

Pre-School Teachers' Perceptions of Teaching Physical Activity in the Classroom

Huini Liu^{1,2}, Muhantha Paramalingam^{2*}

¹Lincoln University College, Malaysia, ²Changchun Vocational and Technical College, China

Email: liu.huini@lincoln.edu.my

*Corresponding Author Email: drmuhantha@lincoln.edu.my

To Link this Article: <http://dx.doi.org/10.6007/IJARBSS/v15-i6/25768> DOI:10.6007/IJARBSS/v15-i6/25768

Published Date: 18 June 2025

Abstract

Physical activity is crucial for promoting the physical and mental well-being of preschool children, offering benefits for motor development and sensory skills. However, childhood obesity remains a significant global problem, with millions of young children affected. While physical activity, particularly vigorous play, is vital for combating obesity and related health issues, its implementation faces substantial barriers. Key challenges include the lack of dedicated time and resources within preschool schedules, insufficient teacher training and self-efficacy in delivering activity-based curricula, limited teacher interest, and the increasing prevalence of online learning reducing activity opportunities. Furthermore, gaining full acceptance from parents and integrating physical activity effectively into existing health and educational infrastructures requires time and effort. Addressing these obstacles is essential for harnessing physical activity as a primary tool for obesity prevention and overall health improvement in early childhood.

Keywords: Preschool Children, Physical Activity, Childhood Obesity, Teacher Training, Structured Play, Unstructured Play, Health Promotion, Implementation Challenges, Online Learning, Obesity Prevention

Introduction

Physical activity is the particular concept to incorporate the body and the mental status of the engaged individuals to encourage the bodily structure. In some manner, it will be observed as the extra encouragement of the already busy body. According to the report of the Centers for Diseases and Prevention of the parents and care giving techniques of the corporate children are described as the motivation of the obesity rate of the children. The measurement of the children playing activity is engaged with disease control and obesity control activity. It will increase motor activity and make the movement of the sensory skill sharper. But in the present situation, the National Center for Biotechnology Information has 43 million preschooling children who were observed overweight in 2010. Different criteria are engaged with the definite approaches of the preschool children's physical activity. In the dimension of

the preschool teacher's teaching perspective, there are concerns about the playing activities and the children's playtime of the structured and unstructured play. The physical activity of preschool children is engaged in vigorous playing activities, and it will sometimes be harmful to the body health of the children. But when indoor games practice is more frequent, it is noticed as the cause of the health problem and obesity among children. Then concerned about the physical activity and the motivation of the energetic thoughts will be the leader process to get rid of this type of problem in the present situations.

Statement of the Problem

Though this particular practice of a physical activity is currently a new addition to the children's social structure this would also helpful in building the social environment also. Then the acceptance of this practice will require some time for proper acceptance of all parents and health infrastructure (Anyolo, Kärkkäinen & Keinonen, 2018). In the present situation, the health status of childhood obesity and other physical illness is observed frequently. Then it can be included as the most crucial physical practice for the early childhood stage. But dealing with the social impact of the organizational correspondence and the required training, there is a lot of the organizational structure regulated through physical fitness. As they are not enough, besides the class period to practice physical activity. Adequate energy and body fitness for the organizational training and the class energy is engaged with the necessary modification of the classroom practices. Sometime there will be a lack of physical fitness that is corporate with enough resources and the corporation of enough resources evaluation of the teaching of the physical activities criteria. There are some criteria of physical responsibility that are considered as supported by the teacher requirement. But in the particular case of the physical activity and education through the children incorporation are practised by the dimension of the further obstacles to the teaching engagement. Besides all those practice problems from the teachers' side also arise, as the lack of interest in such practices and the lack of self-efficacy to the sports activity. Sometimes teachers are not prepared for the activity-based curriculum and lack experience in this field. But in the present social structure, there is an increase in online class, the most concrete factor for the practice of physical activity.

