# TABLE OF CONTENTS

## LIST OF TABLES

<table>
<thead>
<tr>
<th>Chapter:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. INTRODUCTION</td>
</tr>
</tbody>
</table>

- Statement of the Problem
- Delimitations
- Limitations
- Hypothesis
- Definition of Explanation of Terms
- Significance of the Study

| 2. REVIEW OF RELATED LITERATURE | 33 |

| 3. PROCEDURE | 58 |

- Selection of Subjects
- Collection of Data
- Methodology of Curriculum Development
- Criterion Measures
- Administration of the Test Items
- Statical Procedure Employed
4. ANALYSIS OF DATA AND RESULT OF THE STUDY

Analysis of Data
Level of Significance
Discussion of Findings
Discussion of Hypothesis

5. SUMMARY, CONCLUSIONS AND RECOMMENDATIONS  159

Summary
Conclusion
Recommendations

APPENDICES

A  Pre Physical Fitness Scores of the Age Group of 5 to 6 years  169
B  Post Physical Fitness Scores of the Age Group of 5 to 6 years  176
C  Pre Academic Achievement Scores of the Age Group of 5 to 6 Years.  184
D  Post Academic Achievement Scores of the Age Group of 5 to 6 Years.  191
E  Pre Physical Fitness Scores of the Age Group of 6 to 7 years  198
F  Post Physical Fitness Scores of the Age Group of 6 to 7 years  205
G  Pre Academic Achievement Scores of the Age Group of 6 to 7 Years  212
H  Post Academic Achievement Scores of the Age Group of 6 to 7 Year  219
I  Pre Physical Fitness Scores of the Age Group of 7 to 8 years. 225
J  Post Physical Fitness Scores of the Age Group of 7 to 8 years. 232
K  Pre Academic Achievement Scores of the Age Group of 7 to 8
   Years. 239
L  Post Academic Achievement Scores of the Age Group of 7 to 8
   Years. 246

BIBLIOGRAPHY 253