Effect of Volleyball Game Intervention on the Development of Movement Skills of Children with Mild to Moderate Mental Retardation

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ABSTRACT:

Research background

In the "Healthy China and National Fitness", it is proposed that all people should participate in and exercise. Children with mental retardation are indispensable members of the whole people, and as vulnerable groups, they have also received extensive social attention. At present, the society's care for children with intellectual disabilities is mainly reflected in the material aspect, ignoring sports intervention. Therefore, it is of great practical significance for children with intellectual disabilities and other special children to adopt appropriate sports methods and contents.

Research purpose

Children with mental retardation have great limitations in the development of motor skills, which seriously affects their quality of life and social adaptability. This paper takes volleyball games as an intervention means to explore the impact of volleyball games on the basic motor skills of children with mild to moderate mental retardation. Effective motor skill intervention programs can promote the improvement of the basic motor skills of children with mental retardation, and can also promote their cognitive ability and social adaptability.

Research content

In this study, volleyball games were used as the intervention content. The experimental group was intervened in volleyball games for 12 weeks, while the control group was intervened in normal physical education courses at the same time, and did not participate in other sports activities.

The formulation principles of intervention: (1) The basic concept of rehabilitation training courses in line with the Curriculum Standards of Schools for Mental Retardation (2016 Edition). (2) It is safe, the content is designed without dangerous actions, and the whole teaching process guarantees the duration of more than two teachers (2). The 45 minute physical education course includes 5 minutes of warm-up games, 30 minutes of ball game practice and 10 minutes of rest; (3) Frequency, 3 times a week; (4) Exercise intensity, step by step, gradually increase the amount of exercise, mainly low intensity exercise, supplemented by medium intensity exercise.

For the experimental group and the control group. The Bunny's Motor Proficiency Test (Second Edition) was used to test the development of the basic motor skills of the subjects before and after the intervention, and the follow-up test was conducted to the experimental group one
month after the intervention was stopped. In addition, this study also conducted an interview with the head teachers of the children in the experimental group after the study was completed to understand the changes of their basic motor skills in daily life.

Research Methods

Literature, experiment, mathematical statistics and interview

Results and discussion

Before and after the intervention, the basic motor skills of children with intellectual disabilities in the experimental group and the control group were tested, and the results were significantly different. After the intervention, the test results of the experimental group and the control group were also significantly different. One month after the end of the experiment, the follow-up test found that volleyball games still had a significant effect on the improvement of the basic motor skills of children with intellectual disabilities.

After 12 weeks of volleyball game intervention, the basic motor skills of children with mild to moderate mental retardation have improved in hand coordination, body coordination, strength and agility.

Suggestions and conclusions

The intervention of basic motor skills should be diversified, enrich the content of physical education curriculum in special education schools, focus on sports games, and cultivate the interest of children with intellectual disabilities in sports to improve their basic motor skills and social adaptability.

**KEY WORDS** Volleyball game; Children with mental retardation; fundamental movement skills