

## Undo Asobi Revolution Activity Report

# Conducting Exercise Capacity Measurement

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## Outline

In February 2024, motor ability measurements were conducted in the gym of Hokusho University for 4-year-old children from Atsubetsu Sakuragi Nursery School, Kitago Ayumi Kindergarten, and Taihei Azusa Nursery School. In addition to the four MKS athletic abilities tests recommended by the Ministry of Education, Culture, Sports, Science and Technology (MEXT) (25-meter run, standing long jump, upper body support hold, and continuous jumping on both feet), a rebound jump ability test similar to jump rope was also conducted. Children were also checked to see if they could perform a running start jump, which is not often tested for research projects.

Based on the measurement results of a total of 102 children from three schools (53 from Kitago Ayumi Kindergarten, 26 from Atsubetsu Sakuragi Kindergarten, and 23 from Taihei Azusa Kindergarten), we will establish the current state of the children's athletic abilities and observe how they will change with the "Undo Asobi Revolution," which will be studied and developed independently by the schools.



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## About MKS Athletic Abilities Test in Early Childhood

This motor ability test is designed for 4-, 5-, and 6-year-old children and consists of six sub-tests, including a 25-meter run, standing long jump, and ball throw. The results of the measurement are rated on a 5-point scale from 1 to 5 for each event according to the national standard, and you may choose to perform several events. When all six events are performed, the overall athletic abilities can be determined in the same way.

(From the Society for the Study of Athletic Abilities in Young Children website: <http://youji-undou.nifs-k.ac.jp/index.html>)

## Measurement details

### ○25-meter run



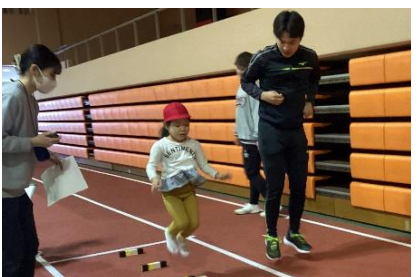
### ○Standing long jump



### ○Upper body support hold



### ○Continuous jumping on both feet



○Rebound jump ability test



○Running start jump



**Comments on children's manner and verbal response(excerpts)**

○The children were looking forward to their first measurement, though some appeared confused. The children became relaxed by asking the university students questions such as "What do you do with this?" and "How do you use this?" and by talking with them.

○During the long jump test, the children were discussing with each other if they could perform the jump.

○When they jumped with both feet, they asked the measurer, "Do I do it like this?" and asked the measurer how to do it. They appeared to enjoy it.

○When they were running, the person in front of me was running, so it felt like playing a game.

○As soon as one of the boys arrived, he said "I will enter this university!"

○Children opened his heart and mind as they interacted with the students, saying "yes, yes" and enjoying communicating with them as they measured their athletic abilities.

○Many of the children had difficulty supporting their entire body weight with their hands because they had never done an upper body support hold before. After doing the standing long jump a few times, they got the hang of it and enjoyed measuring each attempt. For the 25-meter run in particular, the children ran as fast as they could with smiles on their faces. The university students set a good example for them and the children imitated their running.

### **Staff comments (excerpts)**

○Students of Hokusho University helped the children enjoy the physical activities in a fun and spontaneous way.

○The children had a lot of firsts, such as using authentic measuring instruments, time measurement, and physical activities they normally cannot do, and we thought it was a good experience for them. It was impressive to see them enjoying their activities. We were happy to hear that the children wanted to do the tests again.

○The measurements revealed the athletic abilities that are developed during daily play. We would like to devise playtime to further develop their athletic abilities by incorporating a variety of play activities.

### **For the Future**

The children at the three kindergartens will have their physical fitness measured again this August and next March. We will investigate the effects of the Undo Asobi Revolution program on "body-building" as appropriate, and utilize the results to develop more effective Undo Asobi programs. We are waiting for the results of the measurements from Hokusho University.