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Overview of the Age-Specific Features of Movement Development in Schoolchildren

Khaydaraliyev Khurshid
Doctor of Philosophy in Pedagogical Sciences (PhD)

Nizomova Sanobar
Master's student

Annotation: The article contains a summary of the content of the article aimed at studying the age-specific features of movement development in school-aged children. It discusses how children's abilities to move and control their bodies change as they grow and how these changes may affect their overall physical development.

Keywords: age-specific motor skills, schoolchildren, Movement activity, sports skills, physical education.

Age-specific motor skill development in schoolchildren can vary depending on their age and individual growth rate. Generally, younger children will be developing fundamental motor skills such as walking, running, jumping, catching, throwing and hitting a stationary ball. As children progress through primary and secondary school years, they may become more proficient in these skills and develop more complex motor skills, such as team sports, complex movement patterns and the ability to coordinate multiple movements at once.

In order to identify age-specific motor skills development, physical education teachers and other professionals can use various assessment tools and tests. These tools can include developmental checklists, observational assessments, and standardized tests, among others. It is also important to take into consideration individual differences in physical development, rates of maturity and exposure to physical activity outside of school.

Movement activity is crucial for the physical, cognitive, and social development of schoolchildren. Regular physical activity promotes healthy growth and development, improves cardiovascular health, enhances bone density, and reduces the risk of obesity. Movement activities also improve cognitive function, including attention, memory, and academic performance. Additionally, movement activities provide opportunities for social interaction, team building, and the development of important life skills such as leadership, communication, and problem-solving.

During early childhood, children's movement development is characterized by rapid progress and refinement of motor skills. Some key milestones during this period include:

- Improved balance and coordination: Children become more stable on their feet and are able to walk, run, jump, and hop with greater control and balance.
- Increased strength and endurance: As children engage in more physical activity, their muscles become stronger and they are able to sustain activity for longer periods of time.

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- Development of fine motor skills: Children's ability to manipulate small objects with their hands improves, allowing them to draw, write, cut, and perform other tasks that require precision and control.
- Exploration of movement: Children are curious about their bodies and the world around them, and they often engage in creative movement activities such as dancing, climbing, and playing games that involve physical challenges.

During middle childhood, children continue to refine their motor skills and become more proficient in a variety of physical activities. Some key milestones during this period include:

- Improved coordination and balance: Children become more skilled in activities such as running, jumping, skipping, and hopping. They also become more coordinated in sports and other physical activities that require precise movements.
- Increased strength and endurance: Children's muscles continue to develop, allowing them to engage in more challenging physical activities and sustain activity for longer periods of time.
- Development of sports skills: Children begin to learn and practice specific sports skills, such as throwing, catching, kicking, and hitting. They may also participate in team sports and learn important social skills such as cooperation, communication, and sportsmanship.
- Interest in physical challenges: Children become more interested in physical challenges such as climbing, biking, and exploring their environment. They may also enjoy trying new activities and testing their physical abilities.

During late childhood, children continue to refine their motor skills and become even more proficient in physical activities. Some key milestones during this period include:

- Increased speed and agility: Children become faster and more agile in their movements, allowing them to participate in more complex sports and physical activities.
- Improved fine motor skills: Children become more skilled in tasks that require fine motor control, such as playing musical instruments, drawing, and writing.
- Development of advanced sports skills: Children may specialize in a particular sport or activity and begin to develop advanced skills, such as pitching a baseball or performing gymnastics routines.
- Interest in fitness and health: Children become more aware of the importance of physical fitness and may begin to take an interest in healthy eating habits and exercise routines.
- Continued interest in physical challenges: Children continue to seek out physical challenges and may enjoy activities such as rock climbing, hiking, and other outdoor adventures.

The process of verifying age characteristics of mobility development of school students involves assessing their physical abilities and motor skills to determine if they are developing according to typical patterns for their age group. This may involve observing their movements during physical activities, conducting standardized tests of motor skills, and comparing their performance to established norms.

The process may also involve taking into account factors such as gender, cultural background, and individual differences in physical development. For example, girls may develop fine motor skills earlier than boys, while boys may excel in activities that require strength and speed.

It is important to note that while there are general patterns of physical development, there is also considerable variation among individuals. Some children may develop certain skills earlier or later than expected, and this does not necessarily indicate a problem.

The process of verifying age characteristics of mobility development involves careful observation and assessment to ensure that children are developing physically in a healthy and typical manner. This information can help educators and parents tailor activities and interventions to support children's physical development and overall well-being.

Overall, movement development during early childhood is closely linked to cognitive, social, and emotional development. Physical activity helps children build self-confidence, develop social skills, and learn important concepts such as cause and effect, spatial awareness, and problem-solving. Encouraging children to engage in a variety of movement activities can help support their overall growth and development. movement development during middle childhood is important for promoting physical health, social development, and cognitive growth. Encouraging children to engage in a variety of physical activities can help them build confidence, develop important skills, and foster a lifelong love of movement and exercise. movement development in late childhood is important for promoting physical health, skill development, and self-confidence. Encouraging children to continue exploring new activities and challenging themselves can help them build a strong foundation for a healthy and active lifestyle.

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