SEQUENTIAL PHYSICAL ACTIVITY MODEL TO IMPROVE MOTOR ABILITY IN EARLY CHILDREN

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ABSTRACT

Abstract

Many learning models have been developed, one of which is the serial model. The purpose of this study was to find out how the effect of providing serial physical activity models in improving motor skills in early childhood.

The experimental people used in this study were kindergarten children aged 5-6 years, the sampling technique was population-based because all the children were used for the study. The number of people trying as many as 40 students. The instrument used to collect data by means of gross motor skills performance consists of five items, namely (1) running speed of 25 meters, (2) throwing power of tennis balls, (3) explosive power with long jump without prefix, (4) balance with walking on a 4 meter long catwalk and (5) agility by running back and forth through kun. Data analysis technique with t test with a significance level of 5 percen   The results showed that there was a significant increase after the children played with the $P < 0.05$. series model

keywords: Learning model and motor improvement

Kata Kunci: *Learning model and motor improvement*