



## **Psychomotor Education and Preventive Course**

### **Premise**

Psychomotor or as it was called previously, Psychokinetic, is a school of thought developed in the 900 in France, which bases its scientific principle on the value of the synergy between movement and mental image of how you act and the way the interior, between act and intention, so that this scientific principle aims at the end of all personal social integration of the individual. Over the centuries, this educational, preventive and clinical discipline, showed profound and radical changes until you get to the meaning that it takes today, that support the processes of child development so as to enhance the child as a whole, and can potentially realise itself through the fullness of one's action in the world.

### **Course**

The child learns to know himself/herself in three ways:

- Through the use of space and objects
- Through interaction with the other
- Through the ability to represent themselves with movement, speech, and especially the game

Psychomotor aims to develop:

- The tonic emotional report
- In the pre-game verbal and motor skills
- Symbolic play
- The perception and structuring of space and time
- The structuring of thought and identity
- With the development of socialisation
- The integration of the different functions mentioned above

Through psychomotor, the adult's role is to bring out the child's authentic resources by adopting an attitude of observation of what the child is able to develop in play, giving space to its spontaneous action. It then creates and offers a real "emotional fitness" where the child, along with the group, brings into play himself in a circle of emotions and mutual support. The adult is the



one who facilitates the emergence of certain skills, but most importantly it is a careful observer and activator of personal resources that emerge gradually in play situations.

### **Who is psychomotor education for?**

All children in kindergarten classes, thus showing broad prospects for work at different ages and with a variety of goals aimed at developing skills typical of this developmental period.

### **What are the overall objectives?**

1. Motor coordination and dynamic general equilibrium
2. Perception and regulation of movement
3. Structuring the body
4. Manual and segmental oculomotor co-ordination
5. Temporal spatial organization

The project aims to enhance psychomotor:

- The relational dimension between adult and child
- The size of the natural group of peers
- The playful dimension
- The creative dimension

### **In conclusion:**

Psychomotor is not only aimed at the clinical setting but now is spread everywhere and growing in totally different realities such as school and educational contexts such as play areas, where you are not working on problems or deficiencies to be cured rather it is at a level in prevention, intending to specify and differentiate the different levels of intervention.

### **How is the project scheduled?**

The psychomotor activities will be organised during the year in scheduled meetings from a weekly meeting of 60 minutes for each group of school children.