

MOTOR AND EDUCATION BENEFITS FOR CHILDREN, THE FUTURE OF MANKIND

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ABSTRACT

Physical activity taught to children in particular. It is statistically proven that the child, through physical activity, learn the gesture seeing (83%), listening to what is said by the instructor (13%) and run (1%), The formation of the motor system goes through the following stages:

1. knowledge and observation of the movement;
2. perception and possession of the movement;
3. refinement of movement (mastery).

This last phase takes place in phases:

- The child learns to perform the act;
- The child performs the act economically;
- The child performs the gesture in a refined way.

A large motor skill is the cause of education and the development of motor skills, which allow the child to gradually transform the basic motor patterns (running, jumping, throwing, receiving, etc.) In specific motor skills (running, change of speed, meaning, direction, hand gliding, dribble, shoot, pass). In fact one cannot speak of technical perfection, until the motor system is not formed. The moment has been reached this milestone, you can refine the movement, in fact, it passes from the structuring and from the knowledge of his own body to the automation of the gesture or movement, taking into account that already from the first phase of training starts the perfecting. The child, in game situation, has to run (thrust force of the lower limbs and speed of execution), change of velocity (direction, sense), but there is a clarification to do it should not be a race typical sprinter, but it must be a race interrupted at the right time to then be run another movement and must be done with great timing, but the baby is often not able to do anything, so it must be educated. The child must be accustomed to control their own bodies, it must be able to be in equilibrium, it must be quick, these skills that need to be educated and developed at the right time. In the gym instructor should provide for all the family of the exercises she jumps, which jumps, hops, jumps in all shapes, play with space, with time, with your body, playing to dribble, shoot, pass and receive, random, all in the form of contests, games, relays and circuits. Children should learn by playing, not through the automation of actions, it is also important as competence and the ability to know your body, space, time, rules, regulations, mates, opponents, through the education and capacity building sense-perception, the motor patterns, skills and motor skills. In children, we must insist and develop coordination skills, joint mobility, ability to structure conditionals, respect the different stages of learning ahead of time and not expect the perfect execution of a single gesture or a movement. As a result, you do not have children build robots, or robots, but people thinking, creative, they can make mistakes, they can progressively improve their ability to play, therefore, stresses the importance of education at an early age in favor of multilateral acquisition of sports techniques correct, but no technique too early

Keywords: activity motor, motor gesture, enable motor, benefits of exercise

INTRODUCTION**Physical activity taught to children in particular**

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Benefits of physical activity in children

The movement is good for everyone and even more so for our children to grow well, and it is critical for both physical and psychological development as it is favored agility, improves coordination, reduces the risk of obesity, preventing disease the adult. The movement has a positive effect in educating also a good emotional control, improving self-esteem, and increasing social skills and independence, encouraging a spa. To motivate children to movement is necessary, however, a social context that can give positive meanings and the support of people such as parents, significant adults.

The movement, as a physiological need, regardless of the state of health, is a physiological necessity for any individual, especially as regards the child, and is an integral part of its development process. The movement promotes a harmonious body growth, physical and psychological, increases agility and strength and therefore improves self-esteem and sense of well-being, promotes learning and reduces anxiety for school performance, encourages socialization, get used to the rules and prevent many diseases of adulthood (hypertension, high cholesterol, heart disease, obesity, diabetes, certain cancers), as well as allowing you to fully experience the various sensory stimuli and acquire autonomy, guidance and identification with the ' environment in which the child lives. An active child will almost certainly become an active adult and healthy.

Some tips to encourage children to make movement are:

1. Attention to the degeneration of the sport, such as the increasingly widespread use of doping.
 2. Educate your child to move from childhood: to become for him an everyday lifestyle which in turn pass it on to others;
 3. Let him do physical activity that they like the most: it increases the motivation and consequently the pleasure;
 4. Stimulated his curiosity, have them learn about different ways to move: a child always has energy to learn. Reinforce the right behaviors and praised: so will tend to repeat over time;
 5. In his spare time you ride together, it's more fun! For an imitative process, typical developmental age, the child observes what does the adult and tends to play it, and then you spend some time together in a healthy way for both;
 6. Do not push it too much to the players: the movement must be a way of daily life, in the form of free play, walking and cycling.
- The sport is also important because it teaches us to test their skills and also to admit defeat, so it is important not to force too much children into the competitive spirit and not bestow upon them their personal ambitions;

