

THE INFLUENCE OF PHYSICAL EDUCATION LEARNING MODELS BASED ON CGFU-PM 515 TO DEVELOP SKILLS BASIC MOVEMENTS IN LOWER CLASS PRIMARY SCHOOL CHILDREN

by Ari Iswanto, Yudanto, Pamuji Sukoco

ABSTRACT

Education has an important role in creating quality human beings, because education is a planned effort to create a learning atmosphere and learning process so that students actively develop their potential to have religious spiritual strength, self-control, personality, intelligence, noble character and skills. which are needed by oneself, society, nation and state (RI Law No. 20 of 2003 article 1 paragraph 1).

Physical education is an inseparable part of education in general. Physical education aims to help students improve physical fitness and health through the introduction and cultivation of positive attitudes as well as basic movement skills and various physical activities. Suherman (2014: 138) states that providing learning experiences through physical education, selected and carried out systematically, is directed at fostering better physical growth and psychological development of students, as well as establishing a healthy and fit lifestyle throughout life.

The aim of this research is to determine the effect of the CGFU-PM 515 based physical education learning model to develop basic movement abilities in lower grade elementary school children. This type of research is included in experimental research. This research will test the effect of physical education learning based on CGFU PM-515 to develop the basic movement abilities of lower grade elementary school children. The instrument in this research is TGMD III. The sample in this study were lower grade elementary school students at Pilahan Elementary School, Kotagede.

The research results show that the development of a brain jogging based learning model is effective for improving creative thinking and basic movement skills of elementary school students. This is proven by the results of the basic movement skills test through the difference in scores on the pretest and posttest of the improved movement skills, namely locomotor, non-locomotor and manipulative movement skills. The basic movement skills test uses the TGMD III test, while creative thinking uses the TCT-DP test

Kata Kunci: *Model, Learning, CGFU PM 515, Basic movements*