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## A40: An Experimental Study on the Effect of Intelligent Motor Intervention on Motor Ability of Infants with Motor Retardation

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### Abstract

**Purpose:** Early exercise intervention is particularly important for the improvement of motor ability in young children with delayed motor development. In this study, the effect of intelligent exercise online intervention on the motor ability of slow motor development in children aged 3 to 6 years was verified by arranging interesting sports games in the sports APP. **Methods:** Using the experimental method, interview method and mathematical statistics method, 37 children aged 3-6 years were selected through the motor development questionnaire, and online exercise intervention was carried out around the six themes of balance, coordination, sensitivity, flexibility, jumping and strength. There is a sports theme cycle every week, and the weekend is a parent-child sports game. The overall intervention lasts for 6 months, lasting from 15 to 20 minutes per day. **Results:** There were highly significant differences in children's exercise ability before and after the experiment ( $t = -24.859$ ,  $P < 0.01$ ); the sensitivity, flexibility and coordination were particularly improved, with highly significant differences ( $t = -25.147$ ,  $P < 0.01$ ); interviews found that through weekly parent-child exercise games, children and parents increased physical interaction and language communication compared with before intervention. **Conclusion:** Intelligent exercise online intervention can effectively improve the motor ability of children aged 3 to 6 years, especially the sensitivity, flexibility, and coordination ability. Meanwhile, regular parent-child exercise can improve communication between parents and children and improve the parent-child relationship.

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