



## Younger Children's Physical Fitness, Motor Ability and Physical Activity

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### Message from the Guest Editors

Physical fitness, motor ability development, and PA are closely related to each other from early childhood to adulthood. In the dynamic correlation between PA and motor skill development level, physical fitness may be a vital intermediary factor that cannot be ignored. This correlation may be relatively weak in the early life of an individual, but it will grow with age. On the other hand, childhood PA is a crucial determinant of the development of motor skills and physical fitness level. Obtaining and accumulating all kinds of exploratory sports experience in early life can promote formation and maturity of children's basic motor pattern, further inspire children to participate in PA, and have a positive effect on physical fitness levels. Investigation in PA, physical fitness, and motor development as well as its complex correlation with age will have significant and long-term influence on promoting children's and adolescents' PA, obesity intervention, and health promotion.





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## Message from the Editor-in-Chief

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