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**Measurement and study of the quality of speed and coordination of movement in the lower and upper extremities with children aged 7-9 years.**

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The practice of sports increasingly emphasizes that maximum sports results can be obtained only if their foundations are established since childhood. Therefore From the age of primary school, special attention should be paid to the development of coordination and speed skills. (Charles HZ, Megan RG 2011).

## Purpose of the study

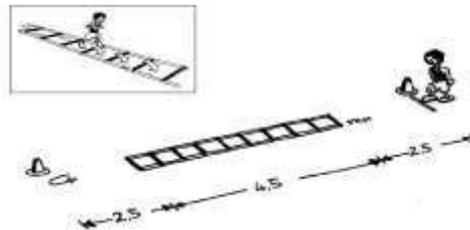
Study on the effect of Athletic games on the performance of coordination and speed of primary school children.

## Results and discussions:

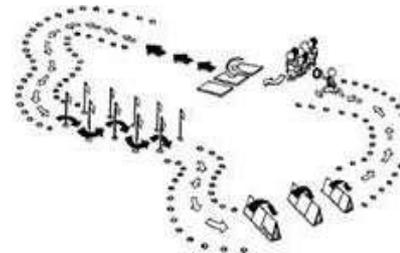
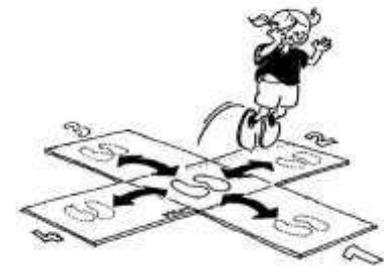
From this point of view, both the control group and the experimental group made progress, but the experimental group performed better. The results show that the control group has an improvement in Plate - Tapping test of  $p < 0.16$  in the final test and  $p < 0.20$  for Hezagon Agility test. The experimental group had an improvement of the result of  $p < 0.40$  in Plate - Tapping test and  $p < 0.45$  in Hezagon Agility test.

The experiment lasted for 8 weeks with students of Gustav Mayer school aged 7-9 years. This study included boys and girls from grade 2 and grade 3. There were 20 people in each class (40 in total). Of these 20 were control group and 20 experimental group. The study included the use of games and relays within the experimental group in order to develop coordination and speed as a motor skill. The tests used were Plate-Tapping for the upper extremities and Hezagon Agility Test for the lower extremities.

Figure



Figure



## Conclusions

The athletic games which were performed by the school students in the experimental group, proved to be effective. The children significantly improved their coordination and speed skills in both control tests. These games - it is easy to perform, does not require more space than the gym and can be accomplished with circumstantial means.