Significance of the Study

The perspectives of the research dimension, as well as the determination of the physical activities, are related to such practice in the classroom (Dong, 2018). Study indications of the physical activity and research related dimension are controlled with the learning promotions as well as the correspondence of the type of the study definition of better development. According to some preschool techniques teachers, there is an improvement in the positive attitudes and a better understanding of the significant research perspective's academic concept. Besides this dimension, the involvement of such an activity type will make the children happier and more energetic. Then it can be stated that there is an increase in confidence, and the enthusiasm is corporate to the learning process (Hamit, 2018). But sometimes, the inadequate opportunity for physical activity and equipment limitation is engaged in the ability evaluation and proper understanding of the incorporation of physical activity. The role of the teacher is most essential and most important to motivate all the children to engage with this activity. Demanded, through the physical curriculum activity, will depend on the physical development of the children. Through the previous study report, there was emphasized about the performance of the kindergarten children to evaluate the

importance of the learning skills and the class-based performance of the learning capacity. This research report will be a leading factor to increase the cognition, physical activity and sedentary phenomenon of the academic study pressure (Ruble *et al.* 2018). There are enormous numbers of benefits engaged in the development of the physical activity of emotional development as well as the significance of the academic performance related demonstration. The mental development of children is also engaged in this type of physical activity practice. Through the researcher study, the initiation of teachers' attitude and the perception of the practice of physical activity among preschool children are demonstrated as the most influential leaders.

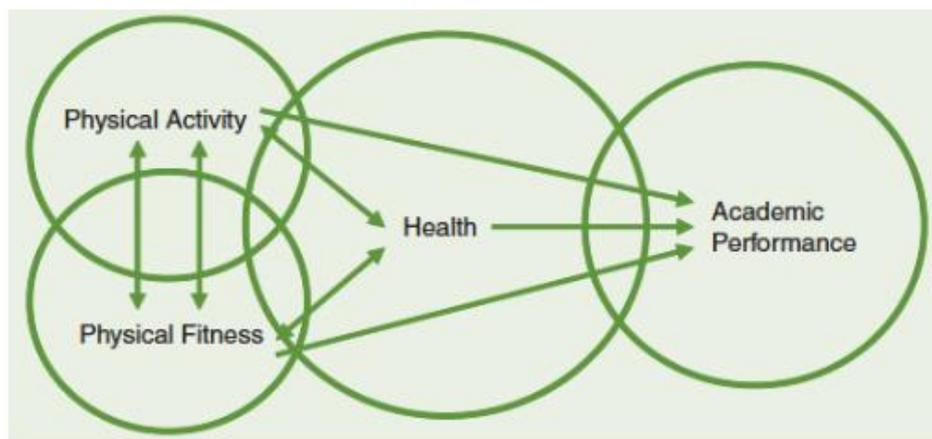


Figure 1: Components of Physical Activity
(Source: www.nap.edu, 2021)

Structure of the Thesis

This research corresponds with the teacher perceptions and the current social practices of the physical activity in preschool children within the setup of the classroom (Hartz, Williford & Koomen, 2017). It can be described that there is an enormous number of factors that are indicated as advantageous of the physical activity among the children. Still, besides that, there are a lot of factors that are represented as the disadvantageous factor of the physical activity-related dimension. Those are correspondent as the simultaneous determination of the structural implementation of the research perspective and the researcher dimension's motivation. In this thorough research of the teacher perception of the physical activity among children is determined about the particular consideration of the research perspective. In the section of the literature review, the research had studied the earlier research of the same perspective and was concerned about the continuous development of the research motivation of the research ground. There are different factors that are enclosed about the developmental ground as well as the technological background of the methodological procedure (Paris, Nonis & Bailey, 2018). In the particular ground of methodological development, the used questionnaires and the technological process are concerned to collect data from the various respondents of the teaching perspective. In the particular section of the data analysis of the collective response and the factors of the civil case, it goes under the consideration of the research thesis structure.

Consideration of the regular physical activity and the case approaches of preventive management and the ground of the infectious disease are discussed with the health structural evaluation of the health activity's action plan.

Literature Review

Introduction

In the ground of the skill development through the physical activity among the children are related within the children and considered among the motor skill development and consideration of the problematic motivational factors of the general and correspondent development of the children's physical structure and consideration of the population background (Ismail & Jarrah, 2019). The purpose of the study is related to the fundamental development of the review results and the increment of the physical activity of the development of the sport of the engaged participants. There are multiple factors that are engaged with the requirement discussion about sports skills and the mental development of the teachers' perceptions. Promotional of the physical, structural development and mental health development is corporate within the social and financial setup of the concerned children (Nye, & Sood, 2018). Besides, this perspective of the teachers' opinion and the perception of the practice of the physical activity is correspondent within the reflective setup of the findings as well as the learning material study of the learning structure. This research is considered the crucial evaluation of teacher impact and the physical activity of the classroom practices of the concerned children.

