

**EFFECTS OF TEACHING PHYSICAL AND PSYCHOMOTOR ACTIVITIES ON
HOLISTIC GROWTH AND DEVELOPMENT OF YOUNG CHILDREN**

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RESEARCH PROJECT

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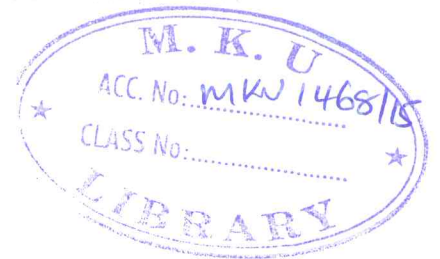
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ABSTRACT

This study was carried out to investigate on effects of teaching physical and psychomotor activities on wholistic growth and development of young children in Muusini Learning Centre, Kinyaata Zone, Ikombe division, Yatta District Machakos County in the Eastern Province of Kenya.

The researcher outlines the background of the study. This is exactly the meaning of physical and psychomotor activities and their relevance to child growth and development in learning from past to present. The nature of children is play and play is children's work. Children use play to acquire knowledge skills and attitudes. The researcher states the problem on effects of teaching physical and psychomotor activities in holistic growth and development of Muusini Learning Centre's young children.

In literature review the researcher outlined related theories to psychomotor activities on holistic growth and development of young children. She bases her argument on physical and psychomotor activities in development as in cognitive, physical, social emotional, moral aesthetic and spiritual development. She went on to highlight emerging trends on play in the school and community as curriculum innovation, culture and religious faiths, modern technology, digitalized learning, gender issues, inclusive learning, endemic diseases and negative attitude towards play.

In methodology, the researcher outlines the research design used to collect the data. The design is a case study or clinical method as it is sometimes called. The researcher collected data by use of questionnaires and observation schedules. Both qualitative and quantitative methods of data collection were involved. She described the location of the study and gave out geographical description of the area. She showed the population of study, sampling techniques and gave out the time schedule. She elaborated on the research instruments. She went on to collect the data as well as recording the data findings. The major findings of the study are:-