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Development of Bakastaball Games as a Basic Motion Learning Media in Elementary School Level

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Abstract — This study aims to develop a game that can be applied to learning physical education, sports and health at the elementary school level. The game is designed by combining multiple basic technique game rules and the field of ball game of rounders, handball and basketball. The motion activity in this game contains running, jumping, throwing and making the ball. This game is a game played by two teams so that they can develop motor skills, physical fitness, teamwork, decision making abilities and other effects. The method of research that is used there was research development. Subject test try to group small 30 person student school elementary and test try to scale large 60. Instruments of research using a scale of assessment. Technical analysis of the data using analysis needs. Analysis of the needs of small group tests that have been carried out on 30 students can be concluded, 73.33 % of the basic techniques (specific movements) bakastaball are easy to understand and easy to play and 26.67% are not easy to understand. Analysis of the needs of large group tests that have been conducted on 60 students can be concluded, 96.67 % easy to understand basic techniques (specific movements) and easy to play and 3.33% are not easy to understand.

Keywords: game , bakastaball , learning media

I. INTRODUCTION

The development of student abilities will be developed through the learning process. One of them is the Physical Education, Sports and Health (PJOK) subjects in SD / MI / SDLB with the aim of increasing physical potential and motor skills as well as instilling sportsmanship and awareness of healthy living [1].

Learning motion (motor) in elementary schools (SD) is currently a concern of many people, this is due to the age of elementary school is an intellectual period or a period that

determines further growth and development. Therefore, the acceptance of various experiences of intensive movement skills through the process of motor learning in physical education in elementary schools becomes very important [2]. Through motor learning in elementary schools, it will affect several aspects of students' lives such as: (1) through motor learning children get entertainment and get pleasure, (2) through motor learning children can move from a weak condition to an independent condition, (3) through motor learning children can adapt to the environment, (4) through motor learning will support children's skills in various ways, and (5) through motor learning will encourage children to be independent, so that they can solve all the problems they face [3]. The development of ball games combined from a few basic techniques of sport games is chosen as a game activity in motor learning through a play approach, this is due to the "world of children is the world of play". through various game activities.

Play is something fun for students, by playing students do not feel tired or burdened in doing physical activities, but it becomes something fun. Carrying out the motor learning process in physical education which is a variety of movements and skills, of course, cannot be avoided from the use of infrastructure or sports equipment that is needed and the most essential is the existing form of play.

Based on the observations of researchers as managers and instructors of the Teacher Professional Education (PPG) program in the PJKR Study Program, from class 2018 to class 2019 found several weaknesses faced by physical education, sports and health (PJOK) teachers in elementary schools in developing active learning. One very basic weakness is the lack of creativity and innovation of teachers in developing

forms of games that are appropriate to the needs of students. Teachers tend to use existing forms of play such as baseball games, soccer, volleyball and basketball, even though the game is basically not in accordance with the level of growth and development of elementary school children. As a result, the learning provided is not relevant to the competencies to be achieved, and results in learning becoming monotonous and less attractive. Along with the crucial issues in teaching physical education at the elementary, researchers interested in developing the game "BAKASTABALL" as a form of the game can develop the motor skills of children. The researcher limits the problem or focus of this research to the problem of developing games to be applied in motor learning through playing approaches to elementary students.

Bakastaball is an abbreviation of a game that combines 3 games, namely basketball, baseball, and handball. The motion activities in this game contain running, jumping, throwing and making the ball. This game is done in groups so that they can develop motor skills, physical fitness, teamwork, decision making skills and other effects. This game is a competitive game, because it is played by two groups (teams). This game is designed by combining a number of basic techniques, rules of the game and the playing field of baseball, handball and basketball.

Learning is essentially a process of interaction between teachers and students, both direct and indirect interactions. [3] states that learning is every activity designed by the teacher to help someone learn a new ability and or value in a systematic process through the stages of design, implementation, and evaluation in the context of teaching and learning activities.

Motor learning is an effort to change motor behavior through conditions and situations that are deliberately created so that the change process becomes effective and efficient [5]. [6] States that motion learning is a change in one's ability to perform skills which must be deduced from a relatively permanent increase in performance as a result of practice or experience.

Based on the opinion above, it is concluded that motor learning is a process of changing the behavior of learners' movements through training or provisioning experiences that are deliberately designed through play activities, so that the process of changing movement skills becomes effective and efficient.

States that play is an activity carried out on the basis of pleasure and without considering the final result. Playing is a way and way for students to think and solve problems. Learners play because they need direct experience in social interaction so students get the basis of social life. Furthermore states "play is to take part in enjoyable activity for the sake of amusement and to do something for fun, not in earnest".

Play is an easy activity to do, only requires a low cost, attractive and has benefits, especially to improve physical fitness. [6] State that "Games activities in elementary school physical education develop strength, agility, control, and speed. Games can also improve other areas of physical fitness as well as lokomotor skills and sport-specific skills".

