

**3rd BRICSCESS 2024-New Delhi
SFLV Oral Presenter**



Dr. Antonín KUBAN

Senior FLV

Director/Co-founder: Kindergarten Housenka and IMAGO individual learning school in Prague

Director of Music-based P.E. Program, teacher and trainer

Faculty of Physical Education and Sports

Charles University

Czech Republic

Dr. Antonin Kuban finished Ph.D. in Kinanthropology at Faculty of Physical education and Sports at Charles University in Prague in 2019, after finishing his Master degree in pedagogy. His research is focused mostly on pedagogy in PE. In 2009 he started his pilot study of his educational program for pre-school children, focused on global pedagogy and all-round personal development using music and sport as a tool. His research interests include: pedagogy, sport psychology, motor and physical development, physical and musical intervention for pre-school age children. In 2013 he co-founded with his two sisters Kindergarten HOUSENKA(www.mshousenka.cz) and Individual learning school IMAGO with author global pedagogy educational program which includes his author Music-based PE program. During APCESS 2013 in Taiwan, he was a part of first Future Leader Program (FLV) group under Prof. Ming-Kai Chin's leadings and advisory. As FLV and later as SFLV he participated in Global Forum on Physical Education Pedagogy (GoFPEP 2016) held in Turkey, BRICSCESS 2017 in Brazil, BRICSCESS 2019 in South Africa.

Best Practice, Enhancing Children's PA in Kindergartens by Connecting Music and Movement in Pre-school Education

The key period for a positive attitude towards PA is youth, which is also a key period for building a positive relationship to the active and healthy lifestyle. This study is focused on creating a new Music Based Physical Educational (MBPE) program for pre-school children in the Czech Republic, focused on all-round personal development by connecting music and movement, and on determining its effect. An additional effect of MBPE program should be the support of pre-school child's natural and comprehensive motor development, sensorimotor, musical and rhythmical competences with the stress on personal health and hygiene. To validate the effect of MBPE program, the study forms part of a longitudinal research design in kindergartens during nine months. Two experimental and one control group of pre-school children were chosen and observed. Test results before and after MBPE program intervention were ANOVA analysed. With pre-test and post-test use of a musical/motor test battery (Brtníková, 2007), we have witnessed major improvement in the children's musical and motor skills, in aesthetical motoric exhibitions, in general in relation to the quality of motoric and musical

skills and in feelings towards the music. The children acquired new competences from the fields of general knowledge and social communication too. The strengthening and deepening of the interpersonal boundaries and relationships among the children contributed to their orderliness and discipline. Considering our results, we can ascertain that MBPE program has a positive influence on, not only a child's musical/motor skills, but also on their acquisition of a wide set of new physical competences, experience, musical competences. As a side effect we noticed also positive influence on social, cognitive and intellectual skills.