

# Basic Locomotor Movement of First Grade Students of Elementary School

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**Abstract**—Basic locomotor movement of first grade student elementary school is the basic movement skill of a student from one point to the other. The basic movement consists of 8 movements through trained moves, both of structured and instructed activities at school and at home are able to achieve the basic movement well. The research is conducted regards to identify how to gain the basic movement of elementary school especially first grade. Descriptive method is applied on this research with 120 students from four elementary school which is located in Kecamatan Ciracas Jakarta Timur. The data are collected through survey with observation technique. Research instrument used is a basic locomotor movement test which is developed from TGMD David L. Gallahue instrument test. The result describes, based on 3 ordered skill categories, the skill of basic movement from first grade student elementary school in Kecamatan Ciracas Jakarta Timur is overall stated on minus level the sum of 78 students (65%), adequate category of 31 students (25,83)% and 11 students (9,17%) are on good category. Based on the result of the research of 8 basic movements above in which the first grade of elementary school as the samples as a result it is needed to do the effort to improve the skill of basic movement of those students.

**Keywords**—*basic locomotor movement, students of first grade elementary school*

## I. INTRODUCTION

The age of elementary school children is biological age between the range of 6-12 years, where this age is the middle and final period of children which is characterized by the entry of children in elementary school and there are major changes in the pattern of life. It can result any changes in attitudes, values and behavior.

Desmita (2009) writes that elementary school age is an age where children have an urge to leave home and enter into peer groups, a physical urge to perform various forms of games and activities that require physical movements, and mental impulses to enter the world concepts, thoughts, interactions, and symbols of adults [1].

Based on this, the task of development in particular is physically as important as other developmental task.

Physical development related to motion in line with its biological age is finer and more coordinated compared to early childhood. Such like in elementary school children in class I, where they begin to show complex, complicated, and fast movements, which are needed for activities carried out daily with friends in the game. How to expand motor ability, children need a variety of physical activities performed in the form of games.

Efforts to smooth motor ability through play are related to basic motion mastery. Teo-Soh Miang (2010) states that basic motion is an important basis of motion for the development of a child's movement [2]. With basic motion, the child will be able to perform a series of motion tasks in a complex manner both in sports activities, games and other physical activities. The locomotor basic motion is the basis of a child's movement to move places by moving the body from one point to another such as walking, running, jumping, slide, skip, hop, gallop and leap. By mastering the basic movements, children get many benefits for their daily lives. One of many children world is playing with friends in the same way, basic motion activities through play activities are something that must be sought, for them parents at home and also of course physical education teachers at school. Through good mastery of basic motion, children have the confidence to be able to participate in various activities. Beth Hands [2012] writes, the benefits of mastering basic motion well, of course, affect physical, social and emotional health both in the short and long term [3].

To get the long-term benefits of mastering good basic movements, the child needs the opportunity to practice, both a stimulating and challenging environment and obtaining support by receiving quality instruction and feedback. This opportunity can be given to children at home, school or community. The mastery of locomotor basic motion is physical activity or motion that will

involve the body to move from one point to another. By mastering good locomotor basics, elementary school children will benefit from their health, self-confidence, social and emotional.

Seeing what the benefits for children and how interventions that have occurred in children are good interventions that come from parents, teachers and the environment or the wider community. For this reason, researchers see the need to look for an overview through research on how mastery of locomotor basics in first grade I elementary school students. By data obtained, it will get a picture of mastery of students' basic locomotor ability at this level and based on the initial data, other efforts will be able to do the problems they encounter.

## II. METHODOLOGY

This study aims to determine the ignition of the locomotor basics of grade I elementary school students. The sample of the study was first grade elementary school students in the Ciracas - East Jakarta with a total of 120 students.

The study used a descriptive method with data collection carried out through tests. The research instrument was a locomotor baseline test that the researchers developed from David Gallahu's TGMD test where there were 8 indicators of locomotor baseline tests namely running, walking, jumping, gallop, slide, hop, leap and skip and carrying out tests by observing locomotor basic motion capabilities in puzzle playing activities.

### A. Operational Definition

The first grade elementary locomotor basic motion is gesture by moving from one point to another consisting of running, walking, jumping, gallop, slide, hop, leap and skip and is done in puzzle playing activities.

### B. Conceptual definitions

The first grade locomotor basic motion is the overall appearance of shifting movements performed in puzzle play activities where the good and bad locomotor motion of children is obtained from the overall high and low scores.

The appearance dimensions of locomotor base motion consist of 4 indicators of body parts starting at the head, body, arms, and legs. All indicator done well then get a score of 4 and if it is not then the score obtained decreases according to the mistake he or she made. The value of achieving locomotor basics is obtained by the formula:

$$\text{Score} = \frac{\text{Children's Score}}{4} \times 100\%$$

## Total Score

TABLE I. LOCOMOTOR BASIC MOVEMENT SKILLS INSTRUMENTS FOR FIRST GRADE STUDENTS

Skills	Indicators	Description	score			
			4	3	2	1
Walk	Head Body Arms Legs	The eyes view are straight forward, the hands are swinging back and forth, the body position is upright, and the foots move forward alternately				
Run		Straight forward view, relaxed body position and leaning forward, hands swing back and forth alternately, knee position raised with both feets moved quickly and flying towards to the front				
Slide		The body moves sideways, the eyes look horizontally, the arms move following the movement of the body, and the legs are not crossed.				
Leap		Both legs are raised, moving forward alternately for several steps and then jumping and preceded landing on one leg, swinging hands following body movements, straight eyesight.				
Gallop		A straight forward view, the position of the foot is lifted alternately and moves forward, relaxing body, the position of the hand follows body movements.				
Skip		The feet jump alternately (up and down), the position of the body upright moves to float, a straight forward view, the hand swings following the body movements.				
Hop		One of the legs is lifted up alternately and moves forward, one hand straight up opposite the leg raised up, body position is upright, and when landing begins with one leg as a pedestal				
Jump		The position of the body is lifted and moves from one place to another place, hands are swinging forward following body movements, feet are raised forward (down and up) quickly, knees are bent when landing.				



