



## THE EFFECTS OF A PSYCHOMOTOR EDUCATION PROGRAM ON THE MOTOR PROFICIENCY OF PRESCHOOL AGED CHILDREN

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### Abstract

The purpose of the study was to investigate possible changes in motor proficiency of boys and girls aged 4, 5 and 6 years respectively who participated in psychomotor education (PE) units. For this purpose, 660 children aged between 4 and 6 years ( $M = 59.8$  months,  $SD = 6.4$ ) were evaluated using the 'MOT 4-6 Battery'. The sample was divided in a control group (CG) which was measured at the beginning and end of the school year and an experimental group (EG) which was measured for six times during this school year period. The multivariate analysis of variance with repeated measures was used for the statistical treatment of the data. The results revealed no significant effect of "sex" at the motor proficiency of children of that age. Furthermore, the EG showed a significant improvement of their motor proficiency. At the EG there was a significant effect of "age" at motor proficiency with older children having better performance than the younger ones. Finally the post-hoc analysis using the Bonferroni test showed that in the experimental group children of all age categories had significantly improvement of motor proficiency from measurement to measurement except for the holiday periods. The results prone the importance of PE as an educative approach. Finally the PE seems not to influence the effect of "sex" and "age" at motor proficiency.

**Key-words:** Motor performance, motor development, psychomotor education, motor assessment, MOT 4-6, preschool age.

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