

**102 - MOTOR DEVELOPMENT WITH THE PRACTICE OF FUTSAL IN CHILDREN OF THE CITY OF SANTA INÊS - PB**CAIQUE JOSÉ VIEIRA DE SOUSA<sup>1</sup>DIVANALMI FERREIRA MAIA<sup>2</sup>MARCOS ANTONIO MEDEIROS DO NASCIMENTO<sup>3</sup><sup>1</sup> Acadêmico do Curso de Bacharel em Educação Física<sup>2</sup> Professor Doutor do Curso de Bacharelado e Licenciatura em Educação Física<sup>3</sup> Professor Doutor do Curso de Bacharelado e Licenciatura em Educação Física

doi:10.16887/89.a1.102

**INTRODUCTION**

Nowadays society has undergone a series of modifications, among them it is possible to emphasize the sedentary already in the childhood and youth. Faced with this situation, students of different ages come to educational institutions, such as the sports schools taken by their parents, which seek to provide opportunities for their children to attend places or practice activities that promote a better quality of life for themselves. Consequently, it is noted that sports initiation has become a more frequent and frequent alternative (NUNES, 2014).

Due to the lack of adequate spaces for the development of sport activities and violence characteristic of the large centers, parents direct their children to integrated motor development programs, which are mostly based on the practice of a sports modality, such as programs of futsal practice (OSBORNE; DA SILVA; VOTRE, 2011). Being futsal is the most practiced sport in Brazil (ZARATIM, 2012).

With regard to students' acquisition of sports, the school plays an important role. The institutions that actually invest in education observe in school physical education a fast alternative of student interaction with the environment in which it is inserted, providing moments of social interaction. Solid proposals aimed at democratizing, humanizing and diversifying the pedagogical project of physical education teaching and procedures that seek to value and integrate the affective, cognitive and sociocultural dimensions of the students has become a significant reference in the educational context, especially when parents should choose the best school environment for their children (Tardif, 2002).

For researchers of the human movement, understanding the development of motor skills is one of the foundations of motor behavior, seeking to understand the first attempts of the human being to move in forms and directions, the action of jumping and running in the environment that lives, presenting itself as a challenging and motivating activity (MIYABAYASHI; PIMENTEL, 2011).

Movement is necessary for development, and physical or sports activity is recommended without reservation for children and adolescents, in this context, we believe that a project of sports initiation for students to integrate the diversity of motor development, aiming the students' knowledge about it of their capabilities and potentialities. In view of the above, will it be possible to compare the development of motor aspects in children practicing futsal in the city of Santa Inês-PB?

This work is justified because the present research is guided by the need to build fundamentals and theoretical and scientific subsidies on the relationship between psychomotricity and the proportional development of students, either in primary or secondary education, seeking to provide the integrated development of domains cognitive, affective-social and psychomotor, showing that through the practice of sports such as futsal and play activities, it is possible to favor a meaningful and contextualized teaching-learning process, in a broad and accurate view of the students. In addition, it presents the evolutionary process of students' psychomotor development, as well as attitudes and / or strategies that the educator must develop as an observer of that development and facilitator of the learning process. In this way, in working this dimension, it will bring academic gains that will culminate in benefits for the children, thus determining the justification of comparing the motor aspects of the futsal practitioners of the city of Santa Inês-PB.

The general objective of this study is to investigate the benefits that futsal practice provides for the motor development of 7 to 10 year - old children from the city of Santa Inês - PB and the specific objectives are to outline the socio - demographic profile of children practicing futsal city of Santa Inês - PB and to observe if the practice of futsal benefits the motor development of children from 7 to 10 years in valences (balance, laterality and temporal space).

**MATERIAL AND METHODS**

This is an experimental research with a quantitative approach. The population will be composed of futsal practitioners from the municipal and state schools of the city of Santa Inês - PB. Having a sample composed of 40 children aged 7 to 10 years of both sexes.

The inclusion criteria were: school children Municipal and state students practicing futsal between 7 and 10 years old and children attending futsal classes for more than six months with 75% attendance in class. And those of exclusion were: presenting a health problem preventing participation in the research.

For the instrument of data collection, the Psychomotor Evaluation Protocol used by Rosa Neto (2002) was used. A protocol of evaluation of three tests was applied: 1st balance test; 2nd test of laterality and 3rd test of temporal space.

The data were compared by descriptive statistics and used the Excel Software and the Statistical Package for the Social Sciences (SPSS).

The study was directed by resolution 510/2016 and approved by the Research Ethics Committee (CEP) of the Faculdades Integradas de Patos (FIP) with CAAE 02178818.0.0000.5181.

