

The Importance of Specific and Special Programs in Developing Fundamental Movement Skills

Sayed Kavos Salehi¹ 

Letter to Editor

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Introduction

Fundamental motor skills, such as walking, running, and jumping, serve as the foundation for more complex daily movements like climbing, as well as specialized skills like dribbling and shooting. Developing proficiency in these basic movements is critical for acquiring more advanced skills later in life (1). Whether children choose to engage in physical activities or artistic pursuits depends on their development of fundamental motor skills (2). Acquiring these skills has a strong correlation with promoting an active lifestyle and preventing developmental disorders (2).

Studies have shown that children from different countries vary in their mastery of basic motor skills at age seven or older due to a lack of training opportunities, encouragement, and guidance, including the role of physical education classes in both standard and exceptional schools (3, 4, 6-9).

In addition to the educational programs in schools, sports like basketball in the United States (US) and soccer in Portugal and Iran have been recognized as effective for developing motor skills (10). Recently, it has been found that the most popular sport in each country is not a determining factor in children's mastery of fundamental motor skills. Simply having an interest in a sport does not guarantee that children will master the basic skills related to that sport. Instead, direct and comprehensive targeting, as well as the completeness of the physical education curriculum in the national programs of each country, plays a unique role in the development of

fundamental movement skills, leading to a more significant percentage of children mastering these skills.

It is proposed that competent institutions, such as education and training, design technical and unique programs to encourage the development of fundamental movement skills. Encouraging media, parents, and friends can also increase a child's chances of mastering these skills and future activities. This issue can be resolved by designing a comprehensive curriculum that focuses on developing fundamental motor skills, especially during the primary education period.

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Conflict of Interest

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1- Assistant Professor, Department of Motor Behavior, School of Sports Sciences, Shahid Rajaei Teacher Training University, Tehran, Iran
Corresponding Author: Sayed Kavos Salehi, Email: sk.salehi@sru.ac.ir

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