Initial Level of Locomotor Ability Student Class III At Harapan Jaya Beach State Elementary School 04

Angga Fermana Kautsar [1] , Ruslan Abdul Gani [2] , Febi Kurniawan [3] , Ega Trisna Rahayu[4]

[1,2,3,4] Singaperbangsa University Karawang: Faculty of Teacher Training and Education, Physical Education, Indonesia

Article Info

Abstract

locomotor movements are basically important aspects that children should be able to do and develop . The development and improvement of basic locomotor movements in schools through PJOK learning is the basis for children to participate in other physical activities . Research This aiming For know level ability beginning motion locomotive student class III at Pantai Harapan Jaya 04 Public Elementary School. Research This is study descriptive , with use method descriptive quantitative . Data collection techniques use test . Type of method used is TGMD test 2. Test results beginning motion locomotors implemented in class low at SD Negeri Pantai Harapan Jaya 04 shows part big ability student is in the category enough to reach percentage as much as 50% or 7 people, while category Good reached 21% or 3 people, category not enough reached 29% or 4 people, while very good category No There is .

INTRODUCTION

Education is an educational process that utilizes systematically planned physical activities aimed at developing and improving individuals organically, neuromuscularly, perceptually, cognitively, and emotionally, within the framework of the national education system. (SALEH ET AL., 2024). Basically Physical Education must given to children since early to fulfill need room motion children (SURYONO ET AL., 2022).

PJOK as a subject in school, ensures the availability of physical activity for students. The implementation of PJOK is not only physical activity. PJOK is expected to improve the physical fitness of students, so that in the end it will support the Kemenpora program, namely the National Sports Grand Design (DBON) (RAMADHAN & ROSMI, 2024).

Point attention to the field This is improvement quality motion human . More special again , PJOK is related with connection between motion man with development physical , soul and mind (Ramadan, 2024).

The main objective of Physical Education, Sports and Health (PJOK) in Elementary School is the development of students' basic movements. One of the types of movements in PJOK learning is locomotor movement (HABIBI & TJAAHYO KUNTJORO, 2023).

Therefore that , for can creation ability do activity physique needed ability motion good and quality foundation , necessary existence effort Work hard in create creativity , innovation and the appropriate model with need student (Fajarwati & Arini, 2023).

Movement is need main for human , part big need man can achieved through movement (FITRIANI & BAYU, 2019). Basic locomotor movements are basically important aspects that children should be able to do and develop (Yusroni et al., 2022b). The development and improvement of basic locomotor movements in schools through PJOK learning is the basis for children to participate in other physical activities. (YUSRONI ET AL., 2022A).

In the basic movement material, students are required to master several basic movement skills . (Febriani et al., 2023). Already should various motion base locomotive can given by the teacher so that achieved riches motion student through diverse activity motion the (Ummah, 2019). Because locomotor skills are movements where the body can move from point A to point B which can be done in a horizontal or vertical direction. (Usmaedi et al., 2020).

Basic movements have an important role in physical education learning, basic movement skills can be applied in various games, sports and physical activities carried out every day. (Rejeki & Gunawan, 2021). Especially sports that require movement of place or center of gravity such as running, jumping, and throwing (Dwijayanti & Supriyoko, 2020).

Motor development can be measured using an instrument based on the child's age (Susilowati & Lessy, 2024). For children aged 7-9 years, it can be measured using the TGMD-2 test instrument (*test of gross motor development*) where the test

can measure the child's locomotor gross motor skills and control objects such as running, horse jumping, jumping on tiptoes, running accompanied by jumping, one-legged jumping, running sideways for locomotor. (Siddiq & Wiguno, 2022).

If elementary school children are not yet able to perform gross motor skills well, then the child has experienced a delay (Rohmatin & Wulan, 2019).

So far, the learning process, especially basic locomotor movements, has not been modified according to the needs of lower elementary school students (Hanief, 2017). For example, students only do ordinary walking, running, jumping movements without being modified in the form of interesting games so that this is considered less effective (Heldie Bramantha & Dodik Eko Yulianto, 2020). Lack of motion locomotor in students school base has become the focus of attention in the world of education moment This (Muhammad Fadhil Naim Mansur, Encep Sudirjo, 2024).

