



# DEVELOPMENT OF MOTOR VARIABLES FROM NON-COMPETITIVE TRADITIONAL GAMES

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## **Abstract:**

This research paper explores the development of motor variables through engagement in non-competitive traditional games. Traditional games have long been part of various cultures worldwide, serving not only as forms of entertainment but also as platforms for physical activity and skill development. While competitive sports receive considerable attention in motor skill research, non-competitive traditional games often go understudied despite their potential benefits. This paper aims to fill this gap by investigating how participation in non-competitive traditional games contributes to the development of motor variables such as coordination, agility, balance, strength, reaction time, speed, accuracy, flexibility and dexterity. The games studied in this paper are part of bhartiya khel (Indian knowledge system). Through a review of existing literature and empirical evidence, this paper highlights the importance of incorporating traditional games into physical education curricula and recreational activities to promote motor skill development.

**Index terms :** Non-competitive games, traditional games, motor variables, skill development, physical education, bhartiya khel .

## **INTRODUCTION**

Traditional games, deeply rooted in the cultural fabric of societies worldwide, have served as more than mere pastimes throughout history. These games, passed down through generations, embody cultural heritage, promote social cohesion, and offer a unique avenue for physical activity. While the spotlight often shines on competitive sports as avenues for motor skill development, the significance of non-competitive traditional games in fostering motor variables remains understudied and undervalued. This research paper aims to bridge this gap by exploring the relationship between engagement in non-competitive traditional games and the development of motor variables. In recent years, there has been a growing recognition of the importance of motor skill development in promoting physical health, enhancing cognitive function, and fostering overall well-being. Motor variables such as coordination, agility, balance, and strength are fundamental components of human movement and play crucial roles in daily activities, athletic performance, and injury prevention. While conventional approaches to motor skill development often prioritize structured training programs and competitive sports, non-competitive traditional games offer a rich and often overlooked opportunity to cultivate these essential motor skills in a culturally meaningful context. By delving into the realm of non-competitive traditional games, this research seeks to uncover the inherent potential of these age-old pastimes as vehicles for holistic motor skill development. Drawing upon existing literature, empirical evidence, and case studies, this paper will examine how participation in traditional games contributes to the acquisition and refinement of motor variables. Through a

comprehensive analysis, it will elucidate the unique characteristics of traditional games that facilitate motor skill development, exploring the intricate interplay between cultural practices, physical activity, and skill acquisition.

Moreover, this research endeavor transcends the realms of individual skill acquisition, extending its gaze to broader educational and societal implications. Traditional games not only offer a platform for personal growth but also serve as catalysts for community engagement, cultural preservation, and social cohesion. Thus, by uncovering the developmental potential of non-competitive traditional games, this research aims to advocate for their integration into formal education curricula, recreational programs, and community initiatives. In doing so, it seeks to promote the holistic development of individuals while fostering appreciation for cultural diversity and heritage. And also the games helps in the development of the motor variables .

### **Motor Variables:**

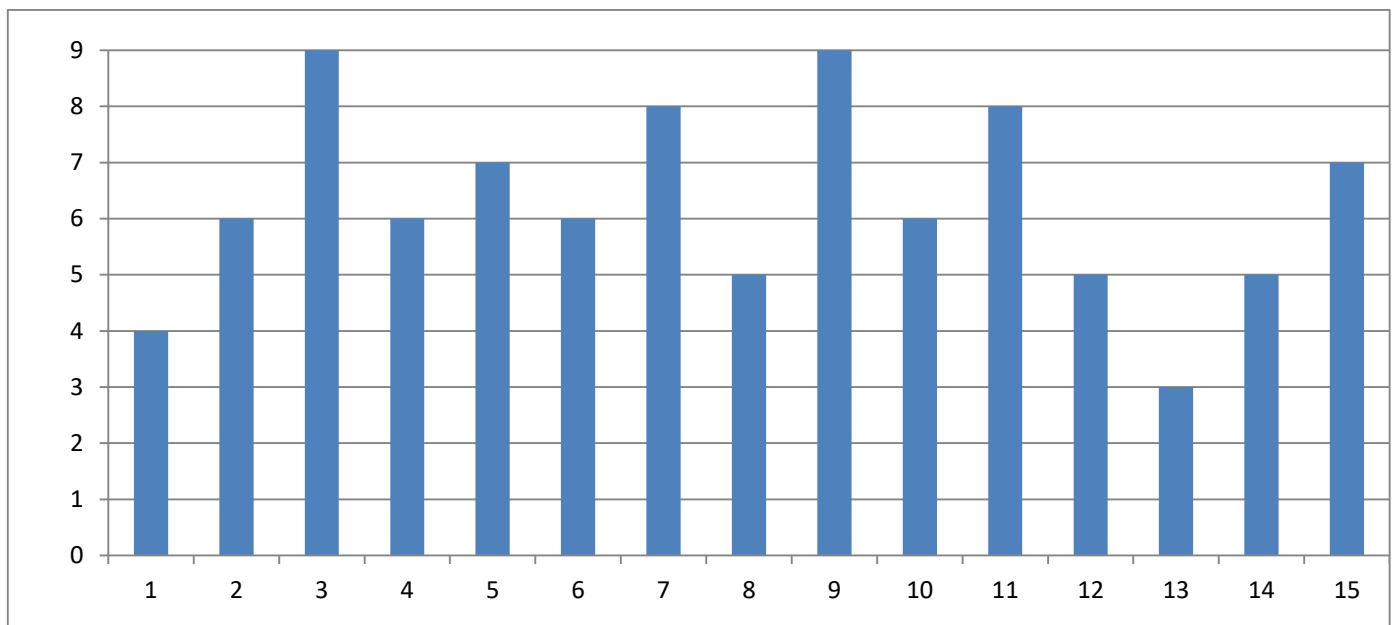
1. Coordination
2. Balance
3. Reaction time
4. Speed
5. Accuracy
6. Strength
7. Flexibility
8. Agility
9. Dexterity

