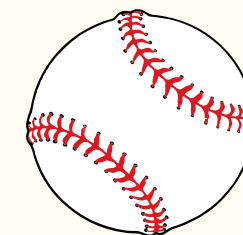
These tasks include walking, running, riding a bike, etc. In order to perform this skill, the body's nervous system, muscles and brain have to all work together.



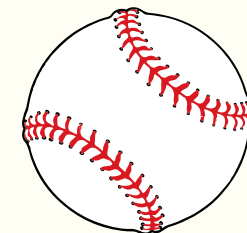
Types of motor skills

Gross motor: the use of the large muscles in the body for strength, coordination, reaction time.

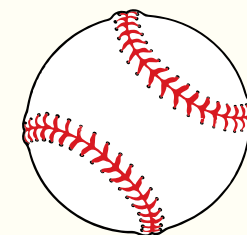
Fine motor: the use of the small muscles in the body for precision and high degree of control.



The goal of physical education is to develop healthy, responsible children who have the knowledge, skills, and dispositions to work together, think critically, and participate in a variety of activities that lead to a lifelong healthy lifestyle. Physical development is integral to building children's self-esteem, confidence, fitness, and well-being. Research tells us that children who are physically active for 60 minutes a day (24 hours), are healthier, have higher self-confidence, learn more effectively, and are less likely to be absent.

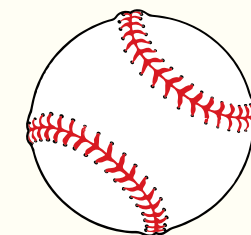


Quality physical education utilizes developmentally appropriate experiences to develop competence and confidence in a variety of activities such as sports, dance, outdoor recreation, and physical fitness. The emphasis should be on providing success and enjoyment for all children.



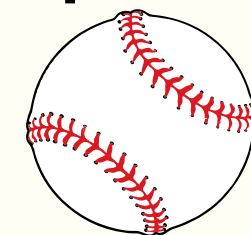
Factors Affecting Motor Skill Development

- Stimulating environment (access to safe and appropriate spaces for physical activities)
- Nutrition and diet (adequate nutrition is essential for growth and development of muscles and bones)
- Practice and exercise (considerable practice is needed to master these tasks that require high level of eye hand coordination. Mobility and speed of reaction, balance, speed, strength and coordination seem to improve with time and practice)



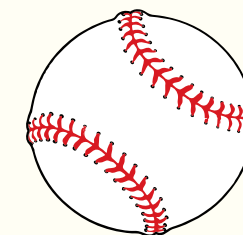
Factors Affecting Motor Skill Development

- biological factors (boys have more upper body strength than girls. They can throw faster and accurately than girls. Girls are more flexible in their hip joints and so they may be more agile than boys)
- Injuries cause delay in motor abilities
- Physical impairment (various impairments have different effects on motor skills development)



Factors Affecting Motor Skill Development

-educational programs - school based physical education programs and extracurricular activities that focus on motor skill development can play a significant role in enhancing children's physical abilities.



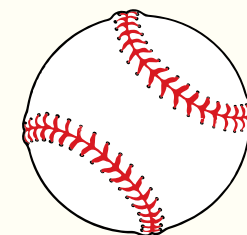
Developing Motor Skills when working with different age groups

During the years, children develop more complex gross motor skills that usually involve several stages. Children have to have time to practice their gross motor skills every day. Sometimes we have groups of children of different ages, but not enough staff to teach according to their age group.

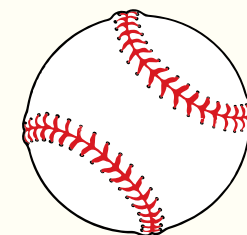


Here is what you can do, when you have different age groups:

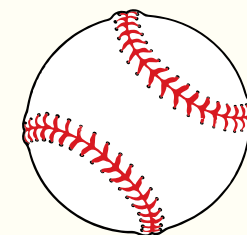
-scaffolding. Give the children a physical activity that involves the older child helping the younger child (dribbling a ball, throwing a ball through the hoop, etc.). This will help both children develop their skills.



-support child-initiated activities. Large dice with different gross motor skills on each side or picture flashcards depicting gross motor skills are great tools for promoting self-directed play. Older kids can create flashcards or any other tool, that children can play together.



-make the best of technology. It's always helpful to have music and movement dvd's or suitable links, for kids to engage in dancing, or following movement routines on the screen.



Importance of variety of activities

Offering a diverse range of activities can help children develop their gross motor skills in a fun and engaging way while promoting overall physical well being.

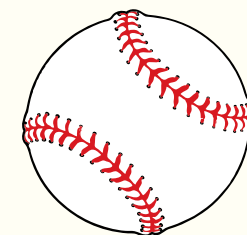


- dancing like learning Hip hop steps and rhythm.
- freestyle dancing following any music.
- mindfulness practices when all the movements are made with precision and full awareness.
- regular nature walks and hikes, mindfully taking in all the environment.
- learning series of yoga moves and stretching to promote flexibility, balance and body awareness.
- obstacle courses and mazes.
- swimming develop overall body strength.
- outdoor play like running, jumping, climbing, ,etc.
- gross motor games like hopscotch, relay races.



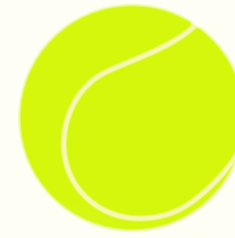
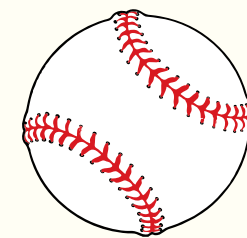


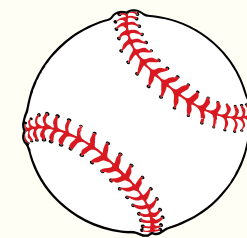
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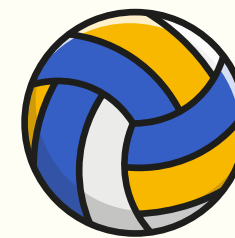
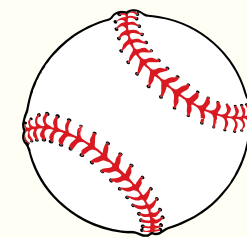


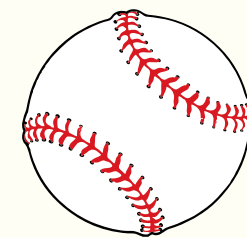


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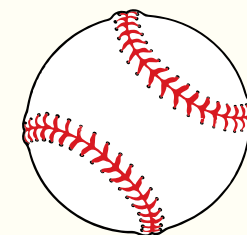






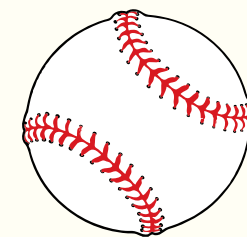


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**THANK FOR
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