

## STUDENTS' PERCEPTIONS OF LEARNING BASIC MOVEMENTS OF 40 METER RUN ATHLETIC THROUGH TRADITIONAL GAMES

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### Abstract

*This study aims to determine students' perceptions of the basic movements of 40 meter running athletics through traditional games for elementary school level. based on (1) students' perceptions of the knowledge of basic motion learning in 40-meter athletics, (2) perceptions of the teacher's teaching style, (3) perceptions of the media used are easy to use. This research is descriptive quantitative research. The results of this study indicate that (1) students' perceptions of the knowledge of basic motion learning in 40 meter running athletics obtained a value of 85% with a very good category, (2) perceptions of the teacher's teaching style obtained a value of 83.13% with a good category, (3) perceptions of The results of this study indicate that students' perceptions of the development of the 40-meter running athletic basic motion learning model through traditional games for elementary schools in the city of Palembang are positive, for that it is necessary to develop a learning model basic athletic movements through games.*

**Keywords:** Student Perception, Basic Movement, Athletics.

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### INTRODUCTION

Athletics comes from the Greek word Athlon, Atlun which means competition or struggle. "Athletics was first popularized by the Greeks around the 6th century BC. The people who are credited with popularizing it are Iccus and Herodicus. The famous athletics today are different from what the Greeks used to do. But even so, the basics remain the same, namely walking, running, jumping, and throwing. Because it has various elements, athletics is said to be the mother of all sports. Contains various elements of daily movement. In the Primitive era, it was very important to earn a living and maintain life. They live by hunting wild animals, which required dexterity, speed, and strength. The outlook on life in



those days was a strong one; so in order to stay alive and defend themselves they have to train physically.

The ancient Greeks and Romans saw the direction of physical exercise. The term athletics can also be found in various languages, including in English Athletic, in French Ateletique, in Dutch Atletiek, in German Athletik. To be able to understand the notion of athletics, is incomplete if you do not know the history or history of the term athletics and its development as a sport from ancient times to modern times. Understanding history is not just for understanding and knowledge but knowing and following athletic developments from ancient times to the present day. By knowing events in the past, wisdom can be drawn to determine future steps.

Athletics was very famous in its heyday, starting from Greece, countries on the European continent to America and the whole world, people were very enthusiastic and excited to play it. In the Olympics, athletics is a sport that competes for many medals, this arises because athletics has many sports, consisting of 4 numbers, namely; walk, run, throw and jump. From each of these numbers, several numbers are contested. The running numbers consist of short-distance running, middle distance, long-distance or marathon, hurdles, continuous running, and cross country running. Jump numbers include long jump, high jump, triple jump, pole high jump. Throwing numbers include discus throwing, javelin throwing, shot put, and hammer throwing.

According to (Widya & Djumidar, 2004) that the notion of athletics is "one of the elements of physical and health education, it is also a component of overall education that prioritizes physical activity and the existence of healthy life coaching and harmonious physical, mental, social and emotional development, harmonious and balanced. Meanwhile, (Sukirno, 2012) defines athletics as "the oldest sport and is the parent of all sports, therefore athletics is often referred to as the mother of sport". A similar definition according to (Purnomo & Depan, 2011)



explains that "it is the oldest sport in the world and it is even called the Mother of Sports, namely as the mother or mother of sports because this sport is the first sport in the world". Another definition (Muhajir, 2007) explains that "athletics is a sport that grows and develops along with natural human activities, running, jumping and throwing are an inseparable part of the long history of Indonesian life". Apart from being a sport for achievement, athletics is also included in the education curriculum. However, if viewed from the point of view, of course there is a difference between athletic championships and athletic learning.

Based on the description above, it can be understood that one of the numbers in athletics is running. According to (Wiranto, 2013) Running is the most popular athletic sport. This sport is much sought after in all corners of the world because of the initial capital of all sports. There are various running numbers in athletics, namely short, middle and long-distance running. According to (Mardiana et al., 2011) short distance running or sprints are running numbers from 40 m to 400 meters. However, in an enclosed space, short distance running can be started from a distance of 40 meters or 60 meters, depending on the capacity of the competition room itself. In this study, the short distance running referred to by the author is a 40-meter distance run.

