



The Importance of Basic Movement Skills and Appropriate Learning Tools in the Development of Elementary School Children's Motor Skills

Ardi Wirakusuma; Wawan Sundawan Suherman

Universitas Negeri Yogyakarta, Indonesia

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Abstract

Learning physical education, sports and health requires every student to always move actively. In order for the learning process to run as expected, appropriate learning facilities are needed. Schools must of course be able to support the learning process well, but very few are able to pay attention to achieving these goals, especially in sports lessons. Teachers are required to be more creative by modifying and providing innovative learning facilities. The goal is to attract students' interest and motivation to learn. Before creating interesting learning facilities, teachers must be able to analyze student needs, plan learning methods, and understand student characteristics. This can certainly support the success of a teacher in modifying learning facilities according to student needs. The writing of this article uses a literature study, which is then a technique used to collect data through several sources such as journals, articles, theses, books, and several other references. The purpose of this study is to determine the importance of basic movement skills and learning facilities to support the development of elementary school children's motor skills.

Keywords: *Basic Movement Skills; Appropriate Learning Tools; Elementary School*

Introduction

Education is part of the learning process that aims to develop individual potential, improve knowledge, skills, and shape character. Education can be done formally, non-formally, or informally. The existence of education is certainly one of the important processes in the life of every individual. (Suriyadi, 2017) said that education is carried out to facilitate the development and growth of children. The main and first education that must be given early on is physical education, sports and health to support children's motor development. Motoric is the whole process that occurs in the human body, which includes the control process (coordination) and the regulation process (physical condition) which is influenced by physiological factors and psychological factors to get good movement.

Motor skills function as a driving force in the human body, motor skills and movement are not the same but have a very close relationship (Chaeroni, 2021). Motor competence can be defined as the quality of a person's movement coordination when performing various motor skills, ranging from a series of gross motor skills to fine motor skills (Figuerola & An, 2016). This learning process begins at the

elementary school level where each student's learning stage is required to be able to master basic movement skills which include locomotor, non-locomotor and manipulative movements.

Many in the current conditions in the family environment do not understand the process of child growth (Ariyana & Rini, 2009). Many children who are in elementary school are currently more emphasized to enter into processes that they should not have done such as tutoring, private lessons, and learning activities to better understand knowledge in the cognitive domain. This makes children have time to develop basic motor skills such as locomotor, non-locomotor, and manipulative starting to be limited.

Similar research results were also found in several literatures. Research findings on the development of learning media modifications to improve elementary school physical fitness, (Satrio, Muhyi, & Yoso, 2020). the level of physical fitness of 10-12 year old students of grade V SDN Lemah Putro 1 is in the "very poor" category with a percentage of 00.00% (0 students), the "poor" category with a presentation of 8.00% (2 students), the "moderate" category with a percentage of 68.00% (17 students), the "good" category with a percentage of 24.00% (6 students), and the "very good" category with a percentage of 00.00% (0 students). Research conducted by (Adi & Yusuf, 2020) by modifying learning media using used goods in the school environment, student learning achievement increased, namely achievement in the material on locomotor, non-locomotor and manipulative movement patterns with an average of 81 from the previous 57.3. The level of mastery of the material was 75% and above, as many as 19 students completed it (86.37%).

From the opinions above, researchers can conclude that by modifying media and learning facilities, it will be very possible for teachers and students to carry out the learning process according to their expectations. Every elementary school student often faces various problems in learning basic movements, such as lack of coordination and balance, limited strength and flexibility of the body, and difficulty in understanding movement instructions. In addition, factors such as lack of self-confidence, minimal physical activity outside of school, and an unsupportive environment can also hinder the development of their motor skills. Therefore, a fun learning approach, appropriate guidance, interesting learning facilities and ongoing practice are needed to help children master basic movements well.