**RESULTS AND DISCUSSION**

A total of 40 children participated in the study, of which 28 were male (70.0%) and 12 were female (30.0%). Children of the white, black and brown races, being (70.0%) white, (7.5%) black and (22.5%) brown. With a schooling level between 1° and 5°, with (7.5%) of the 1st year of primary education, (15.0%) of the 2nd year of primary education, (32.5%) of the 3rd year (25.0%) in the 4th year of primary education and (20.0%) in the 5th year of primary education.

Table 1: Socio-demographic data.

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VARIABLES	F	%	
SEX	MALE	28	70
	FEMALE	12	30
BREED	BLACK MAN	03	7,5
	MAN PARDO	28	70
	WHITE MAN	09	22,5
SCHOOLING	1º FUNDAMENTAL YEAR	03	7,5
	2º FUNDAMENTAL YEAR	06	15
	3º FUNDAMENTAL YEAR	13	32,5
	4º FUNDAMENTAL YEAR	10	25
	5º FUNDAMENTAL YEAR	08	20

Table 2: BMI results of the sample.

VARIABLES	MEDIA±SD	MINIMUM	MAXIMUM
BMI	27,77±5,30	21	40

Table 3: Test achievement data.

TESTES	Unable to perform the test		Was able to perform the test	
	F	%	F	%
Balance	36	90	04	10
Laterality	38	95	02	5
Temporary Space	32	80	08	20

Three tests were carried out (Table 3) to evaluate the motor capacity of children practicing futsal. With ages ranging from 7 to 10 years. These tests were Equilibrium (90.0%) of the children performed and (10.0%) did not perform, Laterality (95.0%) of the children performed and (5.0%) did not perform and Time space where % of the children did and (20.0%) did not.

Mario, Ramalho and Filho (2013) emphasize motor development in childhood portrayed its benefit in three categories: stabilization, manipulation and locomotion.

According to Santos (2016) motor development represents a period in which young children are fully involved in exploration and motor skills, being a period of discovery and how to perform manipulative, stabilizing and locomotor movements, first in isolation and soon after combined where their goal is to accept the challenge of change in the continuous process and maintenance of motor control and motor competence in the course of life.

Gallahue and Ozmun (2005) report that motor development, especially in childhood, is directly related to motor learning, and thus, to the opportunity for the practice and purpose of the task.

In futsal the individual techniques employed during the practice of the game are fundamentally influenced by the components of balance, general coordination and temporal space coordination. Motor development occurs, therefore, by the influence of motor and environmental opportunities, which may facilitate the diversity of spontaneous or stimulated attitudes (SILVA, 2006).

## CONCLUSION

It is concluded with the present study that the practice of futsal in childhood brings several benefits for the motor development of children in the age group of 7 to 10 years. The children responded positively to the tests in which they were submitted, it can be observed that they had an ability to perform all the tests, thus confirming that futsal is an excellent sport and that brings several advantages in this period of childhood benefiting so its motor development.

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## MOTOR DEVELOPMENT WITH THE PRACTICE OF FUTSAL IN CHILDREN OF THE CITY OF SANTA INÊS - PB

Motor development, be in any sport, must be worked in stages and each stage, must stimulate in the student, pleasure, the interest and become significant in the sporting trajectory of the same. For a good development of the acceptance and better learning of physical activities, there must be a program related with the individual's interests who participate of these activities. So, this study had as aim to compare the motor aspects in children from 7 to 10 practicing years of the futsal in Santa Inês – PB. It is about an experimental research, with quantitative approach. A test was applied to compare data about benefits of the futsal classrooms in the motor development. The balance tests were used, laterality and temporal space, as well as Psychomotor Evaluation Protocol was applied. For data analyses were used Software Excel and Statistical Package for the Social Sciences (SPSS). Three tests were performed to evaluate motor skills of children in futsal. These tests were balance (90.0%) of children performed and (10.0%) didn't, Laterality (95.0%) of children did and (5.0%) did not, and temporal space where

(80.0%) of children did and (20.0%) did not. Concluded the present study, that practice of futsal in childhood brings several benefits to motor development of children in age group of 7 to 10 years, once all children had facilities to perform the tests.

keywords: Futsal. Motor development. Children.

