**Abstract**

The child should be used to control their own bodies, must be able to be in equilibrium, must be fast, timing, these capabilities to be educated and developed at the right time. In the gym instructor should provide for all the exercises: family of jumps, which jumps, jumps, jumps in all shapes, playing with space, with time, with your body, play to dribble, shoot, pass and receive, to run, all in the form of competitions, games, relays and circuits. Children should learn by playing, not through the automation of actions, it is also important as competence and the ability to know your body, space, time, rules, regulations, mates, opponents, through education and capacity building sense-perception, the motor patterns, skills and motor skills. In children, we must insist and develop coordination skills, joint mobility, ability to structure conditional respect the different stages of learning ahead of time and not expect the perfect execution of a single gesture or movement. As a result, children do not have to build robots or automatons, but people thinking, creative, that could go wrong, they can gradually improve their ability to play, therefore, stresses the importance of education at an early age in favor of multilateral acquisition of technical sports correct, but without learning too many technics tecniciizzare too early.

**Key words:** education, abilities, perception, motor patterns, skills, learning

**Introduction**

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**Benefits of physical activity in children.**

The movement is good for everyone and even more so for our children to grow well, and it is crucial for both the physical and psychological as it is favored agility, improves coordination, reduces the risk of obesity, preventing disease adult. The movement has a positive effect also educating a good emotional control, improving self-esteem, and increasing social skills and independence, promoting well-being.

To motivate children to movement is necessary, however, a social context that can give positive meanings and the support of people such as parents, significant adults. The movement, as a physiological need, regardless of the state of health, is a physiological necessity for any individual, especially as regards the child, and is an integral part of its development process. The movement promotes a harmonious body growth, physical and psychological, increases the agility and strength and therefore improves self-esteem and sense of well-being, promotes learning and reduces anxiety for school performance, promotes socialization, accustomed to the rules and prevent many diseases of adulthood (hypertension, high cholesterol, heart disease, obesity, diabetes, certain cancers), as well as allowing you to fully experience the various sensory stimuli and to gain autonomy, guidance and identification with the environment in which the child lives. An active child will almost certainly become an active adult and healthy. Some tips to encourage children to do the movement are: 1. Attention to the degeneration of the sport, such as the increasingly widespread use of doping. 2. Educate your child to move from childhood: it will become for him a daily lifestyle which in turn will transmit to others; 3. Let him do physical activity he likes most: it increases motivation and consequently the pleasure; 4. Stimulated his curiosity, let them move in different ways: a child always has energy to learn. Reinforce the right behaviors and praised: so will tend to repeat over time; 5. In his spare time you ride together, it's more fun! For an imitative process, typical of childhood, the child observes what the adult and tends to play it, and then you spend time together in a healthy way for both; 6. Do not push it too much to the players: the movement should be a daily way of life, in the form of free play, walking.
and cycling. Sport is also important because it teaches us to put to the test and also to admit defeat, so it is important not to push too hard the children to the players and not bestow upon them his own personal ambitions; Today, unfortunately, a sedentary lifestyle is one of the main causes of major diseases such as obesity, diabetes, cardiovascular disease, cancer and particularly worrying is the phenomenon in children, such as overweight and obesity are increasing. In fact, it is estimated that about a quarter of Italian children are overweight or obese, and insufficient levels of activity in children predisposes him, once you become an adult, to develop chronic diseases mentioned above. It is an alarming fact that the increase of overweight children is increasing in Italy as in all industrialized countries.

Unfortunately childhood obesity leads to important consequences, such as increased risk of diabetes and increased blood pressure, bone and joint disease, as well as, last but not least, deleterious psychological consequences, as obesity and physical inactivity negatively affect self-esteem, autonomy and sociability of the child. Nevertheless, in Italy 30-40% of the population does not practice physical activity, and physical inactivity among children is between 15 and 20% already in the range between 3 and 5 years. According to the HBSC study, in Veneto 5% of children 11 years of age are obese and 21% overweight, and about 1 in 4 children has a weight greater than normal.

The significance of physical activity and sports in children, today, has a value more and more I find, as it is one of the most effective tools for the formation of the personality and character of the subjects at a young age for the development and maintenance a proper psycho-physical balance of each person, for the significant increase in the quality of life and promote social inclusion. In fact, the Committee on Culture and Education of the European Parliament has emphasized the need to develop physical education and school sports, extra-curricular, in order to obtain a channel where you can transmit important values such as fair play, tolerance, the experience of victory and defeat, and last but not least, respect for the environment and education for democracy."