Implementation Method

This study uses a library research method, this study was conducted by collecting, analyzing, and concluding related information from various written sources, such as books, journals, documents, archives, and other literature sources. The design of this study is descriptive with qualitative methods. Qualitative descriptive research is a research method that aims to describe and understand phenomena in depth based on qualitative data. This method does not use numbers or statistics as the main analysis tool, but focuses more on the meaning, experience, and understanding of the research subject. Qualitative research methods are research methods used to research the conditions of natural objects and sampling of data sources is carried out purposively and snowbaal, data collection techniques are qualitative, and qualitative research results emphasize meaning more than generalization (Sugiyono 2015:15).

Results and Discussion

1. Elementary School Physical Education, Sports and Health

Physical education is one of the compulsory subjects at elementary school level, which studies movement skills, healthy lifestyles, and introduction to a clean environment through physical activity (Reni Hendryana & Rahmat, 2024). Through directed physical activity, children can develop coordination, balance, and body strength, as well as build healthy living habits from an early age. (Jeong & So 2020) stated that physical education is carried out by focusing on physical activity and not only

based on general knowledge of the subject. In this learning, students are required to always be active in order to gain experiences such as intelligence, control emotions, have a responsible attitude, and can improve basic movement skills.

Basic movement skills are basic motor skills that are the basis for performing various more complex physical activities or sports. According to (Gallahue, 1996) movement can be classified into 3 parts. 1) Non-locomotor movement, in doing this movement the body position is still by balancing the body position against the force of gravity. 2) Locomotor movement which is the movement of changing body position from one place to another. 3) Manipulative movement is a movement that receives or gives an object or certain objects.

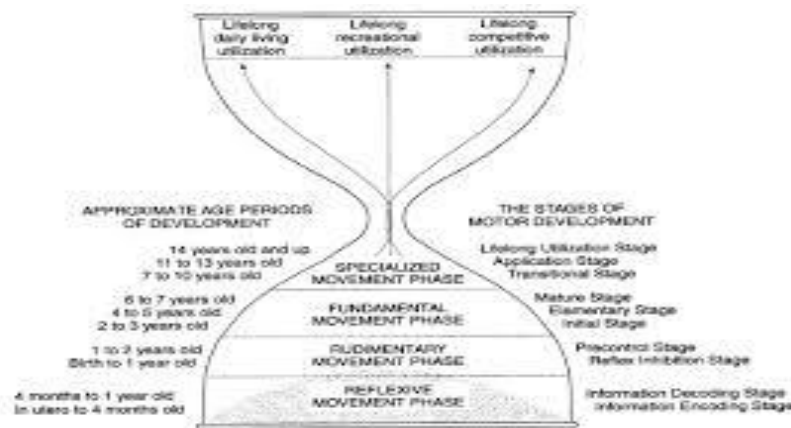


Figure 1. Phases of Basic Movement Development (Gallahue, 1996)

The basic movement assessment instrument developed by (Gallahue & Ozmun, 1998) is divided into 3 levels. 1) Initial stage, at this level, the movements are still not complete, there are still limitations in the use of the body and minimal rhythmic movements and coordination between body parts. The age group at this level is generally 2 years old. 2) Elementary stage, entering this level, movement control and rhythmic coordination are better when compared to the previous level. However, the basic movement patterns carried out are still limited and not yet free even though they have begun to be regular. Children aged 3-4 years are included in this group. 3) Proficient/Mature stage, at this stage, the child's motoric performance has begun to be coordinated so that the movements carried out become more efficient. Children aged 5-6 years are included in this stage where the dominance of basic movements that have been mastered well are locomotor and non-locomotor movements while manipulative movements are still rather slow. This is based on the coordination of body movements in each student.

The quality of physical education, sports and health learning is influenced by several factors such as appropriate learning content, opportunities to learn, appropriate instructions, student assessment in the learning process, and appropriate facilities and infrastructure. Basically, physical education has a meaning where physical activity is carried out to produce a comprehensive improvement in the physical, mental, and emotional quality of students.

