

SAPIK NEWSLETTER



MOVEMENT MATTERS TO KINDERKINETICS

WHAT IS KINDERKINETICS?

Kinderkinetics is derived from the following two words: 'kinder', referring to the specialisation area focusing on all children, and 'kinesis', referring to movement or motion. As a professional therapeutic field, Kinderkinetics promotes healthy lifestyles in children and aids in the holistic development of a child, by stimulating, remedying and promoting age-specific gross motor skills and physical activities (Pienaar, 2009).

WHY IS PHYSICAL ACTIVITY AND MOVEMENT IMPORTANT?

Early childhood is the golden age for motor skill development, where stimulating motor abilities is of utmost importance to reach age-appropriate development. Children who actively engage in physical activity have a higher likelihood of becoming dynamic and healthier adults. The enhancement of motor skills is crucial for everyday functioning and optimal development is therefore essential. The lack of opportunities for physical activity and increase in sedentary behaviours can lead to gross motor skill delays (Zarotis, 2020; Sutapa *et al.*, 2021).

Key components in the development of a child involve the exploration and comprehension of their own body and surroundings. The gradual development of the child is facilitated through experiences acquired via independent engagement in movement and play. An environment conducive to movement and physical activity aids the progression of motor abilities, whereas unfavourable external conditions hinder the innate desire to move, consequently impacting the child's holistic development (Zarotis, 2020). From a public health perspective, it is important to increase physical activity for the improvement of overall health (Crumbley *et al.*, 2020).

BENEFITS OF PHYSICAL ACTIVITY SPAN OVER AREAS OF DEVELOPMENT, INCLUDING:

- Social development,
- Physical development,
- Cognitive development,
- Emotional development,
- Psychological development.

Enhancement of motor skill development at a young age has a positive influence on the structural development of the brain and processing of information (Zarotis, 2020). Furthermore, physical activity is advantageous for maintaining healthy weight, promoting cardio-metabolic health, supporting skeletal health, and fostering the development of cognitive skills and the acquisition of fundamental movement skills in children aged five years and under (Chai *et al.*, 2020). Lastly, physical activity is strongly linked to a reduced risk for, among others, obesity, cardiovascular disease, hypertension and type II diabetes, as well as improved bone health, mood and sleep (Crumbley *et al.*, 2020).

The health repercussions of prolonged sedentary behaviour are incrementally increasing each year (Hidding *et al.*, 2017). Changes in living conditions, the rise in public transport and motorisation, and a scarcity of safe spaces and movement opportunities are contributing factors to the emergence of sedentary leisure activities for children (Zarotis, 2020). Children who engage in sedentary activities, such as using smartphones, often experience a decline in motor skill development (Sutapa *et al.*, 2021). Globally, a significant proportion of children devote over two hours daily to technology and social media. In addition to screen-based activities, children participate in various other sedentary behaviours such as sitting in classrooms and completing homework after school (Hidding *et al.*, 2017).



HOW DOES MOVEMENT LINK WITH KINDERKINETICS?

Kinderkineticists use physical activity and age-appropriate movement programmes as the vehicle for improving fundamental and gross motor skills. By emphasising purposeful movement experiences, Kinderkineticists aim to enhance, not only physical abilities, but also cognitive and socio-emotional development. The profession recognises the crucial role of movement in fostering optimal growth and development, which contributes to a child's overall health and well-being. As kinetics is Greek for movement, Kinderkinetics is specifically aimed at improving movement, in all stages of childhood. Visit our website to find a Kinderkineticist in your area.

