

Developing Spatial and Body Schema Orientation in Preschoolers and Primary School through Physical Activities

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ABSTRACT The present research aims at studying, out of the content of psychomotricity, spatial orientation and the recognition of the body schema, which is basic in the extracurricular physical activity of normal children. In order to test the level of acquisition of these qualities in terms of psychomotor learning, subjects included in the research took part twice a week in physical activities based on movement games, having as the objective the improvement of psychomotricity. Their testing was achieved by adapting the test evincing the capacity of spatial orientation and body schema, which is grounded in evincing the capacity of spatial orientation and the degree of knowledge the child has of its own body, by acknowledging the spatial rapports and operating with specific language. After tests, it was observed that after going through physical activities with the proposed objectives, spatial orientation and bodily scheme had improved significantly, and there is a relationship between games of movement within the program of physical activities and the level of acquired skills on the orientation in space and body scheme.