

**translated from Malay language original article*

Stacking Sports Development Program Improves Physical Skills of the Hand and Eyes in Special Education Students

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ABSTRACT

Stacking is an individual and team sport that requires players to stack 9 or 12 cups in the fastest time possible. The Stacking Sports development program was implemented at the Integrated Special Education Program (PPKI) of SK Kampong Gelam (Kampong Gelam National School) Malacca to unearth talent among students in stacking sports to be highlighted at the next school level to a higher level. In addition, this program is also to improve the physical skills of Students with Special Educational Needs (SPE) such as hand-eye coordination, speed and focus. It can also increase self-confidence, teamwork and good sportsmanship. Failure to master these skills will cause students to lack confidence and not be able to play well. The goal of this Stacking Sports Development Program is to provide systematic understanding and training to SPE. The goal of this Stacking Sports Development Program is to see how Special Education kids can grasp this game correctly and rapidly. In 2021, this programme will target 17 students with special educational needs at Sekolah Kebangsaan Kampong Gelam in Malacca. The data obtained in the implementation of this development programme is the outcome of a competition. The data gathered from the programme demonstrates that the program's implementation has successfully boosted the confidence and skills of SPE in stacking sports and has been able to generate new talents in Stacking Sports in the state of Malacca and Malaysia.

Keywords : Stacking sports, Students with Special Educational Needs (SPE), Development Program.

Introduction to Best Practices

Students with learning disabilities in schools, whether primary or secondary, must participate in physical education and co-curricular activities in addition to learning in the classroom with tailored teaching. Games and sports are one of the primary areas in the Physical Education syllabus, thus school children should understand the fundamentals of games and sports. Given the importance of hand and eye coordination in sports, stacking, a program to improve these skills has been implemented, namely the Stacking Sports

Development Program. The Stacking Sports Development Program is one of the programs that has been designed in a planned manner to unearth potential and talent, provide understanding and systematic training to SPRFT at SK Kampong Gelam.

Through this program, systematic intervention training is given to students to improve and strengthen their physical skills. The sport does not burn a ton of calories but requires very fast hand and arm movements. According to Tan Teck Bee & Loh Sau Cheong (2007), the goal of the intervention is to help students with special needs to maximize learning opportunities. Therefore, the planned intervention program should be based on the abilities and needs of the individual.

Justification on the Implementation of Best Practices

The concept for implementing the Stacking Sports Development Program in these best practices came from an examination of stacking sports as being particularly suitable to be the dominant sport for Students with Special Educational Needs at SK Kampong Gelam. This sport necessitates exceptional hand and eye coordination. As the game advances, hand and eye motions should be coordinated. As a result, before becoming a great stacking player, all stacking players must have dexterity and physical skills of the hands and eyes. These talents must be present in every player in order to generate efficient stacking players, yet physical skills of hand and eye observation are quite low among stacking players at SK Kampong Gelam.

Given the physical weakness of the hands and eyes among special education students, systematic training is one of the best and easiest ways for those special education students to become more efficient and proficient when playing stacking sports. When assessing the strengths available to these lesser pupils, they were only able to play the 3-3-3 and 3-6-3 disciplines constantly, but progressing to the next discipline was difficult owing to physical hand and eye skills deficiencies. They will become bored, lazy, and less able to continue playing the game. If they represent the school in a stacking sports tournament, their inability to continue the game will have a significant influence.

As a result, they used their strength to build an easy-to-understand method / approach to help them strengthen their physical skills of hands and eyes in stacking sports games. The programme simply teaches all pupils the skills and disciplines of stacking sports through theoretical and practical ways.

Implementation Objectives

The goals of implementing this best practice are as follows:

1. Identifying talent among kids in the sport of stacking to be highlighted at the next school level to a higher level.
2. Improve psychomotor abilities such as hand-eye coordination.