Based on the above opinion, it is concluded that the play

approach in this study is an approach to the learning process through an activity that is carried out seriously using the ball, to get a sense of pleasure and other positive benefits as a result of these activities.

II. METHOD

The research method used in this research is research and development (Research and Development) related to product development, through the process of planning, production and evaluation of product validity.

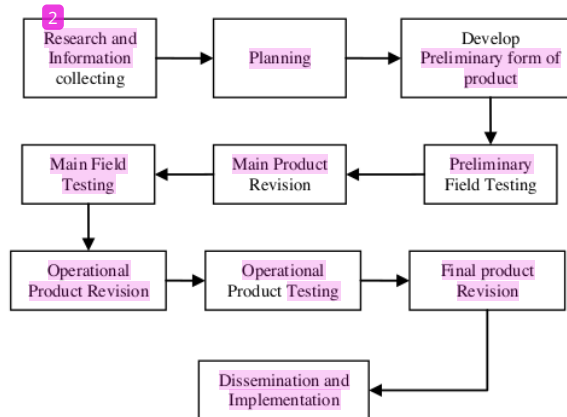


Fig. 1. Step by step the Method of Research and Development (R & D) [7]

III. RESULTS AND RESEARCH OBJECT

Based on the results of the validation of the experts there are some input in the form of suggestions and comments on the product being developed (play activities to develop elementary elementary children's movement skills). Suggestions and comments from experts are as follows: (1) the rules in the game bakastaball are simplified so that children at the elementary school level are easy to understand, (2) the bakastaball game is adapted to the basic motion learning media through play activities that are in accordance with the characteristics of elementary school children so that this product can become a teacher's media in implementing learning for the material elementary school children basic motion, (3) the ring is adjusted to the height of the child at the elementary school level in the bakastaball game, (4) the playing time is reduced, adjusted to the abilities and characteristics of children at the elementary school level, (5) self-made equipment security needs to be considered not only consider the learning media, but the equipment used should be inexpensive and practical.

From the results of the discussion, specifically for equipment or learning media for bakastaball games, the researcher conveyed that this tool is very good in terms of safety, can stimulate the basic motion of children at the elementary school level, namely motion (locomotor, non-locomotor, manipulative). Based on the suggestions and comments of the experts as described above, it can be

immediately carried out revised bakastaball game design for learning media for elementary children's activity at the elementary school level. As for the advice from the experts as follows:

- 1) The rules in the game bakastaball are simplified, there is no penalty of 3 seconds, no penalty is accumulated to get free shots, may be two steps when carrying the ball, there is no 3-second area to carry out attacks.
- 2) The ring is adjusted to the height of the child at the elementary school level when playing bakastaball.
- 3) The duration of the game becomes 2 x 10 minutes and rests 10 minutes.
- 4) The safety equipment and facilities used in the Bakastaball game are made.
- 5) Bakastaball games have been adapted to the themes and core competencies that exist in the curriculum, so that bakastaball games can be used by Physical Education teachers at the elementary school level in applying basic motion material through play activities.



Fig. 2. Trial of Small Scale Products

From the small group test that has been conducted on 30 students it can be concluded, 73.33% basic techniques (specific movements) bakastaball are easy to understand and easy to play, 66.67% think the rules of the bakastaball game are correct, 76.67% agree on the bakastaball playing field, 76.67% stated that the player is right, 60% of the game is good for students' basic movements, 63.33% states that the amount of time given in the game is sufficient, 60% states that the break time is appropriate.



Fig. 3. Trial of Large Scale Products

From the large group test that has been carried out on 60 students it can be concluded, 96.67% basic techniques (specific movements) bakastaball are easy to understand and easy to play, 91.67% think the rules of the bakastaball game are

correct, 96.67% agree on the bakastaball playing field, 95% states that the number the player is right, 96.67% states that the game is good for the basic movements of students, 93.33% states that the amount of time given in the game is appropriate, 90% states that the break time is appropriate.

From the results of the above research for equipment or learning media for bakastaball games, the researcher conveyed that this tool is very good in terms of safety, it can stimulate the basic motion of children at the elementary school level, namely motion (locomotor, non locomotor, manipulative). The rules in the game bakastaball are very simple and easily understood by children at the elementary school level.

Bakastaball game is also in accordance with the basic motion learning media through play activities and in accordance with the characteristics of elementary school children so that this product can be a teacher's media in implementing learning for elementary elementary school children's motion material. The ring can be raised up and down according to the child's height at the elementary school level in the game bakastaball. The length of time the game is adjusted to the abilities and characteristics of children at the elementary school level. Equipment that is used starting from ball, ring, field, is considered to be safety and is open only considering learning media, but the equipment used is inexpensive and practical to use.

IV. CONCLUSION

Based on the results of the study it can be concluded that: the bakastaball game is very suitable as a basic motion learning media at the elementary level. Advice: 1) Physical education teachers in elementary schools can use the Bakastaball game as a basic motion learning media, 2) Physical education teachers can adjust the rules of the game, the means of Bakastaball targeting according to the conditions in the school.

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