

11th ASEAN Council of Physical Education and Sport (ACPES) International Conference 2025



Contribution ID: 99

Type: **Oral**

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

Thursday, October 2, 2025 5:15 PM (15 minutes)

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 60 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.

Keywords: Gross Motor Skills, Rhythmic Movement, Physical Education, Locomotor Skills, Manipulative Skills, Curriculum Development, Motor Development

Author: Mr ZAKARIA, Muhammad Naeimmuddin (MUHAMMAD NAEIMMUDDIN ZAKARIA)

Co-authors: Dr ABDULLAH, Borhannudin (Borhannudin Abdullah); Dr SAMSUDIN, Shamsulariffin (Shamsulariffin Samsudin)

Presenter: Mr ZAKARIA, Muhammad Naeimmuddin (MUHAMMAD NAEIMMUDDIN ZAKARIA)

Session Classification: Physical Education: Innovation and Pedagogy

Track Classification: Physical Education: Innovation and Pedagogy