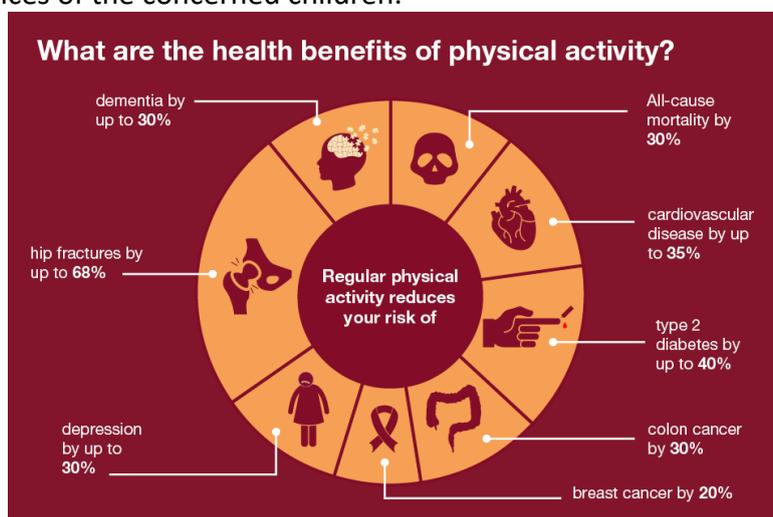


Figure 2: Health Benefits of Physical Activity
(Source: hackney jsna.org.uk, 2021)

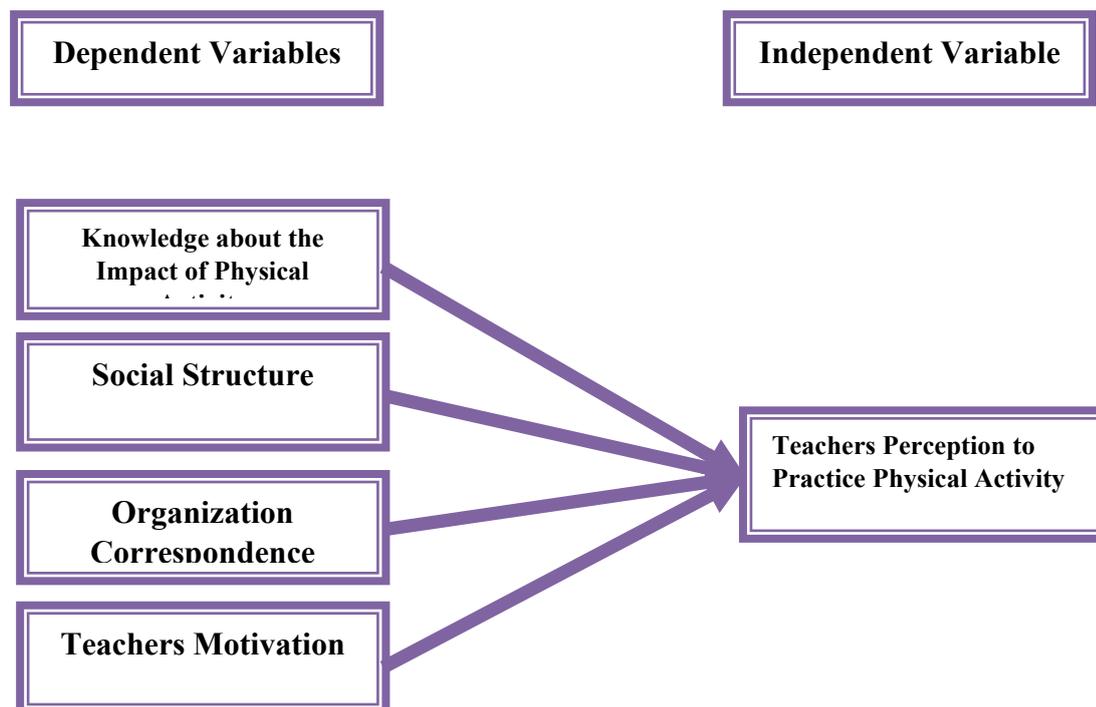
Conceptual Framework

Figure 3: Conceptual Framework
(Source: Self Created in MS Word)

Concept of Dependable and Independable Variables

Dependable and independent variables of the research objectives are discussed through the development and consideration of the reflective techniques (KONOKMAN *et al.*, 2018). The dependable and dependable variables of the particular research factors are described in the case consideration.

