

Normative Data for Motor Skill Assessments in Primary School-Age Children

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Abstract : A healthy population is 'the group of individuals who are in good physical, mental and social well-being'; the level of physical activity among children and adolescents has decreased worldwide in the last decade. Motor coordination can be defined as the person's ability to execute various motor tasks proficiently, including coordination quality of gross and fine movement skills needed to manage everyday tasks. As a result, there is value in promoting physical literacy throughout life. The study aimed to develop age-related normative values of motor skill assessments for children aged 5 to 10 in Gujranwala.

Keywords : healthy population, social well-being, children, Motor coordination, movement skills

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