Learning the basic motion of running 40 meters is part of physical education subjects in elementary schools. Lessons in which there is a lot of physical activity, which is certainly very beneficial for life. Confirmed by Ennis (2010:17) stated "As I have spoken with physical educators in the United States and around the world about the goals for physical education, most agree that physical education should prepare students to participate in physical activity for a lifetime". This means that physical education teachers in America and around the world agree that physical education will prepare students to participate in physical activity throughout their lives. Physical education learning given to students must be designed in such a way, so that it is easily absorbed by students and must see

the characteristics of students so that learning objectives can be achieved optimally and on target. Because there are factors that influence the success of the teaching and learning process for physical education, namely internal and external. Internal factors include physiological, psychological, intelligence, and maturity conditions. While external factors include the natural and social environment, such as family, community, and school (Sobarna, A., Hambali, S., & Koswar 2020).

Based on elementary school syllabus 3.3 Understanding procedures for variations in basic movement patterns of walking, running, jumping, and throwing through modified games/sports and/or traditional sports. 4.3 Practicing variations in basic movement patterns of walking, running, jumping, and throwing through modified games/sports and/or traditional sports. Learning the basic movements of the 40-meter run is a learning material where students can understand and practice learning the basic movements of the 40-meter run with fun. The results of observations that have been carried out at Lahat Elementary School, South Sumatra Province, learning basic movement running at school has been going quite well but some obstacles were found in the learning process including the lack of variation in learning so that there are still many students who are less motivated and feel bored in participating in basic movement learning. 40 meters running, lack of understanding in learning basic movements of running so that students make a lot of motion mistakes and low student learning outcomes in athletic learning on the 40 m running material.

Based on these problems, there is a need for renewal in the learning process so that the learning objectives are achieved. Efforts to answer the solution to the problem above are by providing knowledge about learning the basic movement of the 40-meter run, providing a model for learning the basic motion of the 40-meter run that is fun and according to the characteristics of elementary school students. Teachers need to understand the characteristics of elementary



school students who have a characteristic attitude that is expressed through playing. These characteristics must be appointed to bridge the desires of teachers and students. (Aypay, 2016) explains that “play can provide a context wherein children achieve deep learning through the integration of intellectual, physical, moral, and spiritual values and can allow them to commit themselves to learn, development, and growth”. For the message to be conveyed, the teacher can use a learning model that is by the development of elementary school-age students. That is, it is necessary to create a learning model that is following the characteristics of elementary school students.

Referring to the elementary school syllabus, games that are suitable for elementary school students are traditional games. Traditional games are ancestral heritage and cultural traditions. Almost every region in Indonesia has the characteristics of traditional game sports. Traditional games are activities / activities with game rules which are inherited from previous generations which are carried out with the aim of getting fun. According to (Mulyani, 2016) traditional games have several benefits including developing children's interpersonal emotional intelligence, developing children's logical intelligence, developing children's kinesthetic intelligence, developing children's natural intelligence, developing children's musical intelligence. Learning the basic movements of the 40 meter run will be more fun through traditional games.

In the implementation of learning the basic motion of running 40 meters, it can be done by using simple tools that can be found in the school environment. With simple equipment that can be provided in the school environment and teachers can teach the basic movements of the 40 m run in an atmosphere that is more attractive to students. The creativity of the teacher is very much needed to give birth to the idea of motion that is easy to implement by students, the most important thing of all is the joy factor in students caused by athletic activities, so that students will remain interested and start to like 40 m running athletics. To



create a joyful atmosphere, it is necessary to develop a 40 m athletic learning model with a game nuance. According to (Yien et al., 2011) explains "games have been recognized as being a good tool to promote learners to actively participate in learning activities". It can be understood that the game has been recognized as a good tool to promote learners to actively participate in learning activities. Like using traditional games in Lahat Regency, South Sumatra Province. Considering this game is a legacy from the ancestors of students in the area. Such as games that contain elements of speed, games of forts that contain elements of training stimulus and response, and other types of games. In addition, based on the results of research from (Romadlon & Nurharsono, 2015) explains that "the game contains various educational aspects, namely affective, cognitive and psychomotor. This means that through games, not only psychomotor aspects can be developed but also knowledge, mentality, attitudes and behavior so that games can form healthy, intelligent, sporty and moral humans.

