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**EVALUATION AND DEVELOPMENT OF MOTOR SKILLS OF
PEOPLE WITH MENTAL DISABILITIES**

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ABSTRACT

According to many studies, children with mental disabilities lag behind in terms of motor skills. The purpose of this paper is the literature review on the evaluation and development of motor skills of people with intellectual disabilities, through Physical Education programs that take place in the school environment. For this purpose, relevant sources were searched in the electronic databases PubMed, Science Direct, Research Gate, Google Scholar, using as keywords terms related to mental disability and motor dexterity (mental disability, motor skills assessment, intervention programs for people with intellectual disabilities). Of the surveys identified in the review, 24 were included in the survey which was in English and was published in English peer-reviewed journals between 2000 and 2021. The surveys involved boys and girls with intellectual disabilities up to 20 years of age. The evaluation was carried out mainly through the Test of Gross Motor Development and the Bruininks-Oseretsky Test of Motor Proficiency (BOTMP). Of the surveys examined, 11 concerned the assessment of children with intellectual disabilities in terms of motor dexterity and 14 Physical Education intervention programs carried out in the school environment. A review of the study found that people with intellectual disabilities have a lower level of motor dexterity compared to people of normal development. The research also showed that the intervention programs in the course of Physical Education in the school environment, contribute significantly to the improvement of the level of motor dexterity of people with mental disabilities. It is recommended that more research be done on the issue of motor skills and that systematic interventions be included in the Physical Education course, due to the multiple benefits that have been shown to have people with intellectual disabilities, in terms of improving their motor skills.

Key Words: Assessment, Development, Motor Dexterity, Mental Disability

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