



BASIC LOCOMOTOR LEARNING MODEL: NEW APPROACH USING SMALL GAMES COMPETITION IN ELEMENTARY SCHOOL

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Abstract

Study purpose. Physical education, sports and health for elementary school students are oriented to learning locomotor movements, so learning these skills requires fun activities, such as games. This research aims to develop a basic locomotor learning model based on a small game competition for elementary school students.

Materials and methods. This study used a research and development approach using ADDIE model. This research was carried out in three elementary schools, namely: Elementary school 22 Gelumbang, Elementary school 11 Gelumbang and Elementary school 2 Lembak. Data were collected using observation, interview, questionnaire, and test. The questionnaire instrument used in this study was the Guttman scale questionnaire because of using the Guttman scale. Expert judgments were used to analyze the product.

Results. The model can be applied in all elementary schools in the territory of Indonesia because product development has referred to competencies and learning outcomes in the 2013 curriculum. There are four types of games that have been developed for learning locomotor skills, namely 1) jump rope game, 2) watch out for crocodiles, 3) continuous running game, and 4) box jump game. Each game has different locomotor skill movements, including walk, run, slide, leap, gallop, skip, jump, and hop. Based on the effectiveness aspect, the results of the product trial show that the 'wary crocodile game' is a game that is in great demand and favored by students.

Conclusions. The locomotor skills learning model for elementary school students based on small game competitions has been feasible and effective for use in sports and health physical education classes. This model can also be applied in all elementary schools in the territory of Indonesia because product development has referred to competencies and learning outcomes in the 2013 curriculum.

Keywords: basic locomotor, elementary school, learning model, small games.