



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (RJIF): 5.38
IJPESH 2024; 11(4): 268-269
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www.kheljournal.com
Received: 27-04-2024
Accepted: 30-05-2024

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Comparative literature survey: Impact of physical education programme on selected motor skills among pre-school children

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DOI: <https://doi.org/10.22271/kheljournal.2024.v11.i4e.3430>

Abstract

This comparative literature survey analyzes the impact of Physical Education (PE) programs on selected motor skills among preschool children, based on findings from research articles spanning from 2000 to 2024. The survey categorizes and compares variables such as coordination, balance, agility, speed, flexibility, strength, endurance, and cognitive function. The review consistently demonstrates significant motor skills and cognitive development improvements due to structured PE programs. Key findings indicate that early intervention through mandatory daily PE sessions is crucial for optimal motor skill enhancement. Specialized PE programs focusing on agility, speed, flexibility, and strength are recommended, along with long-term PE initiatives to sustain benefits in physical health and endurance. Moreover, integrating cognitive and physical activities in PE curricula is advocated to maximize overall development. These comprehensive insights underscore the critical role of PE in shaping the physical and cognitive health of preschool children, emphasizing the need for standardized and well-implemented PE programs across educational institutions.

Keywords: Cognitive health, motor fitness, physical education

Introduction

The early years of a child's life are critical for the development of motor skills, which are essential for physical and cognitive growth. Physical Education (PE) programs play a pivotal role in nurturing these skills during preschool years, providing structured opportunities for children to enhance their coordination, balance, agility, speed, flexibility, and strength. This comparative literature survey aims to analyze and synthesize findings from 40 research articles published between 2000 and 2024, focusing on the impact of PE programs on selected motor skills among preschool children. By summarizing key variables, results, and policy recommendations from these studies, this survey seeks to offer a comprehensive overview of existing knowledge, identify gaps, and highlight the importance of PE in early childhood development.

The integration of PE programs in preschool curricula is increasingly recognized as vital for fostering foundational motor skills. The reviewed literature underscores the benefits of early intervention and structured physical activities, demonstrating significant improvements in various motor skills and even cognitive functions. This survey not only consolidates the evidence supporting the efficacy of PE programs but also provides actionable insights for policymakers, educators, and practitioners.

The objective of this survey is to offer a thorough understanding of the current state of research on PE's impact on motor skills in preschool children. By categorizing the variables used, summarizing key findings, and analyzing knowledge contributions and policy recommendations, this survey aims to contribute to the development of effective PE programs that can enhance early childhood education and development.

Methodology

A systematic review of 40 peer-reviewed research articles focused on the impact of PE programs on preschool children's motor skills. The review process included:

Selection Criteria: Articles were selected based on relevance, publication date (2000-2024), and focus on PE programs and motor skills in preschool children.

Categorization: The variables studied in each article were identified and categorized into coordination, balance, agility, speed, flexibility, strength, endurance, and cognitive function. Data Extraction: Key results, knowledge contributions, and policy recommendations were extracted from each article and summarized.

Comparative Analysis: A detailed comparative analysis was conducted to identify trends, significant findings, and gaps in the existing literature.

Results

The review of 40 articles revealed consistent findings on the positive impact of PE programs on motor skills and cognitive function among preschool children. Key results include: Coordination and Balance: Studies such as Johnson *et al.* (2023) ^[1] and Wilson *et al.* (2015) ^[7] reported significant improvements in coordination and balance through regular PE participation.

Agility and Speed: Research by Smith & Brown (2022) ^[2] and Patel & Kim (2014) ^[8] indicated positive correlations between PE activities and enhanced agility and speed.

Flexibility and Strength: Lee *et al.* (2021) ^[3] and Johnson & Roberts (2012) ^[9] demonstrated substantial gains in flexibility and strength due to daily PE programs.

Endurance: Davis *et al.* (2020) ^[4] and Miller *et al.* (2009) ^[10] highlighted the benefits of long-term PE programs in improving endurance.

Cognitive Function: Anderson *et al.* (2017) ^[6] and Thompson *et al.* (2007) showed that regular PE enhances both motor skills and cognitive function.

Discussion

The findings emphasize the critical role of structured PE programs in early childhood development. The consistent improvements in motor skills such as coordination, balance, agility, speed, flexibility, and strength highlight the necessity of early intervention through mandatory daily PE sessions. Additionally, the positive impact on cognitive function underscores the importance of integrating cognitive and physical activities in PE curricula. These results advocate for the development of specialized PE programs tailored to enhance specific motor skills and the implementation of long-term PE initiatives to ensure sustained physical health benefits. The review also identifies the need for standardized PE programs across educational institutions to provide consistent and equitable physical education for all preschool children.

Conclusion

This comparative literature survey underscores the significant impact of PE programs on motor skill development and cognitive function among preschool children. The consistent findings across various studies highlight the importance of early and structured physical activities in fostering essential motor skills. Policy recommendations include integrating mandatory daily PE sessions, developing specialized PE

programs, promoting long-term PE initiatives, and integrating cognitive and physical activities in early childhood education. These recommendations, supported by comprehensive research, emphasize the critical role of physical education in shaping the physical and cognitive health of young children. Implementing these policies can ensure that preschool children receive the full benefits of physical education, laying a strong foundation for their future development.

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