

Sociocognitive-Based Physical Activities to Develop Fundamental Movement Abilities of Elementary School Students

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ABSTRACT

Obesity or overweight is currently a global problem. In general, obesity is caused by consuming foods high in fat and sugar, as well as sedentary behavior. Movement is the key to being active and participating in life. To be proficient in moving, you need to have good fundamental movement skills, especially during childhood. This research aims to develop sociocognitive-based physical activity to develop the fundamental movement abilities of elementary school students.

The research design used is Design Based Research (DBR) or Educational Design Research (EDR), which is a type of development research that emphasizes a cyclical process of identifying practical problems in the field, designing problem solutions or interventions, evaluating these solutions, and improving or revising the solutions. or interventions based on evaluation results. The research steps consist of five main stages, namely: 1) problem identification, 2) intervention design, 3) feasibility test, 4) effectiveness test, 5) reflection.

The preliminary research results showed that 1) The existence of a physical activity guidebook, as many as 50 teachers or 92.59% answered that there was no physical activity guidebook to develop fundamental movement skills and 4 teachers or 7.41% did not answer. The majority of teachers stated that there was no guidebook to develop fundamental movement skills, 2) The need for a guidebook, as many as 52 teachers or 96.29% stated that there was a need or need for a physical activity guidebook that could be used to develop students' fundamental movement abilities 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 fundamental motor skills.

Kata Kunci: Physical Activity, Sociocognitive, Fundamental Movement Abilities, Elementary School Students