

## **Each sport has its own particular motor structure**

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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Each sport has its own particular motor structure that is unique as a result of participation in tasks, performance and achievements. All types of sport have specific specialisations, yet general motor variables, fundamental to all types of sport, are present. These commonalities are found in the basic establishment and improvement of coordination, rhythm, balance, laterality, reaction time, agility, spatial orientation and visual control, without which the basic sporting abilities cannot be established and the performance of movement skills will be inadequate. The latter leads to an unbalanced relationship between the limbs and muscle groups and therefore no systematic motor development and learning will take place. Thus, the motor element must be supported and strengthened by means of the necessary physical fitness, namely muscular strength, muscular endurance, cardiovascular endurance, speed, explosive strength and suppleness (Nel, 1999:25).