Need for a Guidebook for Developing Fundamental Movement Skills for Elementary School Students

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Abstract. Fundamental movement skills are the key to a meaningful, active life. Fundamental movement skills provide the foundation for effective and efficient movement. The problem faced by elementary school (SD) Physical Education and Health (PJOK) teachers is how to develop students' basic movement skills. The absence of guidebooks for developing fundamental movement skills is one of the reasons. The aim of this research is to determine the need for guidebooks to develop fundamental movement skills for elementary school students. The design of this research is descriptive quantitative with data collection using a questionnaire. The research subjects were 54 elementary school PJOK teachers in Kulonprogo Regency. The data analysis technique uses quantitative descriptive analysis and is presented in percentage form. The research results showed that: 1) A total of 50 SD PJOK teachers (92.59%) stated that there was no physical activity guidebook to develop fundamental movement skills, and 4 SD PJOK teachers (7.41%) did not answer, 2) A total of 52 teachers (96.29%) stated that there was a need or need for a physical activity guidebook that could be used to develop fundamental movement skills, and 2 teachers (3.71%) did not answer.

Keywords: Guidebook, Fundamental Movement Skills, Students.

1 Introduction

Overweight or obesity are defined as abnormal or excessive accumulation of fat that can harm health (World Health Organization/WHO). WHO (2021) stated that in 2016 more than 340 million children and adolescents (5-19 years) were obese, in 2019 there were 38.3 million children under 5 years obese. Globally, the percentage of childhood obesity and lack of physical activity continues to increase [1]. WHO (2019) reports that 80% of children do not do the recommended daily activity, namely 60 minutes of moderate to heavy or high intensity physical activity. The Health Research and Development Agency, Ministry of Health of the Republic of Indonesia (2018) states that obesity in children aged 5-12 years nationally is 9.2%, in detail according to gender: boys 10.7% and girls 7.7%).

In Yogyakarta, obesity in children aged 5-12 years is 10.2%. Obesity in children has the potential to cause obesity in adulthood. Obesity also causes various possible

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diseases and can even cause death. WHO explains that obesity is caused by an imbalance between calories consumed and calories expended.

In general, obesity is caused by consuming foods high in fat and sugar, as well as sedentary behavior. This topic is important to research because movement is key to full participation in meaningful life activities. Movement is necessary for safety, survival, mobility, doing work, leisure activities, maintaining health and fitness [2]. To obtain effective and efficient movement, adequate fundamental movement skills are required and must be learned in childhood. Fundamental movement skills are basic movements or precursor patterns for more specialized skills, complex skills used in play, games, sports, dance, gymnastics, outdoor education and physical recreation activities [3]. Fundamental movement skills, usually referred to as fundamental movement skills (FMS), are the basic building blocks or precursor patterns of more specialized, complex skills used in games, sports and organized and unorganized recreational activities [4].

According to Goodway and Robinson (2006) fundamental movement skills are the "ABC" of movement. In order for children to learn to read, they must recognize letters, connect words, and begin and end to form sentences. For children to learn to move, they must know fundamental movement skills. From the definitions above, it can be concluded that fundamental movement skills are movement patterns that involve different body parts such as legs, arms, legs and head, and include skills such as running, jumping, catching, throwing, hitting and balancing, as a basis for developing specific or complex skills used in play, games, sports, dance, gymnastics, outdoor education and physical recreation activities.

Evidence shows that good motor skills at an early age will provide a child with a foundation for achievement in social and cognitive domains [5], [6]. Competence or ability in fundamental movement skills is important to remain active in life [7], [8], [9]. The inability to perform basic locomotor movements and object control (manipulative) skills results in limited opportunities for physical activity as children get older, because fundamental motor skills as a prerequisite are not developed adequately [10]. The reality is that there is no guidebook that specifically guides the development of fundamental movement skills for elementary school students. The existing book is a general teacher's guide, although it is specific to the PJOK subject. Therefore, researchers try to provide solutions to existing problems. This research focuses on the need for PJOK teachers for guidebooks that can be used to develop fundamental movement skills for elementary school students.

2 Method

2.1 Study Design

This research is quantitative descriptive.

2.2 Research Participants

The research subjects were 54 Elementary School PJOK Teachers in Kulon Progo, Yogyakarta.

2.3 Data Collection and Instrumentation

Data collection uses a questionnaire.

2.4 Statistical Analysis

The data analysis technique uses quantitative descriptive analysis and is presented in percentage form.

3 Result

The results of this research shown in figure 1.