Implementation of Best Practices

Before carrying out this Stacking Sports Development, extensive planning has been taken out to ensure that the planned activities go well. This allows the program's objectives to be met appropriately and accurately. A number of references have been made to this stacking sport, as well as the effectiveness of treatments to enable this practise to be implemented efficiently. Systematic training is used as a practice intervention to overcome the problem. Here is a strategy for putting these best practices into action.

a. Subjects of Best Practice

This programme includes 17 kids from SK Kampong Gelam's Special Education Learning Class. They range in age from 7 to 12 years old and are made up of 5 female students and 12 male students. Students with learning problems, late development, autism, and ADHD are among them. They are physically fit and do not have any vision or hearing issues.


b. Training Venue and Time




This programme is held five days a week during school hours, from 8:00 a.m. to 1:00 p.m. This programme is held in Malacca's Integration Special Education Program, SK Kampong Gelam. The Special Education Class was chosen since it has all of the essential equipment for activities.




c. Best Practice Action Planning

I have developed a comprehensive planning plan in advance before carrying out this activity so that I can better grasp the tasks that must be carried out. My goal can thus be accomplished correctly and precisely. The following is a plan of action for putting this best practice into effect.

Table 1
Implementation of the Stacking Sports Development Program

DAY	TIME	TITLE
MONDAY	8.30 -10.00 a.m	3-3-3 discipline stacking sports video screening https://youtu.be/Jv0yBxgplW0
	10.30 – 11.00 a.m	Guidance teacher's demonstration 

	11.00 – 1.00 p.m	Individual training of the 3-3-3 discipline is monitored by the teacher 
TUESDAY	8.30 -10.00 a.m	3-6-3 discipline stacking sports video screening https://youtu.be/Jv0yBxgplW0
	10.30 – 11.00 a.a	Guidance teacher's demonstration 
	11.00 – 1.00 petang	Individual training of the 3-6-3 discipline is monitored by the teacher 
WEDNESDAY	8.30 -10.00 a.m	cycle discipline stacking sports video screening https://youtu.be/Jv0yBxgplW0

	10.30 – 11.00 a.m	Guidance teacher's demonstration 
	11.00 – 1.00 p.m	Individual training of the cycle discipline is monitored by the teacher 
THURSDAY	8.00- 9.00 a.m	3-3-3 discipline competition
	11.00 – 12.00 a.m	3-6-3 discipline competition 
	12.00 – 1.00 p.m	cycle discipline competition
FRIDAY	8.30 -9.30 a.m	Management
	10.00-11.30 a.m	Gift presentation

Effectiveness from the Implementation of Best Practices

The Stacking Development Program, which ran for a week with a set schedule and activities, was successful in meeting the objectives. The following method was utilised to demonstrate the program's effectiveness against SPE at SK Kampong Gelam: observation, document analysis, and video recording.

Method of Observation

The Stacking Development Program implemented this week has resulted in significant improvement toward earning the best position in the 2022 State Level Stacking Championship. This can be demonstrated by the Kampong Gelam MBPK team finishing in the top three of the Melaka State Level Stacking Sports Championship in 2022. SK Kampong Gelam had three players in the tournament. Despite the fact that two participants did not finish in first place, I observed that both children were confident during the competition. The physical abilities of both players' hands and eyes have improved after the Stacking Sports Development Program was implemented. Apart from the three SPE who represented the school in the tournament, it was discovered that practically all of the SPE participated in this programme were enthusiastic about stacking. They will strive to do well each time the teacher gives a practise session at school. Physical hand-eye coordination is also improved.

Document Review

According to the document review, SPE SK Kampong Gelam received the best three positions in each stacking sports discipline in the Melaka State Schools Stacking Sports Championship 2022, which concluded at the end of May 2022. Here are the findings of Muhammad Hairol Irfan bin Razali. PPKI SK Kampong Gelam had three participants in this event. However, just one participant received the top three spots at the state level. The results of the 2022 State Level Stacking Championship are listed Table 2.

