

Development of Basic Movements for Kindergarten Students Based on Physical Literacy

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ABSTRACT

Basic movement is one of the basic aspects that every child must have to carry out various activities from simple to complex activities. The importance of developing basic movements is focused on kindergarten students based on physical literacy. The purpose of this study was to determine the development of basic movements based on physical literacy. The research method used is library research. The data used in this research is secondary data. The results of the assessment show that this Literacy review was conducted to determine the development of the basic movements of kindergarten students, with the existing literature collection techniques regarding the development of the basic movements of kindergarten students. The collected literature was analyzed with the Critical Appraisal table to answer the objectives of the measurement and compared with the results of simple measurements.

Keywords: Basic movements of kindergarten students based on physical literacy

1. INTRODUCTION

Kindergarten education is non-formal education organized in an effort to help lay the foundation for development in all aspects before entering school [1], [2]. Preschool age is a sensitive age to receive stimuli and is very decisive for the development of children in the future. [3] states that laying the groundwork for the development of a child's mindset and personality will be largely determined by the learning experiences experienced by children since the children were of pre-school age [4], [5].

The stage of education in early childhood is an important stage to prepare children to face developments in the future [6], [7]. so that meaningful learning is very important in realizing quality resources [8], [9]. Early childhood education is education aimed at early childhood [10], [11]. In accordance with Law Number 20 of 2003 concerning the National Education System Article 1 number 14 states that Early Childhood Education (PAUD) is a coaching effort aimed at children from birth to the age of six which is carried out through the provision of educational stimuli to help growth and development. physically and spiritually so that children have readiness to enter further education [12]. PAUD is aimed at children in Child Care Parks (TPA), Play Groups (KB) or Play Groups, and Kindergartens (TK) [13].

Kindergarten (TK) is one form of early childhood

education unit in the formal education path that organizes educational programs for children aged four to six years [14], [15]. In accordance with the Kindergarten (TK) curriculum, it is stated that the objectives to be achieved include: 1) building a foundation for the development of the potential of students to become human beings of faith and fear of God Almighty, noble character, noble personality, healthy, knowledgeable, capable, critical, creative, innovative, independent, confident, and become democratic and responsible citizens, 2) developing the potential for spiritual, intellectual, emotional, kinesthetic, and social intelligence of students at the golden age of growth in an educational play environment and fun, and 3) helping students develop various potentials, both psychological and physical, which include religious and moral values, socio-emotional, independence, cognitive and language, and physical/motor, to be ready to enter basic education [16]. Early childhood can be said to be the phase of the early years of life, the biggest role and responsibility lies with parents and the role of pre-school education and Kindergarten [17].

Based on a holistic view of human nature, interaction with the human world in which the dimensions are embodied into focus is critical to realizing human potential and promoting human growth learning is an integral part of physical development so that students are literate and the goal

of physical literacy is to develop the potential possessed by each student [18]. Increasing the level of sports literacy is an inseparable part of building a strong nation at a time when many people are still fixated on sports affairs just dwelling on activities to spur achievement, ranking, and the number of medals [19], [20].

One of the elements in physical literacy is the mastery of basic human movement, basic movement skills and basic sports skills that allow children to be able to "read" to the child's environment and be able to make the right decisions [21], [22]. It also allows children to move confidently and with control in a variety of physical activity situations [23]. Physical Literacy is the basis of participation and long-term performance to the best of one's abilities [24], [25]. The key to sports literacy is to build fairplay and sportsmanship which is processed in the Olympic movement stage, then directed that these values are easily transferred in personal life, society, nation, and state [26], [27]. For the world community, sport has long been understood as the dominant thing in a healthy lifestyle. The literacy movement is very effective if it is combined with programs to improve sports culture and healthy lifestyles in the community [28], [29].

The concept of physical literacy is a strong foundation for children to be able to participate and have advantages in physical activities and sports [30], [31]. physical literacy itself first appeared in 1993 by Dr. Margaret Whitehead proposed the concept of physical literacy [32], [33]. The concept of physical literacy was put forward at the forum of the International Association for Physical Education and Sports for Children in Melbourne, Australia [34]. Literacy is generally understood as cognitive ability in reading and writing [35], [36]. Literacy-related understanding then develops, by adding the ability to count and speech [37], [38]. The concept of physical literacy should be a special concern for academics in various fields of education because physical literacy is something that is very foreign or rarely applied in the learning process [39]. The lack of the concept of physical literacy has an impact on the growth and development of students [40]. This is because children tend to spend their time playing, without applying physical literacy [41].

