



اَبُو بَكْرٍ يَكْرُمُ الْمَعْلَمَ
UNIVERSITI
TEKNOLOGI
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Fakulti
Pendidikan

SII@EDU
Social
Innovation Initiatives

Volume.2

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Faculty of Education

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About The Book

This book is a compilation of summaries that describe the programmes that have been run by the academics and students at the Faculty of Education, Universiti Teknologi MARA. The main objective of the programmes is to create a platform for the faculty members to take part in social innovation projects in the local community. More importantly, the programmes also complement the students' regular class experience as they also can learn a range of skills that can make them more active socially and entrepreneurially.

Definition of social innovation:

Social innovations are new ideas that meet social needs, create social relationships and form new collaborations. These innovations can be products, services or models addressing unmet needs more effectively.

24. X.O.X @Decathlon

Contributor

Ani Mazlina Dewi Mohamed

What

A fun, enjoyable, engaging and modified physical activity that was designed to boost the cognitive, psychomotor and affective domains of communities or individuals from all walks of life

Who

Undergraduates majoring in Physical and Health Education and Decathlon, Jalan Klang Lama

When

30th November 2019

Where

Decathlon, Jalan Klang Lama





Story

X.O.X: School Attack, formerly known as Extraordinary Exercise (X.O.X), was initiated in 2013. Its focus was to engage with the Jalan Klang Lama community and to encourage them to take part in various forms of two-hour aerobic exercises. However, in 2016, the focus switched to targeting school students as its program participants. This was done to meet its specific objectives of designing a physical activity, which is suitable for a specific age group and for specific motor skills. This time, due to school holidays, the X.O.X team collaborated with Decathlon to widen the target audience and to also involve school children and their parents. They were reminded of the importance of being physically active and getting parental support through modified physical activities that were fun and enjoyable.

Beneficiaries/ Stakeholders

The program has had a positive impact on participants especially in promoting the importance of parents' roles in encouraging and motivating their kids to learn. Good parental support helps children to be positive, healthy and life-long learners as children acquire skills at the very early stage of their life. The program gives the participants more opportunities to actively participate in the modified activities, which can help them to develop their self-efficacy, competence and confidence.

Key lessons

It is important that parents plan a fun and enjoyable physical activity to help their children develop healthy habits. Parental support, which can take many forms, is instrumental in increasing physical activity participation among children as it can help them grow up to be healthier adults.



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