

The significance of Movement

This is an extract from the thesis of Dr Esme-Joan Redpath.

THE DEVELOPMENT OF A JUDO INTERVENTION PROGRAMME TO ASSIST GRADE ONE LEARNERS WITH MOTOR DELAY

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For Schmidt and Lee (2005:4), the significance of movement comes to the fore when one realises that life as we know it wouldn't be possible without movement. The ability to move is more than simply the ability to walk, play or manipulate objects. Movement has its own intrinsic merits, but the ability to move comfortably also develops various other learning areas. According to Burton (1977:13), movement is learners' natural learning medium and ordinary movement experiences contribute to cognitive, physical and effective development. According to Haywood and Getchell (2005:5), individuals function in a variety of areas, namely physical, social, cognitive and psychological. For McDevitt and Ormrod (2005:5), the developmental areas are divided into physical, cognitive and socio-emotional development.