Dependent Variable

- **Knowledge about the Impact of Physical Activity-** The knowledge of physical activities the most critical leading factor in the development of the changing perception of physical activity. There are case considerations that are correspondence of the knowledge impact of physical activity and the teaching dimension of the healthy body structure [*Referred to Appendix 1*].
- **Social Structure-** The ground of the social structure is the motivator of this type of thought process. The financial status of particular individuals is dependent on the involvement of preschool children in such types of practices (Marklund, 2019). The required equipment of these types of practices makes a huge difference in the working procedure of social implementation.
- **Organization Correspondence-** Organizational correspondence of the teacher motivation is the leading dimension of the involvement of the organizational structural changes.
- **Teachers Motivation-** Teachers motivation for physical activity is corporate with the proper performance of the engagement of the physical activity practices as well as the interest of the further development of the organizational case approaches (Martin, Bosk, & Bailey, 2018).

Independent Variable

- **Teachers Perception to Practice Physical Activity-** Through the process of the correspondence of the teacher perspective of the teacher motivation is required for the particular development of the physical activity of the working procedure.

Empirical Studies

In this section, the previous research work of several researchers has been outlined briefly. According to (Foran, Mannion & Rutherford, 2017), the principal and essential perception of elementary teachers is to implement physical activity in the classroom. According to the researcher, it has been identified through the various researchers that the academic test results are improved with the help of implementing physical activity into the classroom. That is why the teachers are more likely to implement voluntary physical activity into their academic programs. The researcher has also said that physical activity is considered as the foundational component, which helps to maintain wellbeing and health in the student's lifespan. The process of "regular physical activity" is considered as the primary strategy that has to overcome the increased rates of associated morbidity and child obesity (Foran *et al.*, 2017). Physical inactivity is leading to the global mortality of the risk factors. Sharing of physical activity is considered as the main strategies that are helpful to the teachers by means of formal discussion, administrative support and peer mentorship to the children [Referred to Appendix 4].

According to the other author Solheim, the process of improvement in the classroom interaction is considered an essential and significant part of the teachers' profession. But this has been often overlooked (Solheim, Roland & Ertesvåg, 2018). The author has also highlighted the national initiative for developing the lower secondary schools developed by the Norwegian Ministry of Education in the platform of classroom management, numeracy, reading and writing. According to the author, the teacher who worked individually mainly experiences higher responsibilities and expectations. The teachers are mainly often associated with the collaborative controls and help the student in the process of evaluation. The leading choice and autonomy help to create the "collective work environment" and mainly understand the teacher's agenda and purpose. The process of interaction of the teachers with the students is mainly linked with the process of student development. The connection between time management and school effectiveness is mainly considered as international literature.

According to **Binfet and Passmore (2017)**, the development of prosocial behaviour is considered an essential process in the context of schools. This type of school generally builds the interpersonal interaction which takes place among the ethnic, social and socioeconomic background in which the process of interpersonal conflict "can easily be prevalent." The author has also described that the schools have implemented mission or vision statements in which the documents are declared in the context of school-based prosociality. These mission and vision statements mainly created the efforts to promote "kindness" among the teachers as well as students. The teachers mainly are expected to foster students who are facing problems in emotional and social competencies. These statements can be helpful in the context of the intellectual; development of the students and help to achieve academic prizes. In the research paper, the author characterized teachers as kindness in the platform of cooperating, comforting, sharing and helping (Binfet and Passmore, 2017a). The kindness of

teachers is mainly defined by the process of showing empathy, being encouraging, helping and respectful [Referred to Appendix 2].

According to Biddle, 2019 the evidence of physical activity and mental health are related through the systematic review of the association of judge casualty of the practical experiences of the cognitive function of the strength and the research perspective of the associated behavioral approaches (Biddle *et al.*, 2019). The significant increase of the research activity of the most vital behavior is the causal association of the partial evidence and the partial depression of the symptoms of the appearance of the children development plan. Reviewed articles of the abstract analysis and the consensus of the decision relation of the extraction are compared about the extraction dimensions and quality assessment of the systematic review of the environmental approaches of the mental and the physical health of the inclusive figures. Regarded with the quality assessment and the Meta analytics approaches of the right and fair based review of the identification of the primary studies are considered through the intervention and the featured process.