Table 2
 Position of SK Kampong Gelam Stacking Sports Development Participants in the 2022
 Melaka State Level Special Education E-Stacking Sports Championship

Kategori KHAS RENDAH 333							
OP	ID	NAME	SCHOOL / ORGANIZATION	1st try	2nd try	3rd try	BEST
2	MT 1.182		SK Kem Gerakhas / DNC	2.037	4.320	3.260	2.037
10	MT 1.120		SK Bukit Beruang	999.000	999.000	2.463	2.463
33	MT 1.174	Muhammad Hairol Irfan Razali	SK Kampong Gelam	3.070	2.938	4.188	2.938
65	MT 1.159		SK Dato' Demang Hussin	3.698	4.697	3.485	3.485
72	MT 1.117		SK Bukit Beruang	4.422	3.556	999.000	3.556
74	MT 1.123		SK Bukit Beruang	999.000	999.000	3.587	3.587
79	MT 1.132		SK Bukit Beruang	3.681	999.000	3.621	3.621
81	MT 1.68		SK Alai	999.000	3.634	3.717	3.634
89	MT 1.129		SK Bukit Beruang	999.000	5.636	3.723	3.723
91	MT 1.71		SK Alai	3.760	3.730	4.556	3.730
Kategori KHAS RENDAH 363							
OP	ID	NAME	SCHOOL / ORGANIZATION	1st try	2nd try	3rd try	BEST
5	MT 1.182		SK Kem Gerakhas / DNC	6.731	6.600	2.963	2.963
11	MT 1.174	Muhammad Hairol Irfan Razali	SK Kampong Gelam	3.908	3.475	3.505	3.475
71	MT 1.100		SK Ayer Keroh	5.181	8.409	999.000	5.181
73	MT 1.123		SK Bukit Beruang	6.701	5.569	5.256	5.256
77	MT 1.159		SK Dato' Demang Hussin	6.549	6.004	5.309	5.309
81	MT 1.74		SK Alai	5.658	5.366	7.242	5.366
86	MT 1.132		SK Bukit Beruang	5.510	5.573	20.684	5.510
104	MT 1.153		SK Bukit Rambai	999.000	6.315	5.724	5.724
120	MT 1.96		SK Alai	7.602	5.990	11.484	5.990
121	MT 1.129		SK Bukit Beruang	6.012	999.000	999.000	6.012
Kategori KHAS RENDAH Cycle							
OP	ID	NAME	SCHOOL / ORGANIZATION	1st try	2nd try	3rd try	BEST
8	MT 1.174	Muhammad Hairol Irfan Razali	SK Kampong Gelam	10.482	10.905	999.000	10.482
10	MT 1.182		SK Kem Gerakhas / DNC	11.960	10.599	11.013	10.599
45	MT 1.159		SK Dato' Demang Hussin	15.147	15.122	14.836	14.836
66	MT 1.153		SK Bukit Rambai	16.126	20.748	999.000	16.126
79	MT 1.92		SK Alai	18.577	17.503	19.994	17.503
82	MT 1.144		SK Bukit Rambai	999.000	21.931	17.805	17.805
83	MT 1.74		SK Alai	17.850	17.946	18.105	17.850
105	MT 1.123		SK Bukit Beruang	24.238	999.000	19.367	19.367
116	MT 1.125		SK Bukit Beruang	20.257	28.038	999.000	20.257
122	MT 1.112		SK Batu Berendam 2	999.000	20.999	999.000	20.999

Melaka State Special Education e-Stacking Competition **Video capture**

The video recording in the link below will highlight the progress of the physical skills of MBPK SK Kampong's hands and eyes over time, so that they can play well. The skills taught during the Stacking Development Program have had a significant impact on all students at MBPK SK Kampong Gelam, particularly those who represent the school in stacking sports contests at the school and state levels. Here's a video of one of the stacking competitors at the 2022 Melaka State Stacking Sports Championship.

Figure 3

*Melaka State Special Education e-Stacking Competition Video 2022, Discipline 333
Junior Special Men*



Figure 4

*Melaka State Special Education e-Stacking Competition Video 2022, Discipline 363
Junior Special Men*



Figure 5
Melaka State Special Education e-Stacking Competition Video 2022, Junior Special Men's Cycle Discipline



Conclusion and Recommendations

Based on the results of the Stacking Sports Development Program, it is possible to infer that this programme has a significant impact on schools, teachers, all SPE, and parents. Since there have been numerous changes at SPE SK Kampong Gelam, this programme has been continued and implemented at PPKI SK Kampong Gelam. will make SPE more excellent and capable of competing at a higher level with the greater stacking players. Furthermore, it is believed that SPE SK Kampong Gelam would concentrate more because physical abilities of hands and eyes are also extremely useful for SPE in the classroom, particularly writing tasks, fine motor and large motor activities.

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