Mastery of basic movements develops well when given enough opportunities to do so. So when children grow up it is the right time to provide opportunities to develop basic movements, especially basic locomotor movements. (Kuryanto & Pratiwi, 2019).

Therefore, as educators or teachers of Physical Education, Sports and Health, they should actively work to create an effective and creative learning atmosphere to support the development of elementary school-aged children so that they are motivated to learn, especially in basic locomotor movement material (Sakti Adji & Wibowo, 2023).

METHODE

The research will be conducted in November 2024 at SDN Pantai Harapan Jaya 04, Muaragembong District, Bekasibar Regency. This research is a descriptive study. Descriptive research is a study conducted to determine the value of independent variables, either one or more variables, without making comparisons or connecting with other variables ((Sugiyono, 2018)). By using quantitative descriptive methods and data collection techniques using tests. The type of method used is the TGMD 2 test which is a test used to measure the gross motor skills of individuals who develop early on (Abdillah, 2021). Then the scores obtained from the test are analyzed using quantitative descriptive analysis which is expressed in the form of a percentage.

RESEARCH SUBJECT

Subject study This is participant educate class III at Pantai Harapan Jaya 04 State Elementary School , District Muaragembong as many as 14 participants educate .

SAMPLING TECHNIQUES

Retrieval sample is step first and aspect important from the whole analysis process . The purpose of taking sample is For determine criteria inclusion like Characteristics clinical , demographic , temporal, and geographic the subject that forms population research . Data collection techniques sample,explain technique what is the most suitable For various type research , so that somebody can with easy decide which technique can applied and most suitable For project research . In the research This researcher using purposive sampling, where people

or incident certain chosen in a way on purpose For give information important (Herlina et al., 2022).

MATERIALS AND EQUIPMENT

Materials and equipment used in study very much simple . In doing study to level ability motion locomotive students , researchers only prepare whistle and cones for implementation field test .

STEPS

Steps in study This includes : (a) Identifying existence significant problems For solved through method descriptive quantitative , (b) Limiting and formulating problem in a way clear , (c) Determine objectives and benefits research , (d) Conducting studies related libraries with problems , (e) Determining framework thinking and questions research , (f) Designing method research to be conducted used including in matter This determine population , sample , sampling technique , determining data collection instruments , analyzing data and interpreting data, (g) Collecting , organizing and analyzing data with use technique in study relevant quantitative and (h) Making report study (Rusandi & Muhammad Rusli, 2021).

DATA DESIGN OR ANALYSIS

Data analysis was performed with method collect result data test beginning ability motion locomotive student class III first formerly using the TGMD instrument. Next results the processed so that produce ideal score . Finally , the ideal score is served in form tables and diagrams so that can understood with clear .

RESEARCH RESULT

Test results beginning motion locomotive in class III SD Negeri Pantai Harapan Jaya 04 shows Enough with frequency the most is 7 people or 50%, Good with frequency 3 people or 21%, less with frequency 4 people or 29% and very good with o people or 0%.

TABLES AND FIGURES

Tabel and image following This show or describe results from test beginning motion locomotive as Following :

Tab 1 . Initial Locomotor Test Results

No Subject	Initial Test	Description
1	73	Good
2	59	Not enough
3	64	Enough
4	73	Good
5	64	Enough
6	59	Not enough
7	64	Enough
8	64	Enough
9	77	Good
10	59	Not enough
11	64	Enough
12	64	Enough
13	64	Enough
14	59	Not enough

Table 2 Value Intervals

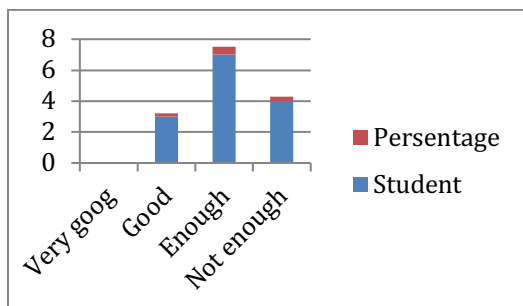| Value Interval	Predicate	Information
$\geq$ 87-100	A	Very good
$\geq$ 73-86	B	Good
$\geq$ 60-72	C	Enough
$\leq$ 60	D	Not enough

Figure 1

DISCUSSION

Test ability beginning motion locomotive in research This using the TGMD 2 test instrument which consists of of 6 forms test . Test results beginning motion locomotors implemented in class low at SD Negeri Pantai Harapan Jaya 04 shows part big ability student is in the category enough to reach percentage as much as 50% or 7 people, while category Good reached 21% or 3 people, category not enough reach 29% or 4 people, while very good category No There is.