Importance of movement activities in the community around us is still something that is considered lacking [43], [44]. This habituation of motion does not occur due to lack of knowledge about the importance of movement activities [45]. Literacy on movement activities is the basis for the formation of habituation which will then become a culture in everyday life. Literacy on movement will be able to form awareness of the importance of physical activity

for the younger generation, become a lifestyle and be able to develop personal potential [46], [47]. The purpose of this study is to apply the concept of Physical Literacy as early as possible to pre-school children. So that it becomes habitual and then implements it in three main aspects in the child's personality, namely psychomotor, cognitive and affective. The right solution is needed to overcome the problems mentioned above. One solution that can be done is to develop a physical activity model for kindergarten students based on physical literacy. The results of the product will be packaged in the form of a manual so that it is easy for teachers to understand and implement at school.

2. METHODS

This research is library research, namely a series of studies related to library data collection methods, or research whose research objects are traced and explored through various library information (books, encyclopedias, scientific journals, newspapers, magazines, and documents [48] Literature review is research that reviews and critically examines ideas, or findings contained in academically oriented literature and formulates theoretical and methodological contributions to certain topics [49].

The data used in this research is secondary data. Secondary data is data obtained not from direct observation. but the data is obtained from the results of research that has been done by previous researchers. The secondary data sources are intended to be primary scientific reports contained in articles or journals related to the learning method of swimming for early childhood, as well as related books. The data collection method used in this research is the documentation method. The documentation method is a method of collecting data by digging and searching for data from the literature related to what is in the problem formulation [50].

The data that has been obtained from various literatures is then collected as a unified document that is used to answer the problems that have been formulated. The search strategy for publication articles using keywords in Google Scholar, EBSCO, and Proquest as well as access to other reputable journal searches using the selected keywords, namely: Development of basic movement of kindergarten students based on physical literacy. Articles or journals that match the criteria are taken for further analysis. This Literature Review uses literature that can be accessed in full text in pdf format and scholarly (peer reviewed journals). The criteria for the journals reviewed were research journal articles in Indonesian and English with the subject of basic movements of kindergarten students, the type of journal research articles was not literature review with the theme of

basic movements of kindergarten students. Journals that match the criteria are then reviewed [51]. Research articles that match the criteria are then collected and a journal summary is made including the name of the researcher, year of publication of the journal, study design, research objectives, sample, instrument (measurement instrument) and a summary of the results or findings. The summary of the research journals is entered into a table sorted according to alphabetical order and the year the journal was published and in accordance with the format mentioned above. To further clarify the analysis of the abstract and full text of the journal, read and observe. The journal summary then analyzed the contents contained in the research objectives and research results/findings. The analytical method used is journal content analysis.

3. RESULTS

This literature review was conducted to determine the development of basic movements of kindergarten students, using existing literature collection techniques regarding the development of basic movements of kindergarten students. The collected literature was analyzed with the Critical Appraisal table to answer the objectives of the measurement and compared with the results of simple measurements. There are 5 literatures that discuss the development of basic movements of kindergarten students based on physical literacy, all of these journals are national and international journals; The search was conducted on the Google Scholar portal, Shimago and other Google engines by typing the keyword "Development of students' basic movements" which was then analyzed using critical appraisal analysis to analyze the core of the journal, the results of the study so as to find out the similarities and differences of these journals. The following is a critical appraisal analysis table from 5 journals.

Table 1. Literature review articles

Writing journal year and title	Journal core	Study Results	Similarities and differences
Rismayanthi 2013 "Developing Basic Movement Skills as Motor Stimulation for Kindergarten Children Through Physical Activities"	Discussing basic movement skills as a stimulus for early childhood through physical activities	Focused study results The basic movement abilities in Kindergarten children have not developed optimally, so efforts are needed to	Similarities: both discuss basic movements in early childhood. Difference: does not discuss the development of physical literacy-based

