

**GIVE ONE-WORD ANSWERS**

1. What are the various stages of motor development in children?
2. What is the name of the period, of the children achieve mature patterns of fundamental motor skills?
3. Which is refers to the development of a child's bone, muscle's ability to move?
4. Which development can be involving of small muscles in the child's body?
5. 'I can help you to improves self-perception, self-esteem, mood, and sleep quality.' Who am I?
6. How many types of Motor development?
7. Which development can be involving of large muscles in the child's body?
8. Why team game is very essential for later childhood?
9. 'Child flexibility develops at a very slow rate,' in which stage?
10. 'I am ready to learn strategies and more complex play combinations.' What is my current stage of childhood?
11. Which type of motor development takes place in the skeleton of the body?
12. What is the period/age of early childhood?
13. In which childhood stage, competitions should be avoided?
14. What is the main obstacle in the path of motor development of children?
15. What is the age duration for middle childhood?
16. What is the best stage we can see a higher level of coordination abilities development?
17. Why does obesity or being overweight harm the motor development of children?
18. What is an example of sensory impairments?
19. Which stage may be boys and girls can compete evenly?
20. What is the other name of biological factors?
21. How many types of fibres?
22. What are the requirements for a child to take risks to explore fearlessly for better motor development?
23. What is the name of the childhood beginning from the 11<sup>th</sup> year to the beginning of puberty?
24. What is the key, if you want to reduce the risk of depression, dementia, and Alzheimer's?
25. What is the age duration for infancy?
26. What is the other name of the early childhood stage?
27. Which childhood stage, a child can perform differently for different aims such as throwing for distance?
28. What is the stage for the exercises to develop head control, sitting, crawling?
29. What is the duration of daily physical activities for the early childhood stage, as per exercise guidelines?
30. What is the age duration for adolescence?

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