



Memaksimalkan Pembelajaran Gerak Menggunakan Bola Pada Siswa Sekolah Dasar

Maximizing Motion Learning Using Ball In Elementary School Students

Febby Syafita Putri¹, Rahma Dewi²

¹Sports Education, Postgraduate Study Program, Medan State University, North Sumatra, Indonesia

²Sports Education, Postgraduate Study Program, Medan State University, North Sumatra, Indonesia

Abstract

Sports using balls are very popular with people who can provide pleasure and also train gross motor skills in children. However, some children, especially those in elementary school, are still afraid to use a ball. This is a problem that needs to be addressed, because the ball is the most popular game for children today. Physical education teachers need to find ways to help children not be afraid to play ball.

Keywords: Movement Learning, Physical Education, Early Childhood.

Abstrak

Olahraga menggunakan bola sangat digemari oleh masyarakat yang dapat memberikan kesenangan dan juga melatih motorik kasar pada anak. Namun sebagian anak terutama yang duduk di bangku sekolah dasar masih takut menggunakan bola. Hal ini merupakan masalah yang perlu diatasi, karena bola merupakan permainan yang paling digemari anak-anak saat ini. Guru pendidikan jasmani perlu mencari cara untuk membantu anak agar tidak takut bermain bola.

Kata kunci: Pembelajaran Gerak, Pendidikan Jasmani, Anak Usia Dini. .



INTRODUCTION

Elementary school is a school level that is for children who are very young. Kids who start elementary school are still around 7 years old. Elementary school is where you learn things like how to read and math. Teachers in elementary school teach students, and they also have lots of learning activities they do with the students. These activities help the students learn more. Sometimes, things can go wrong in the school, and that means the students can't learn as much as they should. One reason for this is if the teacher can't handle things. Kids in childhood are learning how to move better. This means they are improving the quality of their movements and also doing more variety in their movement patterns.

Physical education teachers need to find ways to make children more comfortable moving around and playing ball, so that their development goes as planned. However, some children still hesitate to do physical activities, such as playing ball. This can be a problem, because balls are one of the most common games for kids today. Researchers are interested in studying how physical education teachers can help

overcome these issues.

METHOD

This observation was carried out at SD Muhammadiyah 36 Medan which is located at Jalan Jermal III and the observation was carried out on Thursday, 18 November 2022 for grade 2 students with a total of 26 students. It has been identified that there are 4 children who are still afraid to do movement activities using a ball. This is of course a problem that is quite concerning because the ball is a sport that is loved by many people, especially in early childhood, in learning motion, it must involve gross muscles, which can be developed using the throwing and catching ball training method.

DISCUSSION

1. The Nature of Physical Education

Learning is an interest executed in a getting to know system. Learning is a system of converting conduct because of the interplay of people with their surroundings in assembly their needs (Sugihartono, et al. 2007:74). By getting to know, a person gets a few matters that had been now no longer regarded before. Everyone can



perform getting to know sports everywhere and whenever with none restrictions. Physical Education Sports Health is one of the topics received from the getting to know system in academic establishments withinside the shape of schools. In essence, Health Sports Physical Education is a component. For a few events have understood this, however have specific reviews concerning the which means of bodily training. The distinction in opinion is natural, the maximum essential component is that everybody should be clean and constant in adhering to the perception of bodily training itself. Abdujabar (2011: 27) states that bodily training is an academic system that has the aim of growing human look via decided on bodily interest media to obtain academic dreams. Physical training specializes in obtaining motion competencies and preserving bodily health for health, growing know-how and growing advantageous attitudes closer to bodily interest and sports. Physical training has a huge definition. Each character can interpret in a different way in keeping with their respective reviews. Physical training is

as essential as different training supplied at school, best with extra emphasis at the kid's motion device and outside sports. Physical training calls for mastery of fabric or substances in idea or practice. These matters should be balanced to be able to obtain the aim in its implementation. Physical training is all associated with the mind-set of frame motion. Abdoellah (1996: 2), specifically bodily training is one thing of the general academic system of college students via cautiously designed bodily sports, which might be executed consciously and programmed so as to enhance bodily and social skills and competencies in addition to the improvement of intelligence. Based at the diverse reviews above, it is able to be concluded that bodily training is a system of accomplishing academic dreams via bodily motion

2. PJOK teachers' core values

One of the key elements in a school is the teacher. On addition to serving as a student's guide, the instructor instructs them in the subject matter and offers extracurricular education. According to Suprihatiningrum (2014:



24), a teacher is a professional educator whose primary responsibility is to educate pupils from early childhood education through formal, basic, and secondary education while also educating, mentoring, and evaluating them. The end goal of education is for students to become mature adults, thus those who are qualified to teach are those who can organize and manage classrooms, create learning programs, and instruct pupils.