		coping through motor stimulus	movements in early childhood.
Suherman, 2017 "Development of "Majeda" Based on Children's Dolanan To Optimize Kindergarten Student Growth and Development"	Discussing about Optimizing Kindergarten Student Growth and Development through Dolanan	The results of the study focus on Optimizing Kindergarten Student Growth and Development through Dolanan, so efforts are needed to overcome through Dolanan.	Similarities: both discuss about kindergarten. The difference does not discuss basic movements based on physical literacy in early childhood.
Jhony Hendra, 2019 "Developing Manipulative Basic Movement Skills for Children Through Sports Games in Kindergarten"	Discussing the Basic Manipulative Movement Skills for Children Through Sports Games in Kindergarten	The results of the study focused on Manipulative Basic Movement Skills for Children Through Sports Games in Kindergarten.	Similarities: discussing kindergarten and basic movements. The difference does not discuss basic movements based on physical literacy in early childhood.
Galih Dwi Pradipta 2013 Si Buyung's Gymnastics Model for Gross Motoric Learning in Kindergarten Students	Discuss about Gross Motor Learning in Kindergarten Students Through Si Buyung's Gymnastics Model	The results of the study focused on Gross Motoric Learning in Kindergarten Students through Si Buyung's Gymnastics Model.	Similarities: discussing kindergarten and basic movements. Difference: does not discuss basic movements based on physical literacy in Kindergarten.
Palmizal Abu Hanifah, 2020 Developing gross motor skills in kindergarten students through modified games	Discuss about gross motor skills in kindergarten students through modified games	The results of the study focused on gross motor skills in kindergarten students through modified games.	Similarities: discussing kindergarten and basic movements. Difference: does not discuss basic movements based on physical literacy in Kindergarten.

Based on critical appraisal, from 5 journals, 5 journals discussed the development of basic movements of kindergarten students.

4. DISCUSSION

Rismayanthi (2013) in his article entitled "Developing Basic Movement Skills as Motor Stimulation for Kindergarten Children Through Physical Activities". Explain that the results of the study show that the basic motor competencies of kindergarten children are expected to be developed when children enter kindergarten are capable children; perform physical activities in a coordinated manner in order to flexibility and preparation for writing, balance, agility, and exercise courage. Express yourself and be creative with various ideas and imagination and use various media/materials to become a work of art.

Suherman (2017) in his article entitled "Development of "Majeda" Based on Children's Play to Optimize Kindergarten Student Growth and Development". Explains that the results of the field study show that in DIY there are 87 children's toys that have the potential to be used as a vehicle for learning in kindergarten. Then, the 87 children's toys were grouped based on six kindergarten development tasks. Thus, the six aspects of growth and development that are the task of development are used as the basis for grouping children's Dolanan, so that children's Dolanan are grouped into 6 groups, namely: (1) games to develop children's cognitive aspects, (2) games to develop children's cognitive aspects. motor physics, (3) games to develop language skills, (4) games to develop social emotional aspects, (5). Thus, there is a relationship between children's play to improve various aspects in children, including the basic movements in children contained in the psychomotor aspect.

Jhony Hendra (2019) in his article entitled "Developing Manipulative Basic Movement Skills for Children Through Sports Games in Kindergarten". Explaining that the results of the study indicate that the teacher's efforts in developing manipulative basic movement skills for children through sports games are as follows: 1) providing tools or materials that attract children's attention in developing manipulative basic movement skills through sports games, 2) providing directions and examples on children in developing manipulative basic movement skills through sports games, 3) observing children during the process of developing manipulative basic movement skills through sports games. Based on the results of these studies indicate that the ability to move in Kindergarten has not developed optimally, so that various efforts are needed to overcome this.

Galih Dwi Pradipta (2013) in his article entitled "Si Buyung's Gymnastics Model for Gross Motoric Learning in Kindergarten Students". Explains that this research produces Si Buyung's gymnastic model for gross motor learning in kindergarten students. The product of development research is the RKH book (Daily Activity Plan) and Si Buyung's exercise video which is made on CD. From the results of the assessment of material experts, it can be concluded that the Si Buyung gymnastic model made is suitable for use in gross motor learning in kindergarten students. Palmizal Abu Hanifah (2020) in his article entitled "Developing gross motor skills in kindergarten students through modified games". Explains that the results of the study indicate that the game model applied to the students of Bintang Kindergarten in Payo Village can develop children's gross motor skills. The limitation in the research is that the modification of the game only adjusts the facilities available at the school, it is hoped that further research can utilize more innovative facilities so that the development of children's gross motor skills can develop better and efficiently.

5. CONCLUSION

Seeing from the above research on the development of basic movements for kindergarten students based on physical literacy which has been described in several important ways, it can be concluded that: first, as an identification of basic movement development in kindergarten based on physical literacy as an alternative for kindergarten children in the process of developing the movement system in a structured and systematic manner. Because it uses effective methods from several related studies in a coherent manner so that it can be used as a reference for the development of basic movements for kindergarten students. Second, the development of basic movements for kindergarten students based on physical literacy can increase enthusiasm and prevent boredom in early childhood to always master basic movement skills in stages. Third, give a positive influence on the development of basic movements of kindergarten students. Then kindergarten students will experience a mature development process along with increasing knowledge about physical literacy.

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