

THE EFFECTIVENESS OF RHYTHMIC ACTIVITIES ON THE AGILITY AND BALANCE OF LOWER CLASS PRIMARY SCHOOL STUDENTS

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ABSTRACT

Abstract. Balance has an important role in movement activities. This study aims to measure the static balance of elementary school students in the lower grades.

This research is a quantitative descriptive research with data collection techniques using tests and measurements. Data collection instrument with a Standing Stork Test balance test. The research sample was 20 grade 2 students at Muhammadiyah Jogokariyan Elementary School. Each student is given three chances and the best result is taken.

The detailed research results are as follows: the Poor category is 2 students (10%), the Fair category is 10 students (50%), the Good category is 5 students (25%), and the Very Good category is 3 participants. educated (15%). Based on the results of the study, it can be concluded that the highest percentage is in the Fairly Good category. There is a need for further research involving more samples.

Kata Kunci: *Balance, Students, Lower Class*