CONCLUSION

Test results beginning motion locomotive in class low SD Negeri Pantai Harapan Jaya 04 shows Enough with frequency the most is 7 people or 50%, Good with frequency 3 people or 21%, less with frequency 4 people or 29% and very good with o people or 0%.

THANK-YOU NOTE

I say accept love to the FKIP Singaperbangsa University Masters Program in Physical Education which provides facility in do study this . So do I convey accept love to the party of SD Negeri Pantai Harapan Jaya 04 which provided permission do study This .

REFERENCES

Abdillah, M. M. (2021). Profil Gerak Anak Usia 7-10 Tahun Di Desa Tenjolaya Kecamatan Cicalengka. Universitas Pendidikan Indonesia.

Dwijayanti, K., & Supriyoko, A. (2020). Peningkatan pembelajaran gerak lokomotor menggunakan Model Aktivitas Sirkuit (MAS) melalui pos kemampuan anak siswa sekolah dasar Improved locomotor motion learning using the Circuit Activity Model (MAS) through the post ability of elementary school child. *Online) Journal of Physical Activity (JPA)*, *1*(2), 92.

Fajarwati, A., & Arini, I. (2023). Model Pembelajaran Berbasis Lokomotor dalam Peningkatan Keterampilan Motorik Kasar Anak Usia 5-6 Tahun. *Journal of Education Research*, *4*(1), 317–324. https://doi.org/10.37985/jer.v4i1.162

Febriani, H., Arwin, & Prabowo, A. (2023). Implementasi Pembelajaran Dengan Metode Bermain Dalam Meningkatkan Kemampuan Gerak Dasar Lokomotor Siswa Kelas III SD Negeri 38 Kota Bengkulu. *SPORT GYMNASTICS : Jurnal Ilmiah Pendidikan Jasmani*, *4*(2), 201–215. https://doi.org/10.33369/gymnastics. v4i2.29174

Fitriani, N., & Bayu, W. (2019). Analisis kemampuan gerak dasar motorik peserta didik usia 7-10 tahun. *Seminar Nasional Olahraga*, *1*(1), 247–258.

Habibi, S. M., & Tjaahyo Kuntjoro, B. F. (2023). Pengembangan Model Pembelajaran Gerak Dasar Lokomotor Melompat Untuk Peningkatan Permainan Lompat Katak Sdn V 147 Kapasan Surabaya.

Riyadhoh : Jurnal Pendidikan Olahraga, *6*(1), 149. https://doi.org/10.31602/rjpo.v6i1.11497

Hanief, Y. N. (2017). Membentuk gerak dasar pada siswa sekolah dasar melalui permainan tradisional. *Journal of Sportif*, *1*(1), 60–73.

Heldie Bramantha, & Dodik Eko Yulianto. (2020). Pembelajaran Berbantuan Permainan Formula 1 (Run, Jump, Throw) Dalam Aktivitas Gerak Lokomotor Dan Tingkat Kebugaran Jasmani Siswa Sekolah Dasar Pada Mata Pelajaran Pjok. *Jurnal Kejaora (Kesehatan Jasmani Dan Olah Raga)*, *5*(2), 53–61. https://doi.org/10.36526/kejaora.v5i2.992

Herlina, E., Gatriyani, N. P., Galugu, N. S., Rizqi, V., Mayasari, N., Nurlaila, Q., Rahmi, H., Cahyati, A., Azis, D. A., & Saswati, R. (2022). *Strategi Pembelajaran*. Tohar Media.

Kuryanto, M. S., & Pratiwi, I. A. (2019). Hubungan Permainan Tradisional Betengan Terhadap Gerak Lokomotor Siswa. *Jurnal Prakarsa Paedagogia*, *1*(2). https://doi.org/10.24176/jpp.v1i2.2954

Muhammad Fadhil Naim Mansur, Encep Sudirjo, A. A. R. (2024). *Meningkatkan Gerak Lokomotor Melompat Melalui Permainan Halang Rintang*. *7*, 408–417.