### **Non-competitive traditional games and developed motor variables:**

Sr.no	Game	Co-ordination	Balance	Reaction time	speed	Accuracy	strength	Flexibility	Agility	Dexterity	T ne va
1	Kanche	1	1	0	0	1	0	0	0	1	4/
2	Bandar killa	1	0	1	1	0	1	0	1	1	6/
3	Langdi	1	1	1	1	1	1	1	1	1	9/
4	Gilli Danda	1	0	1	1	1	1	0	0	1	6/
5	Nadi parvat	1	1	1	1	0	1	0	1	1	7/
6	Gutte	1	1	1	0	1	0	0	1	1	6/
7	Hoop rolling	1	1	1	1	1	1	0	1	1	8/
8	Matki fod	1	1	1	0	1	1	0	0	0	5/
9	Mardani khel	1	1	1	1	1	1	1	1	1	9/
10	Nondi	1	1	1	0	1	1	0	1	0	6/
11	Pachai -k- kuthirai	1	1	1	1	1	1	1	1	0	8/
12	Pambaram	1	1	1	0	1	0	0	0	1	5/
13	Patang uddayan	1	0	1	0	0	0	0	0	1	3/
14	Posham pa	1	0	1	1	1	0	0	1	0	5/
15	Vish amrit	1	1	1	1	1	0	1	1	0	7/

This non-competitive traditional games shows development in different motor variables . which is shown in the chart below this chart shows that from nine motor variables how much variables are developed by each game . The variables which can be develope shown as 1 and the variables which does not show any development is shown as 0 .

### Graphical representation of non-competitive games and the developed motor variables :



On x axis: serial number of game

On y axis: number of motor variables

The graphical representation below shows that most of the non-competitive traditional games shows development in more than five motor variables.

This non-competitive traditional games are played years back in 19s era but nowadays the kids are influenced by the social media and online gaming .A research done “ Weiler R, Allardyce S, Whyte GP, et al Is the lack of physical activity strategy for children complicit mass child neglect? Br J Sports Med 2014;48:1010-1013.” And a book written “The Guardian. “Children growing weaker as computers replace outdoor activity” in which it is showed that the kids in the 19s era are more physically fit than the children nowadays and the key reason behind it is traditional games are replaced with mobile games and social media . The parents and children both are responsible for the decline of the traditional games and it directly affects on the motor fitness components of the children .

### CONCLUSION

In conclusion, this research paper has illuminated the development of motor variables through non-competitive traditional games . through examination of fifteen games and nine motor variables , we have unraveled the potential of these non-competitive traditional games as a powerful catalysts for holistic motor skill development. Most of the non-competitive traditional games shows development in more than five motor variables . this a one of the key reasons that the children a decade ago has good physical fitness compared to todays children . the non-competitive traditional games played by the children’s back in 19s helped them to stay physically fit . this games are one of the main reasons for the good physical fitness of the children in 19s .

Non-competitive Traditional games, deeply ingrained in cultural heritage and societal norms, offer a unique blend of physical activity, social interaction, and cultural preservation. Our exploration has revealed that participation in these games not only enhances motor variables but also fosters a sense of belonging, identity, and community cohesion. By embracing traditional games, individuals not only hone their physical prowess but also enrich their cultural literacy and appreciation for diversity.

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