

POSTER: THE DEVELOPMENT PROFILE OF BALANCE AND AGILITY SKILLS OF 6-8-YEAR- OLD CHILDREN: EXAMIN YOUTH STUDY

*Dané Coetzee 1

1 Physical Activity, Sport and Recreation (PhASRec), Focus Area, Faculty of Health Sciences, North-West University, Potchefstroom Campus, Republic of South Africa, School of Human Movement Sciences, Faculty of Health Sciences, North-West University, Potchefstroom Campus, South Africa, 12129941@nwu.ac.za

Introduction: Balance and agility are important components of motor development. Well-developed fundamental skills give children the necessary confidence and skills to perform better in sport. **Objective:** The purpose of this study was to determine the developmental profile of balance and agility skills of 6 to 8-year-old children, and the influence of gender on these skills. **Methods:** This cross-sectional study forms part of a longitudinal ExAMIN Youth SA study. Two hundred and eighty-five learners (122 boys and 163 girls), with a mean age of 7.7 ± 0.8 years, were tested. The Körper-coordinations test für Kinder (KTK) test was used to evaluate the quantitative data of the balance and agility skills, while the Kinderkinetics pre-primary screening test was used to evaluate the qualitative data for the balance skills. **Results:** The results indicated no significant gender differences at any age for balance or agility ($p \geq 0.05$). However, significant differences were found regarding the different ages. Lastly, the results indicated no significant ($p \geq 0.05$) gender or age differences between the qualitative balance skills. Children whose balance and agility skills are in the mature phase will perform better in sports-specific skills. **Implications:** This study generated valuable knowledge for Kinderkineticists and teachers, which could lead to new strategies and intervention programs.