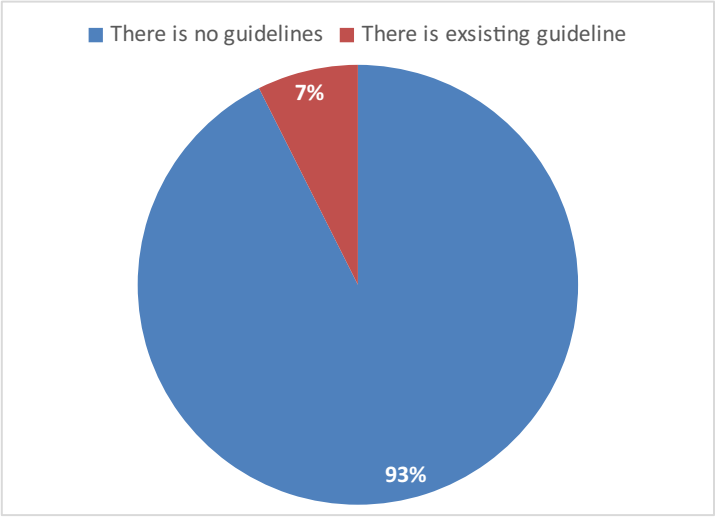

Fig. 1. Diagram of the Existence of Physical Activity Guidebooks for Developing Basic Movement Skills

Based on the diagram above, it can be seen that as many as 50 teachers or 92.59% answered that there were no physical activity guidebooks to develop fundamental movement skills and 4 teachers or 7.41% did not answer. Most teachers stated that there were no guidebooks for developing fundamental movement skills for elementary school students.

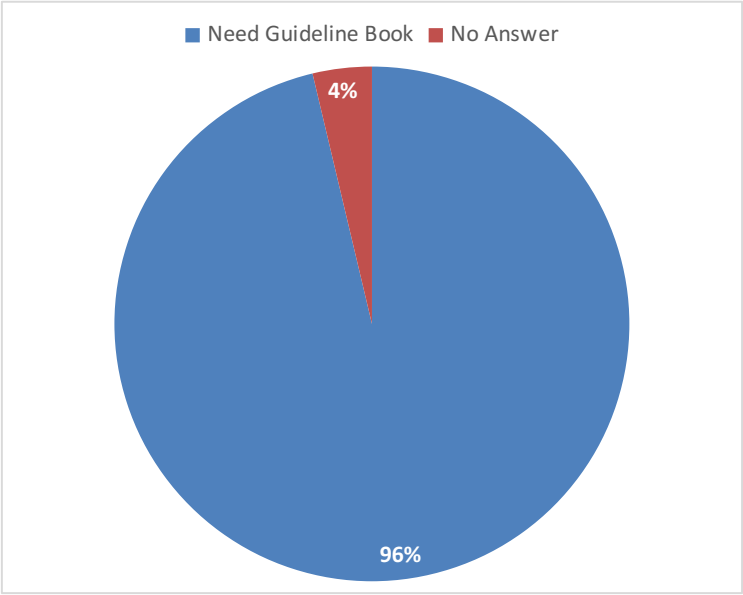

Fig. 2. Diagram of Guidebook Needs for Developing Fundamental Movement Skills

Based on the diagram above, it can be seen that as many as 52 teachers or 96.29% stated that they needed or needed a physical activity guidebook that could be used to develop students' fundamental movement skills and 2 teachers or 3.71% did not answer. Most teachers stated that there was a need for a guidebook that could be used to develop the fundamental movement skills of elementary school students.

4 Discussions

In accordance with the research objectives, this study aims to determine the need for guidebooks to develop fundamental movement skills for elementary school students. Regarding the existence of guidebooks, more than 90% of teachers answered that there were no guidebooks that could be used by teachers to develop the fundamental movement skills of elementary school students. Furthermore, more than 90% of teachers also need guidebooks that can be used to develop fundamental movement skills for elementary school students. Competency or ability in fundamental movement skills is important to remain active in life [7], [8], [9]. The inability to perform basic locomotor movements and object control (manipulative) skills results in limited opportunities for physical activity as children get older, because basic motor skills as a prerequisite are not developed adequately [10].

Fundamental movement skills (FMS) are the basic building blocks or precursor patterns of more specialized, complex skills used in games, sports and organized and unorganized recreational activities [4]. Fundamental movement skills must be taught in childhood, and must reach the advanced stage. This is the duty of a teacher, espe-

cially an elementary school PJOK teacher. Having a guidebook will really help teachers in developing the fundamental movement skills of elementary school students.

5 Conclusion

The research results showed that of the 54 SD PJOK teachers in Kulon Progo Regency: 1) A total of 50 SD PJOK teachers (92.59%) stated that there were no physical activity guidebooks to develop fundamental movement skills, and 4 SD PJOK teachers (7.41%) did not answer, 2) A total of 52 teachers (96.29%) stated that they needed or needed a physical activity guidebook that could be used to develop fundamental movement skills, and 2 teachers (3.71%) did not answer. The results of this research indicate that teachers need a guidebook that can be used to develop the fundamental movement skills of elementary school students. The next research recommendation is how to develop activity models with guidebook products that can be used to develop elementary school students fundamental movement skills.

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