#### DÉVELOPPEMENT MOTEUR AVEC LA PRATIQUE DU FUTSAL CHEZ LES ENFANTS DE LA VILLE DE SANTA INÊS - PB

Le développement moteur, que ce soit dans n'importe quel sport, doit être élaboré par étapes et à chaque étape, il doit stimuler l'étudiant, le plaisir, l'intérêt et devenir significatif dans la trajectoire sportive de celle-ci. Afin de bien développer l'acceptation et le meilleur apprentissage des activités physiques, il doit exister un programme lié aux intérêts des personnes qui participent à ces activités. Par conséquent, cette étude visait à comparer les aspects moteurs chez les enfants de 7 à 10 ans pratiquant le futsal dans la ville de Santa Inês - PB. C'est une recherche expérimentale, avec une approche quantitative. Un test a été appliqué pour comparer les données sur les avantages des leçons de futsal en développement moteur. Les tests d'équilibre, de latéralité et d'espace temporel ont été utilisés, ainsi que le protocole d'évaluation psychomoteur. Software Excel et le progiciel statistique pour l'analyse sociale (SPSS) ont été utilisés pour l'analyse des données. Trois tests ont été réalisés pour évaluer les capacités motrices des enfants de futsal. Ces tests correspondaient à l'équilibre (90,0%) des enfants et à l'absence de performance (10,0%), à la latéralité (95,0%) des enfants et à l'absence de performance (5,0%) et à l'espace-temps où (%) des enfants et 20,0% ne l'ont pas fait. Nous concluons avec la présente étude que la pratique du futsal dans l'enfance présente plusieurs avantages pour le développement moteur des enfants âgés de 7 à 10 ans, tous les enfants ayant les moyens d'effectuer les tests.

Mots-clés: Futsal. Développement moteur. Les enfants.

#### DESARROLLO MOTOR CON LA PRÁCTICA DEL FUTSAL EN NIÑOS DE LA CIUDAD DE SANTA INÊS - PB

El desarrollo motor, sea en cualquier deporte, debe ser trabajado en etapas y cada etapa, debe estimular en el alumno, el placer, el interés y convertirse en significativa en la trayectoria deportiva del mismo. Para un buen desarrollo de la aceptación y el mejor aprendizaje de las actividades físicas, debe existir un programa relacionado con los intereses de los individuos que participan en esas actividades. Por lo tanto, este estudio tuvo como objetivo comparar los aspectos motores en niños de 7 a 10 años practicantes del futsal de la ciudad de Santa Inês - PB. Se trata de una investigación experimental, con abordaje cuantitativo. Se aplicó una prueba para comparar datos sobre los beneficios de las clases de futsal en el desarrollo del motor. Se utilizaron las pruebas de equilibrio, lateralidad y espacio temporal, como también fue aplicado el Protocolo de Evaluación Psicomotora. Para el análisis de datos se utilizó el Software Excel y el Statistical Package for the Social Sciences (SPSS). Se realizaron 3 pruebas para evaluar la capacidad motora de los niños practicantes de fútbol sala. En la mayoría de los casos, se observó un aumento de la mortalidad por rotavirus en los últimos años, (%) de los niños realizaron y (20,0%) no realizaron. Se concluye con el presente estudio, que la práctica de futsal en la infancia trae varios beneficios para el desarrollo motor de niños en el grupo de edad de 7 a 10 años, una vez que todos los niños tuvieron facilidades en realizar las pruebas.

Palabras clave: Futsal. Desarrollo del motor. Los niños.

#### DESENVOLVIMENTO MOTOR COM A PRÁTICA DO FUTSAL EM CRIANÇAS DA CIDADE DE SANTA INÊS - PB

O desenvolvimento motor, seja em qualquer esporte, deve ser trabalhado em etapas e cada etapa, deve estimular no aluno, o prazer, o interesse e tornar-se significativa na trajetória esportiva do mesmo. Para haver um bom desenvolvimento da aceitação e melhor aprendizagem das atividades físicas, deve existir um programa relacionado com os interesses dos indivíduos que participam dessas atividades. Portanto, esse estudo teve como objetivo comparar os aspectos motores em crianças de 7 a 10 anos praticantes do futsal da cidade de Santa Inês - PB. Trata-se de uma pesquisa experimental, com abordagem quantitativa. Foi aplicado um teste para comparar dados sobre os benefícios das aulas de futsal no desenvolvimento motor. Foram utilizados os testes de equilíbrio, lateralidade e espaço temporal, como também foi aplicado o Protocolo de Avaliação Psicomotora. Para análise de dados foram utilizados o Software Excel e o Statistical Package for the Social Sciences (SPSS). Foram realizados 3 testes para avaliar a capacidade motora das crianças praticantes de futsal. Esses testes foram Equilíbrio (90,0%) das crianças realizaram e (10,0%) não realizaram, Lateralidade (95,0%) das crianças realizaram e (5,0%) não realizaram e Espaço temporal onde (80,0%) das crianças realizaram e (20,0%) não realizaram. Conclui-se com o presente estudo, que a prática de futsal na infância traz vários benefícios para o desenvolvimento motor de crianças na faixa etária de 7 a 10 anos, uma vez que todas as crianças tiveram facilidades em realizar os testes.

Palavras-chave: Futsal. Desenvolvimento Motor. Crianças.