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Temporal and Special Control of Long-rope Jumping in Preschool Children

By *Reiko Sasaki**

The purpose of this study was to investigate the temporal and spatial control of movement in children.

Preschool children aged four to six, participated as subjects. They asked to execute two kinds of long-rope jumping task. (Long-rope jumping ; Subjects should be on continuous jumps over the long rope (about 3m) moving back and fourth regularly. The jumping motion was recorded with VTR camera and the images of VTR were analyzed. The characteristics of the motion of the children were observed focusing on timing.

The results were follows,

1) The rope jumping motion were divided into four phases that were (1) Preparation, (2) Knee extension (to take-off), (3) Upward, and (4) Downward. The younger children spent much time in phase (1), in which they prepare for the motion. And the younger children had lower producability of their motion.

2) The jumping motion like a standing long jump was observed in younger children. It was suggested that the younger children couldn't make an estimate of time and space of the motion of rope and themselves.

3) The younger group, 4-year-old, couldn't succeed to jump over the rope which had been already moving repetitively. It could be supposed that the children aged over six got to be able to control their movement accurately, and they recognized a phase as a pattern, and adjust their movement with other subjects.

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