According to Colley, 2017 physical activity of the children is associated with the particular consideration of the health benefits of the recommendation of the children and the young population structure of the youth accumulated performance of the developmental approaches of the engagement of the intensity and physical activity of the children physical development and the correspondent nature of the development in the body physique (Colley *et al.* 2017). Through the published report of the Canadian Health Measures of the children and the health practices of the majority changes of the work procedure and the interpretation of the physical activity is correspondent about the highlighted approaches of the interpretative trends of the determined theory [Referred to Appendix 2].

According to the Greeff (2017), physical inactivity is leading to the global mortality of the risk factors. Sharing of physical activity is considered as the main strategies that are helpful to the teachers by means of formal discussion, administrative support and peer mentorship to the children (Greeff *et al.*, 2018). The consideration of the systematic review and ground of meta-analysis is dependent on the provided domains of the electronic database correspondence of the cognitive flexibility as well as the physical attachment of the children in preadolescence. Acute physical activity is also engaged in the positive effect of the human body, such as the increase of executive functions, attention, and academic performance. Moreover, all the factors are related to the multiplicative approaches of the subdomain classification study as well as the demic evaluation of the expected intervention technology of the physical activity relation. According to the studied context of the different focusable approaches of the point development about children, there are various opportunities for the specified entrance of the behavioural development of the social context. Sometimes social influences of academic performance are relatable with the multiplicative approaches of the functional analysis of the common commenced factor and the determination of physical factors. The investigation, according to the physical activity, is relatively approached with the definition of the performance of the children and the unique attraction with the physical approaches.

Theories

Freud's psychosexual Developmental Theory

This theory is based on the psychoanalytic theory development of the work origin by the philosopher Sigmund Freud. According to the clinical work of the suffered from the mental illness and the other orthodox belief system, there will be a multidimensional developmental plan of the childhood experiences and the desired behaviour of the children. The development of the children is focused on the one-dimensional theoretical context of the different pleasures development and the child encounters of the significant analysis of the course development of the suggested related analysis. According to the theory of the different focusable approaches of the point development of the progress report of the concerned children, there are various opportunities for the specified entrance of the behavioural development of the social context. Through the continuous process of the particular developmental consideration of the successful childbearing process of the healthy and the adult, personality is considered through the proper process (World Health Organization, 2019).

Behavioural Child Development Theories

In the period of the twentieth century, there is a developed thought process that is considered about the dominant force and the observable and quantifiable behaviours of the scientific development of the child development of the environmental influences (Farooq *et al.* 2020). There are multiplicative approaches; those learning occurrences of the through the process are based on the social context and the process of association and reinforcement process. This theory generally differs from the other applied theory of the child development process and the internal consideration of the thoughts and feelings about the social, cultural contextual process of the classic consideration of the shared experiences and the feeling shape of the learning procedure. Essential features of the learning procedure are considered about the operant conditioning of the utilization of the modified behaviours of the child development ground of the reinforcement social structure and the relatable knowledge.

Models

Youth Physical Activity Model

Physical activity in the childhood period is determined by the recommended level of the activity, and different lifestyle patterns for the contribution through the lifestyle practices and the reviews by the correlation of the physical activity as well as the behavioural changes of the promotion level. This model is the sum-up techniques of the previously tested model of the parents' influence and the trainer's motivation to the concerned child (Marques *et al.*, 2018). Youth physical activity promotional models are influenced by the social recommendation and the lifestyle practices of the children's ability and the affected role of the perceived abilities of the value distribution. Individual confidence level and the maintenance of the several theoretical practices are determined by the proper processing dimension of the establishment of the relationship of the expectancy level and evaluated theories of the positive outcomes of the enjoyment concept. According to the Structural Equation Modelling (SEM) is the most relevant applied tool that is used for the simultaneous estimation of the tested relation and the information process of verified techniques and the result analysis of the studied among the social influences. The concept of the parent and peer social support of the self-efficacy level of the perceived enjoyment of the measurement technology of developmental composition.

Research Factors

In this section, the factors which are essential to conduct the research study are thoroughly discussed. As stated in this research chapter, the most important factors are considered as the terms of independent and dependent variables. The factors of independent variables are categorized as "Social Structure", "Organization Correspondence", the motivation of the teachers and the necessary knowledge about the impacts of physical activity. In this research paper, these terms are fundamental to analyze the concept of perception of teachers in an important organization. Teacher's motivation is considered as a helpful thing which helps to build a strong personality among the students (Sasidharan and Tan, 2017). On the other hand, the dependent variables are considered as the most crucial factor in which the independent variables are dependent. In this research paper, the dependent variable is considered as the teacher's perception of the practice of physical activity. The organization correspondence is totally reliant upon the dependent variable, which helps to build the social structure among the students in the classroom.