### The practice of motor sport and play

The practice of motor sport and, in fact, represents a significant source of experience for all children, able to build around them a healthy lifestyle and permanent, in order to promote greater social integration and openness to interpersonal relationships, to assume roles and specific responsibilities. In addition, you can acquire skills essential to the formation and growth of children and young people. Indeed, important features of the latter are: the ability to work together for a common purpose, self-control, cooperation, enhancing the role of everyone and respect for the role of each, the sense of solidarity, self-esteem, knowledge and acceptance of diversity.

Several studies in the past reveal that during the period of childhood is the need to make sense of continuity to correct multiple and experiences of movement that contribute to child support in its gradual development in the aspects of both morphological and cognitive and psycho-social. The game motor represents one of the preferred ways to explore the outside world and that of interpersonal relationships, to develop motor and cognitive skills, to experiment with roles, to act out their creativity. Therefore necessary to acquire a fun experience-motor approach where the focus is put on the entire process of building the personality rather than on performance, in order to foster among the younger generation transmission of the correct values of sport. The basic motor training in the evolution of the child. Training motor definitely has a base from which to specialize one day the child. The base must be understood as a path to literacy that every child builds motor skills by combining different experiences through the body and movement.

In motor we find the set of all adaptive responses that are structured progressively in the child to relate himself, through the discovery of her body, relate to others, through the discovery of the possibilities of communication and control of emotional reactions, relating to the environment, through the discovery and knowledge of the world around him. The child, therefore, develop the skills, self-esteem and above all learn to recognize their limitations in comparison with others and, in this context, from the point of view of education, the educator must consider that the stimulus of the comparison the experience of the approval and success, are to offer educational opportunities to children in order to improve the layout to get in the game favoring motor learning and self-esteem. In a context of progressive motor literacy, we must ask the task of acquiring the child the alphabet of the basic motor and language develop it, enriching coordination, function and expression so that it can live through motor acts simple and / or complex emotions positive. Physical activity and sport will be an opportunity to promote cognitive experiences, social, cultural and emotional, is a collection of experiences of life in which to know, understand, apply, express and communicate.

### Conclusion

Therefore promote experiences in which the body and movement are favorable to the knowledge of himself, the environment and their ability to move, it means support with a certain importance to the need to recapture the specificity of disciplinary knowledge that acts as an intermediary between us and the child, and that unbeknownst to him, is a means of educational advocate for all fields of learning. The conquest of the movement, if well lived, is an achievement of achievement of the child, and in the drafting of a project focused on traction sports educator, as well as to identify motor skills which tend, puntualizzerà on various cross-connections in a window taking account of
being the protagonist of the child in the acquisition of their motor skills and social. And 'through movement that the child learns about himself, explore, communicate, relate, be put in the doing and this approach allows you to bring the best practices of sport and physical activity within an educational context in which experiences the child will not suffer methodological interventions random, occasional and impromptu, and thus be aware progressively acquiring their motor and social skills. If we accept this challenge, we make sure that the place and occasion where you can gain experience significant movement are also privileged backgrounds of training for active citizenship, or places where feeling good about oneself and others.

References

MOTORIČKI TRENING I KORISTI ZA DJECU, BUDUĆNOST LJUDSKOG RODA: TJELESNA AKTIVNOST – SPECIFIČNO RAZMIŠLJANJE ZA DJECU

Sažetak
Dijete bi trebalo koristiti samostalno nadzor svoga tijela, treba biti sposobno uravnotežiti ga, biti brzo, pravodobno, a ove sposobnosti treba naučiti i razviti u pravo vrijeme. U dvorani instruktor treba biti obučen za sve vježbe: porodicu skokova, skokove, skokove u svim oblicima, igru s prostorom, s vremenom, s tijelom, igru dibanjem, šutranje, dodavanje i primanje obejbaka, trčanje, sve u formi natjecanja, igara, štafeta i krugova, poligona. Djeca trebaju učiti igrom, ne kroz automatizaciju akcija, također je važno kao kompetencija i sposobnost poznavanja tijela, prostora, vremena, pravila, regulativa, kolega, protivnika, kroz edukaciju i izgradnju kapaciteta osjećanje-percepcije, motoričke obrasci, vještine i motoričke vještine. Kod djece moramo inzistirati i razvijati koordinacijske sposobnosti, povezivanje mobilnosti, sposobnost strukturiranja uvjetnog poštivanja različitog stupnja učenja sukladno vremenu i nepoštivanje perfektnog izvođenja pojedinačnih pokreta ili gibanja. Kao rezultat, kako neki misle, kreativno, to može poći loše, ali se stupnjevito popravlja sposobnost igre, dakle, stress je važan u edukaciji u ranim godinama u korist multilateralne akvizicije korektne sportske tehnike, ali bez "tehniciranja" prerano.

Ključne riječi: edukacija, sposobnosti, percepcija, motorički obrazac, vještine, učenje