Ramadhan, R. A., & Rosmi, F. (2024). *Upaya Meningkatkan Kemampuan Dasar Lokomotor Siswa Kelas 2 SD Lab School FIP UMJ melalui Permainan Tradisional dan Media Cone*. 203–211.

Rejeki, H. S., & Gunawan, G. (2021). Pengembangan Model Pembelajaran Gerak Dasar Lokomotor Untuk Siswa Sekolah Dasar. *Jurnal Penjaskesrek*, *8*(2), 218–232. https://doi.org/10.46244/penjaskesrek.v8i2.1655

Rohmatin, T., & Wulan, B. R. S. (2019). Kemampuan motorik kasar anak sekolah dasar berdasarkan perbedaan status ekonomi keluarga. *Premiere Educandum : Jurnal Pendidikan Dasar Dan Pembelajaran*, *9*(2), 172. https://doi.org/10.25273/pe.v9i2.5024

Rusandi, & Muhammad Rusli. (2021). Merancang Penelitian Kualitatif Dasar/Deskriptif dan Studi Kasus. *Al-Ubudiyah: Jurnal Pendidikan Dan Studi Islam*, *2*(1), 48–60. https://doi.org/10.55623/au.v2i1.18

Sakti Adji, B., & Wibowo, S. (2023). Peningkatan Hasil Belajar Gerak Dasar Lokomotor Pada Siswa Sekolah Dasar Melalui Modifikasi Permainan Tic Tac Toe Improving the Learning Outcomes of Basic Locomotor Movements in Elementary School Students Through Tic Tac Toe Game Modification. *Jurnal Ilmiah STOK Bina Guna Medan*, *11*(2), 141–152.

Saleh, M., Citra, P., & Dewi, P. (2024). *Tingkat Kemampuan Motorik Kasar Siswa Sdn 1 Sembung Kecamatan Narmada Tahun Pelajaran 2022 / 2023* *11*(1), 1–10.

Siddiq, I. A., & Wiguno, L. T. H. (2022). Survei Pertumbuhan Dan Perkembangan Motorik Kasar Pada Kelas Rendah Usia 7-9 Tahun di SD Se-Gugus 01 Kecamatan Lowokwaru Kota Malang. *Sport Science and Health*, *4*(5), 444–454. https://doi.org/10.17977/um062v4i52022p444-454

Sugiyono. (2018). *Metode Penelitian Kunatitatif Kualitatif dan R&D*. Alfabeta.

Suryono, J. M., Muslim, R. I., & Primadoni, A. B. (2022). Gerak Lokomotor untuk Meningkatkan Kemampuan Motorik Siswa Kelas

Rendah di SDN Mintaragen 1 Tegal. *Jurnal Ilmiah Kampus Mengajar*, 137–144. https://doi.org/10.56972/jikm.v2i2.4 6

Susilowati, E., & Lessy, Z. (2024). *Pengaruh Test Of Gross Motor Development Untuk Meningkatkan Motorik Kasar Dalam Perspektif Hadist Pada Anak Tingkat Sekolah Dasar. Pendas: Jurnal Ilmiah Pendidikan Dasar*, *9*(2), 4281–4295.

Ummah, M. S. (2019). Pengembangan Gerak Lokomotor pada siswa sekolah dasar. *Sustainability (Switzerland)*, *11*(1), 1–14.

Usmaedi, U., Fatmawati, P. Y., & Karisman, A. (2020). Pengembangan media pembelajaran berbasis teknologi aplikasi augmented reality dalam meningkatkan proses pengajaran siswa sekolah dasar. *Jurnal Educatio FKIP UNMA*, *6*(2), 489–499.

Yusroni, M., Prastyana, B. R., & Utomo, G. M. (2022a). Application of game modifications using media cones to increase locomotor movement learning outcomes for midu gedongan elementary school students gedongan waru sidoarjo. *Journal of Basic Education Muassis*, *1*, 217–226.

Yusroni, Moh., Prastyana, B. R., & Utomo, G. M. (2022b). *Penerapan Modifikasi Permainan Menggunakan Media Cone Untuk Meningkatkan Hasil Belajar Gerak Lokomotor Siswa Sd Midu Gedongan Waru*. *Jurnal Muassis Pendidikan Dasar*, *1*(3), 217–226. https://doi.org/10.55732/jmpd.v1i3.3 3