

Improving Children's Gross Motor Abilities through Playing Throw, Catch, and Jump Rope Ages 5-6 at PAUD Melati 01

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Abstract

This research aims to improve children's gross motor skills through playing throw, catch and jump rope for students aged 5-6 years at PAUD Melati 01 Jakarta, even semester of the 2022/2023 academic year. This research method uses classroom action research that follows the Kemmis and Taggart models. The research procedure is in the form of a cycle, carried out in 2 cycles, where each cycle consists of four stages, namely planning, implementation, observation and reflection. The research was conducted from May to June 2023 with research subjects totaling 13 students, while data was collected through interviews and observations. The research results showed that there was a significant increase in gross motor skills learning outcomes in students aged 5-6 years. This is proven by the results of the average test score for each cycle increasing in Precycle=36.36%, Cycle I=44.93%, Cycle II=76.15%. and the results of interviews conducted concluded that learning gross motor skills through playing fetch and jumping rope is fun for students. This research concluded that playing catch and jumping rope can improve students' gross motor skills. This research concludes that learning by playing fetch and jumping rope can improve children's gross motor skills.

Keywords: Gross motor skills, Jumping rope, Playing fetch.

1 INTRODUCTION

Early childhood education is organized with the aim of facilitating children's overall growth and development, learning activities must be able to stimulate, guide and nurture which will produce abilities and skills in children (competencies). Every child must receive a good education so that the child can optimize the child's growth and development. With early childhood education, children can develop their potential and increase their intelligence according to their interests and talents. To facilitate early childhood learning activities, it must be done through play, play activities carried out by children are part of the development process that children go through, play activities will change and develop along with the child's own age and experience. In essence, playing is a necessity for every child. When playing, children will hone all aspects of good development physically, cognitively, socially emotionally and children will do it voluntarily without any coercion from other people. Researchers conducted observations on BKB PAUD Melati 01 students, based on the results of observations, children's gross motor development is still lacking, in fact children are still unable to control body movements or coordinate all their body parts skillfully physical exercise when running, jumping, walking backwards on their heels, kicking a ball, and playing with dexterity and agility in the jump rope game, good coordination and balance are needed in playing the jump rope game, body coordination and reflexes.

In the game of jumping rope, you have complete physical organs and the child's developmental maturity (Sudirjo & Alif, 2018). Inhibiting factors are environmental conditions, parenting patterns towards children, peers, and stimulation. The game of jumping rope gives children a sense of self-confidence, and improves children's

communication skills in expressing their emotions (Shofyaton & Nirmala, 2018). Meanwhile, according to the Child Development Achievement Level Standards (STTPA), children aged 5-6 years are within the scope of children's Gross Motor development. Based on observations of problems at PAUD Melati 01 Penjaringan, North Jakarta, students whose gross motor development aspects have not been optimal, 5 students have completed it and 8 out of 13 children have gross motor development that has not yet developed according to their age, so I am interested in conducting Classroom Action research for Improvement. Gross Motor Ability through Playing Throw and Catch and Jumping Rope, here are gross motor theories according to experts.

Motor skills are movements that directly involve muscles to move and move body parts (hands, feet, and limbs). Gross motor skills are body movements that use large muscles or some muscles in the body or all parts of the body which are influenced by personal maturity (Saripudin, 2019). Children's gross motor skills include body movements and limb movements, such as jumping, swimming, shooting (Santy et al., 2023). Motor skills are movements that directly involve muscles to move and move the body which are influenced by personal maturity, such as non-locomotor skill movements, locomotor movements and manipulative movements. Such as pushing, pulling, bending and moving the body from one place to another, such as jumping, running, walking and throwing, dribbling, catching and kicking. Based on observations of problems at PAUD Melati 01 Penjaringan, North Jakarta, students whose gross motor development aspects have not been optimal, 5 students have completed it and 8 out of 13 children have gross motor development that has not yet developed according to their age, so I am interested in conducting Classroom Action research for Improvement. Gross Motor Skills Through Playing Throw, Catch and Jump Rope.

Based on the results of research conducted in June 2023. Determining the time of the research refers to the school's academic calendar, because classroom action research requires several cycles which require an effective teaching and learning process in the classroom. Lasts for 1 month, namely from May 2023. In this research, each cycle consists of planning, implementation, observation and reflection To improve children's gross motor skills, it is hoped that the game of throwing catch and jumping rope can improve children's gross motor skills to develop as expected. Playing is a necessity for children, because through playing children will gain knowledge that can develop their abilities (Lubis, 2019). Throwing is directing an object to be held by swinging the hand in a certain direction (Sujiono, Sumantri, & Chandrawati, 2014). Catching is an activity of the hand to stop an approaching object (Trisnawati & Attamimi, 2023). Playing is a necessity for children because through playing children will gain their own abilities, playing catch and throw can train children's concentration, train children's gross motor skills, train children's cognitive abilities, and hone kinesthetic intelligence. And playing jump rope trains children's ability to think practically.