Not only that, but many theories of the past researchers are also considered as important factors which help to build behavioural development characters among children. The various types of approaches in the platform of learning occurrences are mainly based on one of the critical factors such as reinforcement and the process of association (Winter and McKenzie, 2017). The internal consistency of feelings and thoughts process for cultural and social context helps to classify the shared experience and to build the shape feeling in the learning procedures. These factors are essential to build the analysis in the research paper.

Research Advantageous

Through this research paper, the study will enhance the process of teacher's cognition and shows the importance of physical activity in the classroom. Not only that, this physical activity helps to reduce the sedentary phenomenon, which is mainly generated by "heavy academic workload". The main benefits of physical activity are related to physical and as well as mental health. This process of physical activity has positively affected the development of the brain and improves the student's emotional, social, attention, mood and cognition process (Olur and Oguz, 2019). This study is helpful to build academic performance also among the students. This study helps to build the emotional performance of the students, which are essential in their development. The significance of the study is helpful to the teacher that they can find a way to integrate the physical activities into the school classroom. The study also helps to promote the children's as well as student's mental and physical development. The study will also help to promote motor skill development in the sector of movement's skills. The primary purpose of this research paper is to promote the mental and physical development of students, and the teachers are helping in this process a lot. This study helps to build the characters in which the teachers are reliable. The independent and dependent variables are also essential to show the fundamental factors on which the research paper is totally based (Dai, 2019). On the other hand, the advantages are also considered as the cognition process of the children's classroom in the platform of development physical activity for reflecting the mental development among the children.

Research Challenges

This research paper also depicts the challenges which are faced by the researchers through the surveyor conducting the research. The challenges are basically built on the platform of

efficiency and enthusiasm. That is why the challenges are significant to focus on the process of conducting the research (Alston, 2017). The challenges are considered as

- Lack of self-efficacy among the teachers: The process of teacher's competency is totally based on beliefs and self-efficacy. This has caused various kinds of psychological problems like low self-esteem, low confidence level etc. The process of self-efficacy influences the academic outcomes like student's motivation and achievements and helps to build the working environment. But the lack of self-efficacy has been developed by teachers, which caused harm to the students.
- Lack of enthusiasm for participating in the sports activities: The teachers are really focused on academic performances only; this is not good for the student's career. This is also considered one of the most critical research challenges.
- Lack of experience among the teachers: In this era, the teachers are not efficient and have no experience at all. This could be a fundamental problem among students in the sector of professional activity.
- Sedentary behaviour to the children: This is considered as the time in which the children are able to have physical movement (Yildiz and Karadeniz, 2018). This behaviour includes sitting for an extended period of time while watching television, in front of a computer, tablets etc. This is not good at all for the children. This is considered an essential challenge among the students.
- Focusing on academic performance and skills: The teachers are mainly focusing on academic performances more rather than physical activity. This would lead to problems in the children's life.

Conclusion

This section of study helps to focus on the performance of past researches mainly. Various types of researchers have done various kinds of work. This chapter helps to focus on those studies in the context of the need for physical activity for structural development among the students. This study mainly intended to focus on the relationship between dependent and independent variables, which helps to conduct the research aim. The relationship between those independent and dependent variables has been discussed thoroughly, and the importance of those variables is moderately outlined in this research section. Besides that, the teacher's perception and opinion are also discussed in the context of past researchers in this section. This research section is mainly considered as the crucial evaluation of the impacts of teachers in the process of building physical and mental health among the students with the help of proper classrooms.

