

# The Learning Model of Handball Basic Movement Skills through Simple Games

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**Abstract**—Movement skill is one of the basic skills that must be acquired by every child to grow up and it is developed through physical activities. The importance of developing the materials of physical education is focused on the students of Primary School at low grades where their basic skills could be improved. The aim of this study was to find out the students' needs in relation to the learning that could increase the basic movement skills through physical activities such as hand ball. The research method that was used was survey method through descriptive qualitative research. Data was collected through the use of random sampling technique. The subject of this research included three physical education and health teachers of Primary Schools in Yogyakarta, Indonesia. The kind of questionnaire that was used was open questionnaire. The result of assessment showed that there were some problems about the restrictiveness of teachers in giving materials about handball learning as one of the basic movement skills for low grades students of Primary Schools. Based on this problem analysis, the researcher wanted to modify a learning model of handball skill through simple game, so that the students could increase their basic movement skill.

**Keywords**—basic movement, hand ball, learning

## I. INTRODUCTION

Childhood is an excellent opportunity to learn many things including optimization of physical and psychic development. This is because children get more movement experience when they play individually or in groups depending on the age. Characteristics of primary school-age children include their affinity to play, move, group, and practice directly. Therefore, these activities adjust their physical growth and emotional development [1]. Basic movement is one of the important things that students must possess because it is the basis for learning and developing various movement skills in sports and other physical activities. A more comprehensive basic motion skills training program can provide more opportunities for children in accordance with the applied curriculum. The quality of the program has a special role in motivating children to participate in physical activities more effectively than the direction given. The training program to be employed in a game should be selected according to the need and the experience of a child in the development of skills [2]. Primary school physical education teachers must master the strategy of making learning activities more attractive to all male and female students participating in the learning process of physical activity, so as to encourage students' involvement in throwing, catching and dribbling activities in form of simple games [3].

Playing is a medium that is useful in academic learning and cognitive or social development that has traits such as cross-cultural diversity. Different methods are drawn from neurodynamic systems theory in order to understand the changes, driven by technology, in games [4]. Active participation of children in learning process can be achieved by providing various types of games in the classroom where educators take various roles. Learning development and academic skills can be achieved through the application of methods that are child-centered, interesting, and aid development [5]. Determination of a simple relationship between playing and development depends on the appropriate needs, design concepts according to usefulness, and through the formation of different game rules which vary according to the characteristics of play so as to be more productive [6].

The basic movement skills of a child must be carried out systematically in accordance with the characteristics of his age [1]. There is need for the right container to optimize the movement skills possessed by some of them through physical education learning. Designing a learning model is a step that can be taken in order to continue the development of teaching materials according to the needs of the children. The design of the basic handball motion learning model through simple games can be leverage on to improve the basic movement skills (which include locomotors, non-locomotors, and manipulative) of the students.

## II. METHODS

Survey method with qualitative descriptive research were used in this study. Subjects used in this study were teachers of education, physical, sports and primary school health, with 3 of them selected using random sampling from primary schools in Yogyakarta, Indonesia. Data was collected through the use of an open questionnaire, which gives respondents the freedom to answer questions. The data analysis technique used in this study was qualitative descriptive technique.

## III. RESULT

Based on the results of observations in the preliminary study conducted on physical education, sports and health teachers related to the handball learning process, several problems were discovered and they include: (1) physical education teachers still do not see handball as a main subject to be taught elementary grade students and other grades below, (2) there are limited teaching materials to be used in achieving the learning outcomes, (3) The absence of material or teaching materials that can be used in recognizing basic handball movement skills (4) The need for different games so

that handball learning will be fun, easier to do, and aids the achievement of the intended material objectives.

#### IV. DISCUSSION

The learning process carried out in the educational environment can be done by utilizing various learning resources from the surrounding environment. The role of the teacher must also include contributing more to the achievement of the desired learning goals. A step that can be taken by teachers is to design and produce a learning model according to the needs of the characteristics of the students. Handball is one of the subjects listed in the big ball game but not popular like other sports such as futsal, soccer, basketball, and so on. The limited quantity of teaching materials used in improving basic handball skills is also an obstacle to the learning process. Therefore, a solution that can be proposed to overcome these existing obstacles is through the designing of a learning model as a form of initial recognition of basic handball skills.

Based on the 2013 curriculum on core and basic competencies of physical, sports, and health education for grade 3 elementary school students, students are allowed to practice a combination of locomotors, non-locomotors, and manipulative basic patterns based on the concept of motion in various forms of simple and or traditional games. In this case, handball game can be used as a medium to improve students' basic movement skills which include locomotors, non-locomotors and manipulative.

#### V. CONCLUSION

Based on the results of this preliminary study, it was concluded that the need for a learning model through several game variants by using basic handball skills as a medium to improve the basic movement skills of students which includes locomotors, non-locomotors and manipulative is important.

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