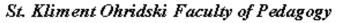


### Republic of Macedonia SS. Curil and Methodius University in Skopje







## BOOK OF ABSTRACTS



10<sup>th</sup> International Balkan Education and Science Congress & International Scientific Conference in the field of physical education

"Fundamentals of motorical literacy in early childhood development"

SKOPJE, REPUBLIC OF MACEDONIA

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**20 SEPTEMBER 2015** 

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## "Fundamentals of motorical literacy in early childhood development " 20 SEPTEMBER 2015

#### Skopje, Macedonia

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## Changes in achivements at tests for balance applied with children in the early school period

PhD Biljana Popeska<sup>1</sup>

#### **Abstract**

Balance is one of the abilities that defines children motor space and ensure motor efficiency in many movement tasks. It's changing during the process of development, especially in early school period. This paper analyses the changes and development of balance at the same group of children at the age of 6 and lately at the age of 7 years. The changes in manifestation of balance are determined analyzing the results from 3 tests balance, two for estimation of static balance and one for estimation of dynamic balance, applied in two consequential years. A longitudinal research was realized at the sample of 123 six years old male children in initial measurement, also measured a year later as a seven years old in the final measurement. Differences were estimated using basic statistic parameters and t – test. Obtained results point out on improvement of achievements in the tests for balance and statistically significant better results at the age of 7 at one tests for dynamic balance and numerically better but statistical insignificant differences in two other tests applied for static balance. These suggest on positive changes in the segment of balance and points out on certain positive development changes in their manifestation.

Key words: motor abilities, development, children, test.

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