

Dear readers, friends of Psychomotricity,

We are going through a second period of lockdown with the consequences of social distancing being more obvious and the need for a restart imperative. However, the Covid-19 and its mutations are still here, they still appear threatening and all countries are ready to impose tougher measures, while at the same time the citizens are being vaccinated.

Until the required number of vaccinations is completed and we feel safer, the only way out to maintain our health is daily outdoors physical activity, always with the relevant permission. There is no better prevention-treatment for the effects of lockdown than this daily habit; after all, let us not forget that a year ago we underlined that exercise is a medicine.

Dear psychometricians, looking for opportunities to update your knowledge, we are informed that, unfortunately, the 7th EFP-Congress 2021 “Psychomotor challenges, resources and solutions for a moving society” that would be held at the University of Marburg/Germany has been canceled due to the Covid-19 pandemic (<https://www.efp-marburg2021.de>). On the contrary, the 5th Assembly of the International Motor Development Research Consortium that would be taken place in Komotini/Greece from 22 to 25 of September 2021 will be held online as a virtual congress (<https://motordevelopment.gr>); thus, you can still find your registration chance. As the chair of the organizing committee of this event I will be very happy to welcome you online.

The 13th Volume of the European Psychomotricity Journal includes four studies from the wider field of Movement Science.

The first study, written by Dr. Stamboulis et al., investigates gender differences on bone mineral content, bone mineral density and physical activity in prepubertal children, with remarkable findings. The second study, written by a psychometrician Ms Silvia Cattafesta, investigates the impact of rhythmic psychomotor intervention on the skills of waiting and self-control in preschool aged children. The study of Maroulli et al. presents encouraging findings about the effect of Greek traditional dance on social skills of children with ASD. Finally, a replication study of Suominen et al. confirms that individuals with intellectual disability have a poor level of fundamental motor skills.

My best wishes for a good vaccine year and a secure comeback to the normality.

Antonis Kambas

Editor in Chief EPJ