2 RESEARCH METHODS

This research method is a classroom action research method. In this classroom action research there are two activities carried out, namely the first activity, action and the second observation activity. Classroom action research is research carried out in the classroom using actions to improve the quality of the teaching and learning process in order to obtain better results beforehand. This needs to be planned so that it can be implemented as well as possible. Action planning is directed at the learning process in the classroom using a play learning model with games of throwing catch and jumping rope.

In this classroom action research used refers to the Kemmis and McTaggart model with one tool consisting of four components, namely planning, action, observation and reflection, these four components are activities called cycles which take the form of the research setting (Kemmis, 2009).

Based on the results of children's gross motor skills through the game of hula hoop which were assessed in cycle II, an average score of 10 was obtained. For greater clarity, the researchers presented the results of the analysis of children's gross motor skills through the game of throwing catch and jumping rope in Table 1.

Table 1. Grid of Gross Motor Physical Ability Instruments for Children Aged 5-6 Years

Aspects	Indicators	Maximum Scores
Throw	1. Children can bounce the ball correctly into the hoop	4
	2. Children can throw the ball into the hoop in various directions with their left or right hand	4
Catch	1. Children can catch the ball using a holahoop	4
	2. Children can catch the ball using a hoop with both hands	4
Jumping	1. Children can run while jumping without falling	4
	2. Children can jump in various variations without hitting the rope	4
	3. Children can land using 2 feet in balance	4

3 RESULTS AND DISCUSSION

Cycle I Based on the results of children's gross motor skills using throwing, catching and jumping rope games in cycle I, the average was 14.31(44.92%), for greater clarity, the researcher presents the results of the analysis of children's gross motor skills through the game of throwing catch and jumping rope in Figure 1.

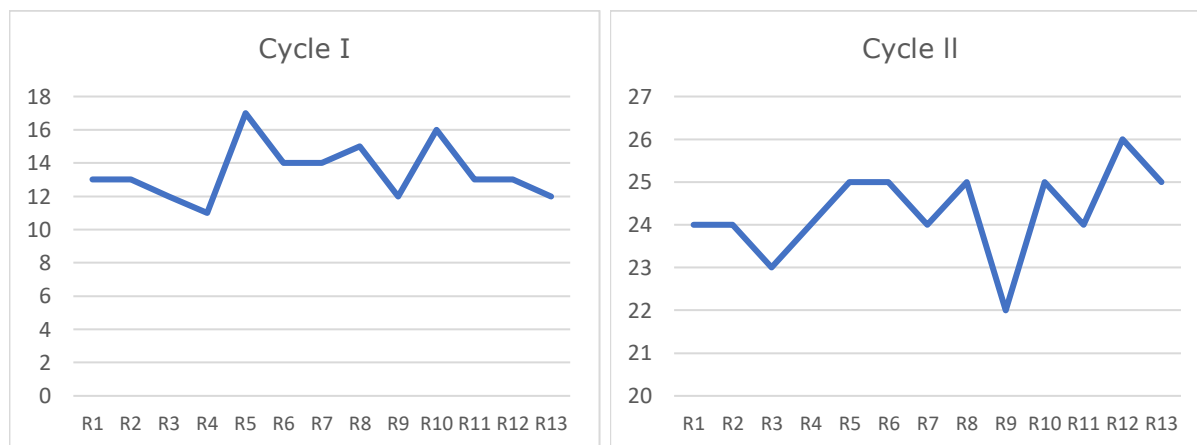


Figure 1. Gross motor skills in Cycle I and Cycle II

Based on the data above, the average score in cycle II of the gross motor skills of group B children at PAUD Melati 01 was 10, the highest was 10 and the lowest was 3. Based on the researchers' success criteria in cycle II, 10 students (100%) had developed very well. cycle II can be declared successful in improving gross motor skills through the Hulahoop game, namely an average of 10 with learning success with this, cycle II can be declared successful in improving gross motor skills through the game of throwing catch and jumping rope, an average of 10 learning success 76.15%.

4 CONCLUSION

Based on the results of research conducted by two, it was concluded that the comparison of the results of the observations that had been made. The pre-actions carried out at PAUD

Melati 01 concluded as follows: it is proven that the use of throwing catch and jumping rope games can improve children's gross motor skills. As a result of observing the learning process through throwing catch and jumping rope games, it can be seen that there is an

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