

# GROSS MOTOR STIMULATION IN EARLY CHILDREN THROUGH PLAYING ESTAFETS AND CIRCUITS

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## ABSTRACT

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Motor development is so important for early childhood, this is because having good motor skills can be the basis for subsequent development. This study aims to see the effectiveness of improving gross motor skills after doing exercises by playing the relay and playing the circuit. This research method is experimental. The sample used in this study was 68 people who were divided into two groups, namely the treated group and the group that received the circuit playing treatment. The instrument used to collect data on gross motor skills consisted of five points, namely (1) 20 meter running speed, (2) the power of throwing a tennis ball, (3) the explosive power with long lomcat without prefix, (4) balance by walking on blocks 4 meter long walkway and (5) Agility with backsliding through kun. The data analysis technique used two-way ANOVA with a significance level of 5%. The results showed that the two types of exercises, namely the relay and circuit, both showed a significant difference in  $P < 0.05$ , while seen from the mean size for those who did circuit training, the results showed that the results were greater than the etafet.

Gross Motor Stimulation By Playing

Kata Kunci: *Gross Motor Stimulation By Playing*