

Gymnastics Is Easy Peasy In One Click

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Abstract

Introduction: Promoting the acquisition of essential motor skills in children is crucial for enhancing their ability to engage in physical activities and lowering the likelihood of obesity. The Fundamental Movement Skills (FMS) are typically introduced in schools through the Physical Education (PE) curriculum, specifically within the context of Gymnastics teaching. However, teachers need help in teaching gymnastics due to limited reference sources. Therefore, this study aims to develop a teaching module on Gymnastics based on the Malaysian Year 5 PE curriculum. **Objective:** To develop a teaching module for gymnastics specifically for PE teachers in Malaysian public schools. **Methodology:** This research used a Design and Developmental Research (DDR) approach with two Focus Group Discussion (FGD) sessions. Then, the Fuzzy Delphi Method (FDM) was used to determine the main components in the Gymnastics Training Module. Finally, the evaluation of the usability level of the module was done using the Modified Nominal Group Technique (Modified NGT). **Result:** The research indicates that the Gymnastics Training Module is a valuable resource for teachers. **Conclusion:** This module effectively caters to the requirements of teachers in teaching Gymnastics to students. It is advisable to consider further research that assesses the impacts of the KSSR Gymnastics Training Module on teachers' knowledge and proficiency in gymnastics skills. **Practical Implication:** Developing support materials for teachers to conduct basic gymnastics sessions at school significantly boosts teachers' confidence, especially for non-accredited physical education teachers.

Keywords: gymnastics, physical education, training module, FMS, education

“GYMNASTIC IS EASY PEASY IN ONE CLICK”

INVENTORS



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OBJECTIVES

- The bridge gap between typical module with teaching module with basic gymnastic skills.
- To provide basic gymnastic skills with a more meaningful learning session.

RESULT

Flexible modules	Supporting materials	Comprehensive content
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ADVANTAGES

- PE Teachers can learn basic gymnastic skills in a more interesting yet meaningful manner.
- Sparks their interest in increasing knowledge and skills in gymnastic skills.
- Practical, cost-effective, user-friendly & ease to use.
- Can benefit to PE new teacher, non-option, experienced, future teacher.

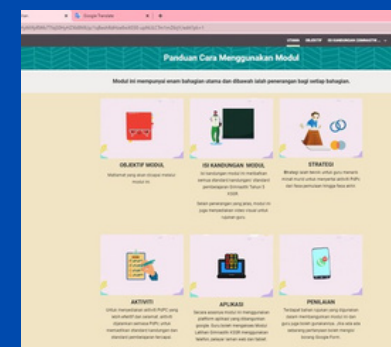
NOVELTY

- Able to be a significant training module for teachers to increase their learning experiences in basic gymnastic skills.
- Enticing teachers with different video references, learning techniques, and assessments.
- It conveys a friendly message by facilitating users with complete and compact information that is easy to understand.

ABSTRACT

Introduction: Promoting the acquisition of essential motor skills in children is crucial for enhancing their ability to engage in physical activities and lowering the likelihood of overweight and obesity. These Fundamental Movement Skills (FMS) are typically introduced in school through the Physical Education (PE) curriculum, specifically within the context of Gymnastics teaching. However, teachers need help teaching gymnastics due to limited reference sources. Therefore, this study aimed to develop a teaching module on Gymnastics based on the Malaysian Year 5 PE curriculum. **Objective:** To develop a teaching module for gymnastics specifically for PE teachers in Malaysian public schools. **Methodology:** This research used a Design and Developmental Research (DDR) approach with two Focus Group Discussion (FGD) sessions, then the Fuzzy Delphi Method (FDM) to determine the main components in the Gymnastics Training Module and finally, the evaluation of the usability level of the module through the Modified Nominal Group Technique (Modified NGT). **Results:** The research indicates that the Gymnastics Training Module is a valuable resource for teachers. **Conclusion:** This module effectively caters to the requirements of teachers in teaching Gymnastics to students. It is advisable to consider further research that assesses the impact of the KSSR Gymnastics Training Module on teachers' knowledge and proficiency in gymnastic skills. **Practical Implication:** Developing support materials for teachers to conduct basic gymnastics sessions at school significantly boosts teachers' confidence, especially for those who are not accredited physical education teachers.

INSTRUCTION TO USE



COMMERCIALISATION POTENTIAL



MINISTRY OF EDUCATION

Teaching aids for
teachers

Surat kami : 700-KPK (PRP.UP.1/20/1)

Tarikh : 20 Januari 2023

Prof. Madya Dr. Nur Hisham Ibrahim
Rektor
Universiti Teknologi MARA
Cawangan Perak



Tuan,

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Kelulusan daripada pihak tuan dalam perkara ini amat dihargai.

Sekian, terima kasih.

“BERKHIDMAT UNTUK NEGARA”

Saya yang menjalankan amanah,

Setuju.

27.1.2023

SITI BASRIYAH SHAIK BAHARUDIN
Timbalan Ketua Pustakawan

PROF. MADYA DR. NUR HISHAM IBRAHIM
REKTOR
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