



Specialist: Yaudi Josefina Rodríguez Salazar

Centro de Educación Inicial Nacional Bolivariano "José Carrillo Moreno". Venezuela

Email: yaudirorodriguez@gmail.com

Código ORCID: <https://orcid.org//0009-0007-0012-829X>

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Sport as a Didactic Action to Strengthen The Psychomotor Skills of Boys And Girls at the "José Carrillo Moreno" National Bolivarian Early Education Center

ABSTRACT

The present investigation presented as a scientific concern the need to evaluate the development of gross psychomotor skills in boys and girls, based on the experiences lived in the classroom where it was possible to affirm that there is a problem focused on motor skills. Sport is a benefit that provides children with the psychomotor development of their body, therefore the main objective of this research was to propose didactic actions to strengthen the psychomotor skills of children of the Bolivarian National Initial Education Center "José Carrillo Moreno" argued under the sports theory which tells us about the functioning of the healthy human body during exercise and the way in which sports and physical activity promote health in all its aspects. Due to this need, this activity must be carried out frequently in order to enhance psychomotor skills in children. The methodology was framed in the qualitative paradigm, since this work carried out the collection of information through interviews and observation sheets and based on the Transformative Participatory Action Research, where the problem was studied, allowing significant achievement through sports activities. . Where the results obtained were the change in the boys and girls in terms of psychomotor development, standing out in the activities they carried out with synchronized jumps and jumps, concluding that with each presentation of the activities there was the transformation of what was expected, generating benefit in the boys and girls. Such as: competitive performance, psychomotor development, development of skills and abilities

Descriptors: Sport, didactic action, strengthening, psychomotricity

Biographical Review: Specialist in Initial Education National Experimental University of Teaching "Samuel Robinson", Coordinator of Culture CEINB "José Carrillo Moreno".