**TABLE III. THE DISTRIBUTION OF BASIC MOTION ABILITY ELEMENTARY SCHOOL A**

Category	Interval	Frequency	Percentage
Good	40 – 45	3	10%
Sufficient	34 - 39	14	46,67
Less	28 - 33	13	43,33
		<b>30</b>	<b>100%</b>

From the table above, it can be seen from 30 first grade students in the school show the locomotor basic ability in the good category was only 3 people (10%), sufficient categories are 14 people (46.67%) and 13 people (43.33) with less categories.

**TABLE IV. THE DISTRIBUTION OF BASIC MOTION ABILITY ELEMENTARY SCHOOL B**

Category	Interval	Frequency	Percentage
Good	40 – 45	9	30
Sufficient	34 - 39	14	46,67
Less	28 - 33	7	23,33
		<b>30</b>	<b>100%</b>

From the table above, it can be seen from 30 first grade students in the school show the locomotor basic ability is in the good category are 9 people (30%), sufficient categories are 14 people (46.67%) and the less category are 7 people (23.33%).

**TABLE V. THE DISTRIBUTION OF BASIC MOTION ABILITY ELEMENTARY SCHOOL C**

Category	Interval	Frequency	Percentage
Good	46 – 51	7	23,33
Sufficient	40 – 45	18	60
Less	34 – 39	5	16,67
		<b>30</b>	<b>100%</b>

From the table above, it can be seen from 30 first grade students in the school show the locomotor basic ability is in the good category are 7 people (23.33%), sufficient categories are 18 people (60%) and the less category are 5 people (16.67%)

**TABLE VI. THE DISTRIBUTION OF BASIC MOTION ABILITY ELEMENTARY SCHOOL D**

Category	Interval	Frequency	Percentage
Good	58 – 72	11	36,67
Sufficient	43 – 57	15	50
Less	28 – 42	4	13,33
		<b>30</b>	<b>100%</b>

From the table above, it can be seen from 30 first grade students in the school show the locomotor basic ability is in the good category are 11 people (36.67%), sufficient categories are 15 people (50%) and the less category are 4 people (13.33%)

Based on the research data, the average locomotor basic motion ability of first grade elementary school students in Ciracas region originating from 4 public elementary schools is still in the sufficient category. Then more in-depth study needs to be carried out why they have such locomotor basic abilities. What about schools in other regions.

Many things affect how the quality of locomotor basic motion. Family is a factor that can influence how the basic movement of a child is achieved. Because family education is the first education for children. How is the family in this case parents provide care for children.

Gallahu (2005) states that the treatment of parents during infancy and early childhood can affect the development and position of the child itself because at this age the involvement of children is strongly influenced by parenting parents [4]. In this case, how the movement of education to children is something parents must do in order to grow and develop their children later.

Eka Fitri (2014) stated that the pattern of parental care for children's play activities influenced the achievement of the child's basic movements [5]. Other results related to the influence of parenting on the basic ability of a child's movement are the results of Adinda noni and Ali Maksum (2014) research where the results of the study also state that parenting influences the basic mobility of class XI students of SMAN I Probolinggo [6 ] Based on this, parents need to pay attention to the application of parenting related to playing activities for their children.

Another factor that affects the basic achievement of elementary school age children is how formal motion education is carried out by teachers in schools. Have they explored precisely the experience of motion that children have both directly and indirectly. This is a special assignment for physical education teachers at school. Through the curriculum in the school whether the teacher is able to describe and implement curriculum demands in terms of forming the children's movement skills through the teaching unit carried out.

Ahmad Zuhrotlanwar et al (2017) in the results of his research stated that learning by applying games is more effective in improving

motor skills and student motivation in PSHE [7]. Based on these results, teachers should be able to create teaching activities that can motivate children to learn through fun approaches and variations of teaching. This is important so that teaching activities in elementary schools become a challenging activity for children, including basic motion teaching material. Because as is known basic motion is the basis of the motion of a child to be able to carry out various other activities in his life both in games and sports with friends in the game. Lisa M Barnett et al (2016) states that fundamental movement skills (FMS) are the focus of education in the movement of physical educations (PE) in school [8].

Based on external factors that have been explained above, mastery of the child's basic movements is of course also influenced by other internal factors such as talent, gender, weight and others. Talk about talent so this is an important factor that needs to be known together. Gillian Griffiths et al (2013) stated that children who are gifted in their movements have good mastery of the skills they provide [9]. Elizabeth S. Bryant et al (2014) state that BMI and gender are important factors known in order to provide basic motion interventions in elementary school children [10]. Suncica Delas et al (2008) in their study wanted to see the impact of motor skills on the performance of fundamental movement skills (leaping, jumping, rolling and running). The results showed that all tests for boys were in satisfactory results. Whereas girls only on jumping and rolling tests showed good results [11].

#### IV. CONCLUSION

Based on the results of research conducted on 120 elementary school elementary school children at Ciracas District- East Jakarta, it is known that overall the locomotor basic ability of the three existing categories is still in the less category. There were 78 students (65%) less, 31 students (25.83%) sufficient and 11 (9.17%) good categories. Based on these results the ability of the 8 basic movements of first grade student of elementary school to become research samples needs to be done in an effort to improve these abilities.

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