

POSTER: A KINDERKINETICS INTERVENTION AIMED AT IMPROVING GROSS MOTOR SKILLS AND VISUAL-MOTOR INTEGRATION OF 5 TO 6-YEAR-OLD SOUTH AFRICAN CHILDREN.

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Objective: To examine whether a Kinderkinetics* programme could promote gross motor skills and visual-motor integration in 5- to 6-years-old children. Method: The study was based on a quasi-experimental research design. The participants ($N=107$) were randomly divided into an experimental ($n=65$) and a control group ($n=42$). Both groups were assessed pre- and post- intervention using the Test of Gross Motor Development (TGMD-2) and the Beery Test of Visual-Motor Integration (BTVMI). The 8-week intervention incorporated locomotion, object control and VMI skills. The current study made use of mixed model repeated measures ANOVA to investigate the effects of the intervention on the outcome measurements. The group*time interaction effect was specifically looked at to determine whether the change over time was the same or different between the groups. The statistical significance level was set at 5% ($p<0.05$). Results: The control group did not show significant improvement in overall GMS ($p=0.39$) and VMI ($p=0.54$) abilities, whereas the experimental group showed a significant improvement in overall GMS ($p<0.00$) as well as overall VMI ($p<0.00$) abilities. Implications: The results indicated that when one of these areas of development was enhanced, the other was positively affected. It is recommended that future research allows for a longer intervention period, in order for teachers and therapists to work together, to ensure sustainability in the long-term.

*Kinderkinetics: a profession aimed at developing children's neuro-motor skills through physical activity programmes.