The success of the learning process must of course be supported by good human resources and all the equipment needed to transfer the knowledge. Filley, House, and Kerr (Parks & Zanger, 1990:7) explain "planning as the specification of means necessary to achieve a prescribed end before action toward that end takes place". Learning planning is also a projection of what is needed in order to achieve legitimate and valuable goals (Subroto, 2022). Planning in the learning process is certainly one part that cannot be ignored because it will determine the direction and purpose of the learning process (success or failure). This is one of the parts of the learning facilities.

2. The Importance of Learning Suggestions

Learning facilities are all forms of facilities, tools, or media used to support the teaching and learning process to be more effective and efficient. Learning facilities are all equipment and supplies that are directly used in the educational process that makes it easier (Osahon, 2001). Facilities are part of the equipment, materials, furniture that are directly used in an activity or activity (Saniatu & Tatang, 2018). Learning facilities and infrastructure can provide significant benefits for the success of the learning process. Arsyad (2015) argues that the benefits of learning facilities and infrastructure are as follows: 1) The use of learning facilities can clarify messages and information so that it can facilitate and improve the learning process and results, 2) Increase and stimulate students' attention so that it can create learning motivation, more direct interaction between students and their environment so that students can learn independently according to their abilities and interests, and 3) Provide students with common experiences about events in their environment, and allow direct interaction with teachers, the community and their environment, for example through field trips and others.

Adequate learning facilities are very important in increasing the effectiveness of the learning process, because they can help students understand the material better, improve skills, and create a comfortable and conducive learning environment. The existence of good facilities and infrastructure can improve changes in behavior, or the character of students to be better, starting from mindset, intellectual, motoric, physical, and social responsibility (Saputro, 2020). (Add Explanation of Learning Facilities)

3. Motor Skills

Every student who is in the learning stage must of course be supported by basic movement skills called motor skills. This is the basis for developing other movement skills. Motor skills are abilities related to body movements that involve coordination of muscles, nerves, and the brain. This ability includes gross and fine motor skills. Movement and motor skills are fundamental in everyone's life (Siapres, 2012). During a fun learning process, students will respond or improve their skills faster (Fikrianto et al. 2021). Learning motor skills is very important in everyday life which is regulated by a neural network involving the cortex, thalamus, basal ganglia, brainstem, cerebellum, and spinal cord (Li & Spitzer, 2020).

The reason researchers use modification of facilities in the process of learning basic locomotor and non-locomotor movements is part of the efforts made by each educator so that students can follow and understand the learning well. If there are no learning suggestions that make students interested in learning, the learning process will be ineffective, monotonous, and boring. In general, learning physical education, sports and health is learning that requires students to be active in moving where in this process good coordination is needed in terms of physical, stamina, energy, and mental. So with these demands, every teacher must strive to create a pleasant learning atmosphere. Five general motor skills are flexibility, speed, skill, stamina, and strength (Van Hooren & De Ste Croix, 2020).

4. Learning Tools

Learning resources are all forms of tools, materials, facilities and technologies that can be used to support the learning process to be more effective, efficient and interesting for users. With complete learning resources, it can help deliver materials and improve students' understanding of skills. Some of the functions of learning resources are to improve understanding of materials, attract interest and motivation to learn, support various learning styles, improve interaction and collaboration, facilitate evaluation and feedback, and increase students' independence and creativity.

In the context of physical education and sports learning, several learning facilities such as sports fields, fitness equipment, and other game equipment are very much needed. Because with these tools,

students can move more actively and freely. Basically, every sports learning requires students to move more actively so that they can improve their motor skills.

Conclusion

Based on the results and discussion, it can be concluded that modification of learning facilities plays an important role in improving basic motor skills by adjusting the tools and learning environment to be safer, more interesting and in accordance with the level of development of students. Changes such as the size, shape, or material of the aids can increase success in performing movements, prevent injuries, and maintain student motivation and involvement. With the right innovation, motor skills learning becomes more effective, enjoyable, and supports the development of basic movements optimally.

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