Other opinions about teachers were also expressed by other experts. Teachers play an important role in all subjects, especially physical education, physical education and health. Because this learning requires teachers to know the motor development of different students, physical education teachers face more challenges compared to teachers of other subjects in the class.

According to Suprihatiningrum (2014:28) teachers have the following roles:

- a. Taking the initiative, Director and Educational Assessor.
- b. Community representatives within the school. This means that

teachers act as community stakeholders in language careers and education.

- c. An expert in his field, mastery of the material conveyed. Enforcers of discipline, i.e. teachers, must ensure that students exercise discipline.
- d. Practitioners of educational administration,
- e. Teachers, are responsible for ensuring that instruction is carried out appropriately.
- f. Young generation leaders, or teachers, are responsible for guiding the development of students as young generations who will be their future successors.
- g. The role of community translators, or teachers, is to bring various advances in science and technology to the community.

3. Nature of Motor Development

Growth and development are a series of words that are always used together but have different meanings. Growth is the process of increase that occurs in a person in quantity, or increase in size. For example, when it



comes to physical growth, there is height and weight gain. This increase is followed by increases in shoulder, hip and chest width. Development, on the other hand, is the process of changing the function or working capacity of the body's organs toward a more organized and specialized state. It means moving more and more freely, and being specialized means that the organs of the body are becoming more and more capable of functioning according to their functions. This development comes in the form of body movements, both very simple and very complex. Therefore, the development related to the movement of the body is called a motor. In early childhood, the development of a child's skills is also very visible. One of the skills that develops rapidly in early childhood is physical or motor skills. The process of growth and development of children's motor skills is related to the process of growth and development of children's motor skills. The development of children's motor skills can be clearly seen through a variety of movement and play options. Therefore, the development of

children's physical abilities is closely related to play, which is the main activity of early childhood. The stronger and better the child's movements, the more he likes to play and the more he doesn't get tired of moving his limbs. Children's limb movements during play have many benefits for the growth of other aspects of a child's abilities, such as aspects of cognitive development and aspects of a child's social-emotional development. In addition, enhancing a child's motor skills and physical abilities plays an important role in maintaining a child's physical health. Developing motor skills is necessary for children to grow and develop optimally. Seefel (Moeslichatoen, 1999) classified children's motor skills into her three categories:

1. Movement skills: walk, run, jump, slide.
2. Non-locomotor skills (moving a body part but not the child): lifting, pushing, bending, shaking, pulling.
3. Throwing and Receiving/Catching Skills: Catching and Throwing.

As motor skills develop, children also develop the ability to observe—the

ability to remember what they observe and supplement their experience. As children move, they observe teachers, other children, and themselves. He then recalls the athletic movements he has done or was trained by the teacher to correct or refine the movements. Children also need to master basic skills first before combining them with more complex motor activities. We found that 4 children were still afraid to do any motor activity with the ball. Of course, this is a very worrying issue as ball is a sport that many people love, especially during early childhood. It is a challenge for PJOK teachers to overcome student problems by modifying tools and implementing appropriate stages of learning. Here are the solutions offered:



Figure 1.1 Ball Equipment

1. Modifying the tool in the form of a

small ball made of paper, the first thing to do is to make the child accustomed to receiving stimuli and responding to these stimuli. This paper ball is the right first method for children to be trained to accept incoming stimuli , apart from that, of course, these balls are very safe for children who are still hesitant to catch them. This activity was carried out for 20 repetitions.

2. After the child gets used to the first ball, continue with a medium-sized ball made of plastic and then change balls again until the last ball is a large ball, which is a basketball. Each given ball is repeated 20 times in the form of throwing and catching the ball.
3. Apart from being given the right treatment, the child is also given good motivation so that the child is confident and doesn't hesitate to catch and throw the ball. Confidence is a very important factor for students, because self-confidence will make individuals feel optimistic and able to make adjustments to their social

environment .



Figure 1.2 Game Implementation
Throw Catch

From the results of interviews with these children, the problem of being afraid of the ball occurred because the child had played football and then accidentally the ball hit their body parts, causing them pain. However, this can be overcome by getting used to playing with a soft ball often so they can get used to it and get rid of their fear.

CONCLUSION

A child's physical development is expected to be optimal as it directly or indirectly influences the child's daily behavior. A child's physical growth directly determines their athletic performance. For example, her 4-year-old, who is physically fit for her age, does things that children of her age usually do, such as: play or hang out with family and

friends. Disabilities such as sedentary lifestyles and obesity appear during growth, making it difficult for children to participate in peer games.

The given solution will slightly reduce the child's anxiety, and the child will be calm and disciplined when receiving the ball. Of course, not only to provide an accurate learning method, to support and motivate students, but also to help children's self-confidence without fear or hesitation to catch the ball, teachers role is the most important.

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