Child development through sports

In recent years, experts are trying to investigate the social, physical, and psychological needs of children, so that efficient steps can be taken to ensure their proper development. This paper will specifically discuss some of such needs that are essential for children during their sports activities and exercises.

It is very imperative to provide positive environment to children, which can motivate them in enhancing their different skills. It is observed that atmosphere plays an important role during sports activities, and one of the significant physical needs for children is a positive and proper environment that should be safe, healthy, secure, as well as, near to nature, as children develop intellectually more quickly in the natural environment, rather than an artificial one. (Humphrey, pp. 23-25) In addition, children are very sensitive and studies have indicated that a biased environment often reverses their development process. In this regard, guardians and teachers should consider providing the opportunity to every child to show his talent and skills, in order to avoid any kind of inferiority or complex, which can be very complicated for their personality development in future. Furthermore, appropriate training is necessary to avoid any kind of psychological abuse that may affect children during participation in sports activities. In this regard, a number of social, physical, and psychological needs are essential and important to enhance the process of personality development in children around the globe. It is hoped that the paper will be beneficial for students, teachers, and professionals in better understanding of the topic.