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## Development of Gross Motor Skills through Rhythmic Movement Programs: A Preliminary Concept

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Gross motor skills are an important foundation for children's physical, cognitive and psychosocial development. However, the increasing rates of obesity and physical inactivity among Malaysian children have raised concerns about delayed motor development. This study aimed to evaluate the effects of a rhythmic movement program on the development of gross motor skills in primary school students aged 8 to 10 years. A total of 64 students were selected as a sample through stratified sampling for treatment group and control group. A quasi-experimental design involving treatment and control groups was used, with a 10-week intervention and the use of the TGMD-3 test to assess locomotor and manipulative skills. The study also took into account demographic variables such as age, gender, body mass index, physical activity time and socioeconomic status. The results of the study are expected to show an improvement in gross motor skills in the treatment group and provide practical recommendations for the integration of rhythmic movement into the primary school Physical Education curriculum in Malaysia.

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