

Motor Skills Development in Early Childhood Education

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Motor Development is important for children's overall development. It is a crucial way in which children learn and develop physically and cognitively by aiding in self-confidence, hand-eye coordination, balance, and giving a child a sense of their own abilities. Because motor development can be fun and exciting, children often crave these types of activities, which helps them develop the ability to grasp, sit, crawl, run, color, write, jump, climb, feed themselves, and more. The different types of motor development are Gross Motor (large muscle movements such as arms and legs) and Fine Motor (small muscle movements such as hands and fingers). These build child's ability to interact with the world and allow children to develop motor skills, social skills, and creativity. For example, a marching parade for toddlers teaches them motor skills, creativity, language, and social skills. Additionally, allowing child to engage in different types of motor activities will help them learn in a variety of ways. Parents always will be their children's first and best playmates. Allot time each day to be actively involved in children's motor development.

Motor development progresses in seven stages throughout an individual's life: reflexive, rudimentary, fundamental, sports skill, growth and refinement, peak performance, and regression. Development is age-related but is not age dependent. In regard to age, it is seen that typical developments are expected to attain gross motor skills used for postural control and vertical mobility by 5 years of age.

There are six aspects of development:

- Qualitative – changes in movement-process results in changes in movement-outcome.
- Sequential – certain motor patterns precede others.
- Cumulative – current movements are built on previous ones.
- Directional – cephalocaudal or proximodistal
- Multifactorial – numerous-factors impact

- Individual – dependent on each person

Conclusion

Play is crucial to the development of children's gross and fine motor skills. Through play, children can practice control and coordination of large body movements, as well as small movements of hands and fingers support child's motor development by planning play activities that provide children with regular opportunities to move their bodies and that practice hand and finger coordination. When given ample opportunities to play in a variety of interesting ways, such as painting, sand building, climbing, and running, young children will grow many new and exciting ways. Play is crucial to the development of children's gross and fine motor skills. Through play, children can practice control and coordination of large body movements, as well as small movements of hands and fingers support child's motor development by planning play activities that provide children with regular opportunities to move their bodies and that practice hand and finger coordination. When given ample opportunities to play in a variety of interesting ways, such as painting, sand building, climbing, and running, young children will grow many new and exciting ways.