Nowadays, unfortunately, a sedentary lifestyle is one of the main determinants of widespread diseases such as obesity, diabetes, cardiovascular disease, cancers and particularly worrying is the phenomenon in children, such as overweight and obesity are continuously increasing. In fact, it is estimated that about a quarter of Italian children are overweight or obese, and insufficient levels of activity in children predisposes him, as an adult, to develop chronic diseases mentioned above. It is an alarming fact that the steady increase of overweight children is increasing in Italy as in all industrialized countries. Unfortunately childhood obesity leads to important consequences, such as increased risk of diabetes and increased blood pressure, bone and joint disease, as well as, last but not least, deleterious psychological consequences, as obesity and physical inactivity negatively affect self-esteem, autonomy and sociability of the child. Nevertheless, in Italy for 30-40% of the population does not practice physical activity, and physical inactivity among children is between 15 and 20% already in the range between 3 and 5 years. According to the data of the HBSC study, in Veneto 5% of 11 year old boys are obese and 21% overweight and about 1 in 4 children has a weight higher than normal.

The significance of physical activity and sport in children, today it has a value more and more can be discerned, as it is one of the most effective tools for the formation of the personality and character of the subjects at a young age, for the development and maintenance a proper psycho-physical balance of each person, for the significant increase in the quality of life and promote social inclusion. In fact, the Committee on Culture and Education of the European Parliament has emphasized the need to develop physical education and school sports and extra-curricular activity, in order to obtain a channel where you can transmit important values such as fair play, tolerance, the experience of victory and defeat, and last, but not importantly, respect for the environment and education for democracy. "

Motor practice and play-sports

The practice of physical and sport, in fact, represents a significant source of experience for all children, able to build around them a healthy lifestyle and permanent, in order to promote greater social integration and openness to interpersonal relationships, to assume roles and specific responsibilities. In addition, you can acquire skills essential to the formation and growth of children and young people. Indeed, important features of the latter are: the ability to work together for a common purpose, self-control, cooperation, enhancing the role of everyone and respect for the role of each, a sense of solidarity, self-esteem, knowledge and acceptance of diversity .. various studies in the past reveal that during the period of developmental there is a need to make sense of continuity and to correct many and experiences of movement that contribute to child support in its gradual development in the aspects morphological and cognitive and psycho-social. The game motor is in fact one of the preferred ways to explore the outside world and that of interpersonal relationships, to develop motor and cognitive skills, to experiment with roles, to act their creativity.

E "therefore necessary to acquire a playful approach to the experience-motor where the focus is put on the entire process of building the personality rather than on performance, in order to foster among the younger generation transmission of the correct values of sport.

The basic motor training in the evolution of the child

Training motor definitely has a base from which to specialize one day the child. The base must be understood as a path to literacy that each child builds motor skills by combining various experiences through the body and movement. In motor activity, we find the set of all adaptive responses that are structured progressively in the child to relate himself, through the discovery of her body, relate to others, through the discovery of the possibilities of communication and control of emotional reactions, relating to the environment, through the discovery and understanding of the world around him. The child then develops the skills, self-esteem and above all learn to recognize their limitations in comparison with others and, in this context, from an educational point of view, the educator must consider that the stimulus of the comparison, the experience of the approval and success, are to offer educational opportunities to children in order to improve the layout to get into the game thus promoting motor learning and self-esteem. In a context of progressive motor literacy, we must ask the task of acquiring the child the fundamental alphabet of the language and motor develop it, enriching coordination, function and expression so that it can live through motor acts simple and / or complex emotions positive. Physical activity and sport will be an opportunity to promote cognitive experiences, social, cultural and emotional, will be a collection of experiences of life in which to know, understand, apply, express and communicate. Therefore promote experiences in which the body and movement are favorable to the knowledge of himself, the environment and possibilities of movement, means supporting some importance with the need to regain the specificity of disciplinary knowledge that acts as an intermediary between us and the child, and that unbeknownst to him, is a means of educational advocate for all fields of learning. The conquest of the movement, if well lived, is an achievement of achievement of the child, and in the drafting of a project centered on the traction sports teacher, in addition to identifying motor skills towards which tend, puntualizzerà on the various cross-connections in a window which will take account of being the protagonist of the child in the acquisition of their motor and social skills.

And 'through movement that the child learns about himself, explore, communicate, relate, brings into being the do's and this approach allows you to bring the best practices of sport and physical activity within an educational context in which the experiences the child will not suffer methodological approaches random, occasional and impromptu, and thus to be aware in a progressive manner in the acquisition of their motor and social skills.

If we accept this challenge, we make sure that the place and occasion where you can gain experience significant movement are also privileged backgrounds training for active citizenship, or places feel good with yourself and with others.

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