

# ***PSIA-Rocky Mountain-AASI***

## **Children's Motor Development**

### ***Course Description:***

This clinic is for resort trainers and ski school management. Participants will explore the three stages of Fitts and Posner motor skill development, and how the stages apply to children. Participants will ski and ride through the stages then modify for different age groups of children.

### ***Course Outcomes:***

- Participants will identify the cognitive, associative, and autonomous phases of motor development .
- Participants will experience the three phases of motor development as it relates to children
- Participants can take the information and activities to their home resorts and share with their peers.

### ***Sample Activities:***

- Group sharing and team work activities used with children.
- How to keep a group of kids moving while working through the process of creating a common image of what the kids are trying to attain in any given lesson.
- How do we associate the proprioceptive feedback and the image of an athletic stance. This comprises the majority of any ski instructors bag of tricks. It is important to understand the distinction of this stage from the other two. One way to think about this is, if after playing a game or doing a task you want feedback regarding whether you were able to do it or how well you did you are in the associative stage.
- How do we teach skiing that creates autonomy of the movement? Some examples include having them think of something that is cognitively challenging to the student- like spelling their name backwards- while skiing. Can they still maintain an athletic stance, or does it fall apart? If the skier can maintain an athletic stance while focusing their attention elsewhere- like on spelling their name backwards- they have reached the autonomous stage of maintaining an athletic stance

### ***Materials Needed: Download from [psia-rm.org](http://psia-rm.org) Children's Materials***

- Sensory and Motor Development Handout from the [psia-rm.org](http://psia-rm.org) website