Along with the development of increasingly sophisticated times, this traditional game sport may become extinct if it is not preserved by the nation's successors. Preservation of the game In traditional sports itself contains social values and the value of movement which is very useful for the growth and development of children. Apart from that, other influencing factors are the influx of TV sets, the Internet to rural areas, as well as the limited playing area where teenagers prefer to go to work in the city so that not many children play traditional games anymore. This traditional game provides a game that is no less exciting than modern games, because this game can also train imagination, thinking, and unconscious movements that require good energy or fitness and good basic movement activities as well. Thus, traditional game-based learning can be utilized to grow students' perceptions in learning basic athletic movements, especially in the 40-meter running material, or can take advantage of traditional games that are native to their respective regions.



## METHOD

This research is a descriptive quantitative research. This research was conducted in elementary school (SD) Lahat city. the subject of this study were 20 students. The research used in the form of a questionnaire contains a number of questions that must be answered by the respondent (Maksum, 2008). The results of the research data are based on (1) students' perceptions of the knowledge of basic motion learning in 40 meter running athletics, (2) perceptions of the teacher's teaching style, (3) perceptions of the media used are easy to use and easy. The results of the data from the filled out questionnaire are then presented with (Sugiyono, 2008) the formula used to process the data is as follows:

$$P = \frac{X}{Xi} \times 100\%$$

### Description

P : Yield Percentage

X : Number of Answer Score

Xi: Number of Answer Score

100% : Konstanta

To make it easier to conclude the results of the analysis of the percentage of attractiveness and ease of product development, classification criteria are set.

**Table 1.** Persentase Analisis

Persentase	Kategori	Deskripsi
80-100%	Very Good	Can be used without revision
61-80%	Good	Usable with minor revision
41-60%	Enough	Not suitable for use, it is recommended not use
21-40%	Not Good	Cannot be used
00-20%	Not Good	Cannot be used

## RESULTS AND DISCUSSION

Analysis of the research data was obtained based on a questionnaire distributed to students with four indicators using the Guttman scale with the results of calculating the frequency of answers, the average score was based on (1) students' perceptions of knowledge of basic motion learning in 40 meter running athletics obtained a value of 83%, (2) The perception of the teacher's teaching style is 85 %. (3) The perception of the media used is easy to use. It is 85 % with a



very good category, which means that students agree if the 40-meter running athletic learning model is developed.

Based on the foregoing, it can be concluded that students' perceptions of the development of the 40-meter running athletic basic motion learning model in Lahat city junior high school students are positive. The learning approach through play will help students transfer the knowledge that will be given by the teacher more fun, the approach in process of learning the basic motion of 40 meter running athletics must be able to make the child happy and feel it is not difficult to do this volleyball sport (Ihsan et al., 2022). This learning is also carried out directly between students and teachers in the transfer of knowledge, direct learning can be defined as a learning model in which the teacher transforms information or skills directly to students (Afandi, et al, 2016). Through the process of self-directed learning, learners continue to review their learning process and learn how to improve (Sunhee Lee, et al., 2019). This can increase perception and enthusiasm in learning so that students can perform the 40-meter running athletic technique correctly and achieve their learning goals.

## CONSLUSION

Students' perceptions of the 40-meter running athletic basic motion learning model through games that they want to develop are positive and more meaningful. This shows that students understand the main concepts and needs in learning through a playful approach that involves students in active and fun learning. Based on this, the basic movement learning model of the play approach can answer the obstacles regarding students' difficulties in learning basic 40-meter athletic techniques. The results of this study indicate that (1) students' perceptions of the knowledge of basic motion learning in 40 meter running athletics obtained a value of 85% with a very good category, (2) perceptions of the teacher's teaching style obtained a value of 83.13% with a good category, (3) perceptions of The results of this study indicate that students' perceptions of the development of the 40-meter running athletic basic motion learning model through traditional games





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