



PHYSICAL EXERCISES FOR CHILDREN AGED 3-7 TO DEVELOP FINE AND GROSS MOTOR SKILLS

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Research purpose. The presentation aim is to introduce the importance of physical exercises for children aged 3-7 to develop fine and gross motor skills.

Keywords: gross motor skills, fine motor skills, insufficient physical activity

Research Methodology. Analysis of scientific literature.

Results / Findings. Contemporary world and modern technologies increase the number children with insufficient physical activity. Physical exercises help to develop children's fine and gross motor skills thus improving mental and physical health. Examples of gross and fine motor skills training exercises for children aged 3-7.

Originality / Practical implications. Firstly, it is important to develop children's physical activity in the wake of a global pandemic. Due to this fact, the children spend most of their time at home passive and spend less time doing physical exercises. Also, huge influence is from modern technologies. It is important to understand that parents, pre - school teachers and other specialists should pay attention to their children's physical development from early childhood, focusing on the exercises and activities that develop fine and gross motor skills thus improving children's mental and physical health.