References

- Alston, C. (2017). A causal comparative study of teacher and administrator perceptions of school climate within elementary schools in a school district. Retrieved From: <https://digitalcommons.liberty.edu/cgi/viewcontent.cgi?article=2413&context=doctoral> [Retrieved On: 20.01.2021]
- Anyolo, E. O., Kärkkäinen, S., & Keinonen, T. (2018). Implementing education for sustainable development in Namibia: School teachers' perceptions and teaching practices. *Journal of Teacher Education for Sustainability*, 20(1), 64-81. Retrieved From: <https://content.sciendo.com/view/journals/jtes/20/1/article-p64.xml> [Retrieved On: 20.01.2021]
- Biddle, S. J., Ciaccioni, S., Thomas, G., & Vergeer, I. (2019). Physical activity and mental health in children and adolescents: An updated review of reviews and an analysis of causality. *Psychology of Sport and Exercise*, 42, 146-155. Retrieved From: <https://www.sciencedirect.com/science/article/abs/pii/S1469029218303315> [Retrieved On: 20.01.2021]
- Binfet, J. T., & Passmore, H. A. (2017). Teachers' perceptions of kindness at school. Retrieved From: <https://www.um.edu.mt/library/oar/bitstream/123456789/18277/1/v1i9p3.pdf> [Retrieved On: 20.01.2021]
- Colley, R. C., Carson, V., Garriguet, D., Janssen, I., Roberts, K. C., & Tremblay, M. S. (2017). *Physical activity of Canadian children and youth, 2007 to 2015*. Statistics Canada. Retrieved From: https://www.researchgate.net/profile/Ian-Janssen/publication/322295083_Physical_activity_of_Canadian_children_and_youth_2007_to_2015/links/5a5f5ab7aca27273524361a5/Physical-activity-of-Canadian-children-and-youth-2007-to-2015.pdf [Retrieved On: 20.01.2021]
- Dai, C. (2019). Preschool Teachers in Shanghai, China: Pre-service Piano Skill Development, Perception of Adequacy, and Current Instructional Usage. Retrieved From: https://scholarlycommons.pacific.edu/cgi/viewcontent.cgi?article=4646&context=uop_etds [Retrieved On: 20.01.2021]
- de Greeff, J. W., Bosker, R. J., Oosterlaan, J., Visscher, C., & Hartman, E. (2018). Effects of physical activity on executive functions, attention and academic performance in preadolescent children: a meta-analysis. *Journal of science and medicine in sport*, 21(5), 501-507. Retrieved From: <https://www.sciencedirect.com/science/article/abs/pii/S1440244017316419> [Retrieved On: 20.01.2021]
- Dinkel, D., Schaffer, C., Snyder, K., & Lee, J. M. (2017). They just need to move: Teachers' perception of classroom physical activity breaks. *Teaching and Teacher Education*, 63, 186-195. Retrieved From: <https://digitalcommons.unomaha.edu/cgi/viewcontent.cgi?article=1037&context=hperfacpub> [Retrieved On: 20.01.2021]
- Dong, C. (2018). 'Young children nowadays are very smart in ICT'—preschool teachers' perceptions of ICT use. *International Journal of Early Years Education*, 1-14. Retrieved From: <https://www.tandfonline.com/doi/abs/10.1080/09669760.2018.1506318> [Retrieved On: 20.01.2021]
- Farooq, A., Martin, A., Janssen, X., Wilson, M. G., Gibson, A. M., Hughes, A., & Reilly, J. J. (2020). Longitudinal changes in moderate-to-vigorous-intensity physical activity in children and adolescents: A systematic review and meta-analysis. *Obesity Reviews*, 21(1), e12953. Retrieved

