

Mini Outbound Training to Stimulate Old Children's Motor Skills Early for the Sleman Regency Kindergarten Teachers Association

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ABSTRACT

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Early childhood is a child who is in a period of growth and development. Every child has different abilities as well as potential. This potential will disappear and will not appear again if children are not given the opportunity to develop according to their stages. Stimulus during this sensitive period can be carried out in various ways, one of which is by playing mini outbound. There are many benefits obtained from mini outbound, such as fostering discipline, cooperation, sportsmanship, social interaction, increasing feelings of empathy with other people. Playing requires physical work, work of the body's muscles. Playing requires body movements, for example strength, flexibility, coordination, agility, power and speed. However, there are still many parents who forbid their children from playing because they are afraid of injury while playing.

The development of motor skills has an important role in everyday life, therefore the development of motor skills is one aspect of children's development that must be optimized. Improving children's motor skills is a useful activity, because if motor skills are underdeveloped then children will feel less confident in their environment and children whose mats move will also trigger obesity in children. Currently, children prefer playing with gadgets rather than physical activity. A sedentary lifestyle will cause many diseases.

The first step taken to solve the problem is to promote active living for children. The key to forming active children is in early childhood education. Involvement in children's activities related to physical activity can be carried out in various variations, from active participation to distant supervision. Every early childhood education institution should have motor learning, because motor learning is a habitual activity for children to move. "Motoric learning is a learning activity that focuses on the dimensions of movement. Therefore, we feel it is necessary to carry out the program "Mini Outbound Training to Stimulate the Motor Skills of Early Age Children for the Sleman Regency Kindergarten Teachers Association".

Kata Kunci: mini outbound, stimulation, motor, early childhood