

## **Abstract**

**Title:** Visual motor coordination training for preschool children

**Objectives:** To create and implement 3-month program Owl and subsequently evaluate its impact on school maturity, visual attention and final motor skills in preschool children.

**Methods:** Mixed research in the form of a quasi-experiment was realized on a group of 26 children aged 5–7 years from kindergarten in Prague, divided into an intervention (n=13) and comparative (np=13) group. Intervention in the intervention group consisted of participation in 10–20 minutes sessions once a week, focused on visuomotor coordination: eye gymnastics followed by rhymes, elements from the Feldenkrais method, games and exercises focused on attention and eye-hand coordination. These exercises were then repeated 2–3 times a week with the teachers. Data collection was done in the form of an initial anamnestic questionnaire and a pre/post-test containing: MABC-2 part of manual dexterity, School maturity orientation test and Visual attention test. Finally, a feedback questionnaire was given to the teachers of the intervention class in the kindergarten. Data were processed by program Statistica and Microsoft Excel.

**Results:** After the programme, the intervention group improved statistically significantly in visual attention but not in fine motor skills and school maturity. Furthermore, there was a correlation between the School Readiness Test, the MABC-2 fine motor skills test and the Visual Attention Test. Neither age nor gender was dependent on the resulting school maturity scores. Overall, the program was evaluated very positively by educators.

**Keywords:** preschool period, visual motor coordination, school readiness, fine motor skills, intervention