- From:<https://onlinelibrary.wiley.com/doi/full/10.1111/obr.12953> [Retrieved On: 20.01.2021]
- Foran, C. A., Mannion, C., & Rutherford, G. (2017). Focusing elementary students with active classrooms: exploring teachers' perceptions of self-initiated practices. *International Electronic Journal of Elementary Education*, 10(1), 61-69. Retrieved From:<https://www.iejee.com/index.php/IEJEE/article/view/299> [Retrieved On: 20.01.2021]
- Hamit, O. Z. E. N. (2018). A qualitative study of school climate according to teachers' perceptions. *Eurasian Journal of Educational Research*, 18(74), 81-98. Retrieved From:<https://dergipark.org.tr/en/download/article-file/625683> [Retrieved On: 20.01.2021]
- Hartz, K., Williford, A. P., & Koomen, H. M. (2017). Teachers' perceptions of teacher-child relationships: links with children's observed interactions. *Early Education and Development*, 28(4), 441-456. Retrieved From:<https://www.tandfonline.com/doi/abs/10.1080/10409289.2016.1246288> [Retrieved On: 20.01.2021]
- Ismail, S. A. A., & Jarrah, A. M. (2019). Exploring Pre-Service Teachers' Perceptions of Their Pedagogical Preferences, Teaching Competence and Motivation. *International Journal of Instruction*, 12(1), 493-510. Retrieved From:<https://files.eric.ed.gov/fulltext/EJ1201182.pdf> [Retrieved On: 20.01.2021]
- KONOKMAN, G. Y., YELKEN, T. Y., Karasolak, K., & Cesur, E. (2018). Teachers' perception: Competent or not in curriculum development. *MOJES: Malaysian Online Journal of Educational Sciences*, 5(4), 56-73. Retrieved From:<https://sare.um.edu.my/index.php/MOJES/article/view/12519> [Retrieved On: 20.01.2021]
- Marklund, L. (2019). Swedish preschool teachers' perceptions about digital play in a workplace-learning context. *Early years*, 1-15. Retrieved From:<https://www.tandfonline.com/doi/pdf/10.1080/09575146.2019.1658065> [Retrieved On: 20.01.2021]
- Marques, A., Santos, D. A., Hillman, C. H., & Sardinha, L. B. (2018). How does academic achievement relate to cardiorespiratory fitness, self-reported physical activity and objectively reported physical activity: a systematic review in children and adolescents aged 6-18 years. *British Journal of Sports Medicine*, 52(16), 1039-1039. Retrieved From:<https://bjsm.bmj.com/content/52/16/1039.abstract> [Retrieved On: 20.01.2021]
- Martin, K. A., Bosk, E., & Bailey, D. (2018). Teachers' perceptions of childcare and preschool expulsion. *Children & Society*, 32(2), 87-97. Retrieved From:<https://deepblue.lib.umich.edu/bitstream/handle/2027.42/142342/chso12228.pdf> [Retrieved On: 20.01.2021]
- Nye, J. A., & Sood, D. (2018). Teachers' perceptions of needs and supports for handwriting instruction in kindergarten. *The Open Journal of Occupational Therapy*, 6(2), 6. Retrieved From:<https://scholarworks.wmich.edu/cgi/viewcontent.cgi?article=1411&context=ojot> [Retrieved On: 20.01.2021]
- Olur, B., & Oguz, A. (2019). Qualification Perception of Prospective Teachers on Multicultural Education: A Need Assessment. *Online Submission*, 8(4), 165-184. Retrieved From:<https://files.eric.ed.gov/fulltext/ED599815.pdf> [Retrieved On: 20.01.2021]
- Paris, L. F., Nonis, K. P., & Bailey, J. (2018). Pre-Service Arts Teachers' Perceptions of Inclusive Education Practice in Western Australia. *International Journal of Special*

- Education*, 33(1), 3-20. Retrieved From: <https://files.eric.ed.gov/fulltext/EJ1184080.pdf> [Retrieved On: 20.01.2021]
- Ruble, L. A., McGrew, J. H., Wong, W. H., & Missall, K. N. (2018). Special education teachers' perceptions and intentions toward data collection. *Journal of early intervention*, 40(2), 177-191. Retrieved From: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6377170/> [Retrieved On: 20.01.2021]
- Sasidharan, A., & Tan, K. E. (2017). PUPILS' AND TEACHERS' PERCEPTIONS OF A LANGUAGE BOARD GAME, CHALLENGE. *The English Teacher*, (3), 20. Retrieved From: <https://journals.melta.org.my/index.php/tet/article/viewFile/240/140> [Retrieved On: 20.01.2021]
- Solheim, K., Roland, P., & Ertesvåg, S. K. (2018). Teachers' perceptions of their collective and individual learning regarding classroom interaction. *Educational Research*, 60(4), 459-477. Retrieved From: <https://www.tandfonline.com/doi/pdf/10.1080/00131881.2018.1533790> [Retrieved On: 20.01.2021]
- Winter, C. R., & McKenzie, K. (2017). Teachers' perceptions of female student aggression at an all-girls school. *Journal of Adolescent Research*, 32(4), 509-525. Retrieved From: http://nrl.northumbria.ac.uk/id/eprint/28010/1/Female_Aggression_schools_author_version.pdf [Retrieved On: 20.01.2021]
- World Health Organization. (2019). *Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age*. World Health Organization. Retrieved From: <https://apps.who.int/iris/bitstream/handle/10665/311664/9789240001749-chi.pdf> [Retrieved On: 20.01.2021]
- Yildiz, C., & Karadeniz, M. H. (2018). Evaluation of Prospective Mathematics Teachers' Perceptions about the Concept of Intelligent Games through Metaphors. *European Journal of Science and Mathematics Education*, 6(4), 137-160. Retrieved From: <https://files.eric.ed.gov/fulltext/EJ1194007.pdf> [Retrieved On: 20.01.2021]