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# Motor Skill Development in Low-Income, At-risk Preschoolers: A Community-Based Longitudinal Intervention Study

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## Abstract

**Objectives:** This study aimed to: 1) determine the status of fundamental movement skill (FMS) performance in low-income, at-risk preschoolers; and 2) evaluate the impact of the *Food Friends Get Movin' with Mighty Moves (MM)* program on improving children's FMS at two-year follow-up.

**Design:** Longitudinal, quasi-experimental study with matched controls.

**Methods:** The Colorado LEAP study was conducted in four Head Start/preschools (two intervention, two control) serving children aged 3-5years. *MM* was delivered to the intervention group during preschool. The Bruininks-Oseretsky Test of Motor Proficiency, Second Edition (BOT-2) subtests for balance, running speed and agility, upper-limb coordination (object control (OC) skills) and strength were administered to children at baseline, post-intervention in preschool, one-year follow-up (kindergarten), and two-year follow-up (first grade).

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