

## Special Issue

# Motor Skills and Integral Health in Children and Adolescents: Keys to an Active Future

### Message from the Guest Editors

Motor skills are foundational to physical, cognitive, and emotional development of children and adolescents. Historically, research has underscored the role of motor skills in fostering an active lifestyle, enhancing academic performance, and promoting overall well-being.

However, modern sedentary habits and digital distractions challenge this developmental pillar, emphasizing the need for innovative approaches that nurture motor skills in today's youth. This Special Issue seeks to explore the intersection of motor skills and integral health, addressing their impact on physical activity, mental health, and lifelong wellness. We aim to highlight groundbreaking research, from novel intervention strategies to the role of environmental and social factors in motor development. We welcome the submission of original research, systematic reviews, and theoretical papers that delve into the assessment of motor skills and present innovative interventions, longitudinal studies, and cross-cultural perspectives. Join us in promoting an active, healthier future by advancing knowledge in this vital field.

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### Guest Editors

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### Deadline for manuscript submissions

25 August 2025



## Children

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## About the Journal

### Message from the Editor-in-Chief

You are invited to contribute a research article or comprehensive review for consideration and publication in *Children* (ISSN 2227-9067). *Children* is an open access journal—research articles, reviews, and other content are published online immediately after acceptance. The scientific community and the general public have unlimited free access to the content as soon as it is published. The journal focuses on sharing clinical, epidemiological, and translational science relevant to children's health. We would be pleased to welcome you as one of our authors.

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### Editor-in-Chief

Prof. Dr. Paul R. Carney  
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