

The Effect of Indigenous Traditional Games (Nhodo and Pada) Training on Cartwheel Performance in Primary School Gymnastics: A Case Study of Buhera District

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Indigenous traditional games promise to contribute to the improvement of sports skills in school Physical Education. An experimental design was used to investigate the effect of two Zimbabwean indigenous traditional games, nhodo and pada, on the performance of the cartwheel in primary school learners. Forty (40) primary school learners (20 male, 20 female) were randomly selected from a class of 50 learners at Chabata primary school in Buhera District for the study. Participants were divided into two groups, one experimental, EXG (n = 20, male = 10, female = 10), and another, a control group, CTG (n = 20, male = 10, female = 10). EXG underwent nhodo and pada training every Monday, Wednesday and Friday for 1 hour each day, for 6 weeks. CTL did not undergo any training. Cartwheel performance of both groups was video-recorded at the start and end of the study and quantified using assessment criteria from a gymnastics rubric. A t-test, performed on the data to determine any significant differences in cartwheel performance within EXG and within CTG, as a result of the training showed statistically significant improvements in EXG ($F = 2.59(19.19)$, $p = 0.045$). We conclude that the nhodo and pada training program improved cartwheel performance of primary school learners. We recommend furthermore controlled studies to verify this result and establish any causality between the nhodo and pada training program on one hand, and cartwheel performance, on the other hand. Further similar studies can be conducted to investigate the effect of nhodo and pada training on other primary school gymnastics activities.

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