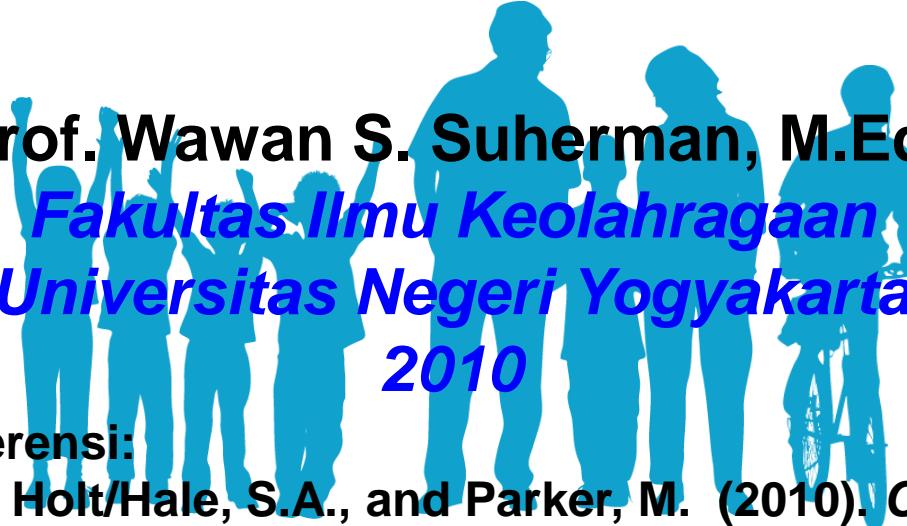


Konsep Gerak



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Sumber referensi:

Graham, G., Holt/Hale, S.A., and Parker, M. (2010). *Children moving: a reflective approach for teaching physical education.* 8th ed. Boston: Mc Graw Hill.

Pengantar

- Anak bukan orang dewasa kecil
- Anak memiliki karakteristik khas yang perlu dipahami oleh guru penjasorkes
- Salah satu perkembangan yang dialami anak adalah kemampuan gerak
- Apa yang dimaksud dengan gerak?



Konsep Gerak

Bermula dari upaya sekolah untuk menganalisis komponen-komponen utama gerak manusia. Analisis ilmiah terhadap gerak manusia dikerjakan di Amerika Serikat dan Inggris pada tahun 1920-an dan awal 1930-an.

Kini, konsep dan analisis gerak (*movement*) diadopsi oleh penjas untuk memahami gerakan dari sudut pandang biomekanika dan estetika.



Konsep Gerak

- Untuk memahami gerak (*movement*) yang dilakukan oleh manusia, kita harus memahami konsep gerak (*movement concept*).
- Konsep gerak terdiri dari konsep: (1) kesadaran ruang (di mana badan bergerak) (2) usaha (bagaimana badan bergerak), dan (3) hubungannya (hubungan apa yang terjadi).



Space awareness (where the body moves)

Locations : self-space and general space

Directions : Up/down

Forward/backward

Clockwise/counterclockwise

Levels : Low/middle/high

Pathways : Straight/curved

Zigzag

Extensions: Large/Small

Far/Near



Effort (how the body move)

- Time : Fast/slow
Sudden/sustained.
- Force : Strong/light.
- Flow : Bound/free



Relationships

- Of body parts: Round (curved), narrow, wide, twisted, symmetrical/nonsymmetrical.
- With objects and/or people: over/under, on/off, near/far, in front/behind, along/through, meeting/parting, surrounding, around, alongside.
- With people: Leading/following, mirroring/matching, unison/contrast, alone in a mass, solo, partners, groups, between groups.



Teaching concepts

- When teaching concepts it's easy to forget that purpose is to have the children actually know what each concept means.
- “Knowing” doesn’t mean that the concepts were taught; knowing means that children are able to show their understanding through their movement. In other words, the children have *functional understanding*. *Functional understanding* means the children know and can use the concepts in their movement.
- All movement occurs in space. It is beneficial to focus on the concept of space awareness at the beginning of the physical education program.





Thank you!

Be Active and Play, 20 minutes, every day!

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