

Gross motor stimulation in early childhood through relay and circuit games

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ABSTRACT

Gross motor development is so important for early childhood, this is because having good motor skills can be the basis for the development of subsequent movements. This study aims to determine the effectiveness of improving gross motor skills after exercising with relay games and circuit games. This research method is experimental. The sample used in this study amounted to 68 people who were divided into two groups, namely the group that received the relay playing treatment and the other group that received the circuit playing treatment. The instrument used to collect data on gross motor skills consists of five items, namely (1) 20 meter running speed, (2) tennis ball throwing power, (3) explosive power with long jumps without prefix, (4) balance by walking on blocks. 4 meter long catwalk and (5) agility by running back and forth, turning past kun. The data analysis technique used two-way ANOVA with a significance level of 5%. The results showed that the two types of exercise, namely relay and circuit, both showed a significant difference, $P < 0.05$, while the mean magnitude for those who did circuit training showed that the results were greater than that of the relay

Kata Kunci: *Gross Motor, Stimulation, Relay, Circuit*