

Komponen Kemampuan Gerak Dasar

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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

- ▶ Setelah membahas konsep kemampuan gerak dasar, kita perlu membahas unsur-unsur atau komponen kemampuan gerak dasar.
- ▶ Dengan memahami unsur atau komponen kemampuan gerak dasar, kita akan mudah untuk mengembangkan kemampuan gerak dasar secara keseluruhan.

Komponen Kemampuan Gerak Dasar

- ▶ A fundamental skill (using a fundamental movement pattern) is a common motor activity with a general goal such as running, jumping, throwing, or catching.
- ▶ Each of these skills is identified in the various categories (that is locomotor, nonlocomotor, and manipulative) of fundamental skills.

Locomotor skills

- ▶ Essential for human transportation, are identified as skills that move the individual through space from one place to another.
- ▶ Most locomotor skills develop as a result of a certain level of maturation; however, practice and experience are essential to reach mature proficiency.
- ▶ The gallop, slide, and skip are more difficult because they are combinations of other fundamental patterns.

Locomotor skills

- ▶ Walking, running,
- ▶ Jumping and landing
- ▶ Leaping, hopping, and galloping
- ▶ Sliding, skipping,
- ▶ Chasing, fleeing, and dodging
- ▶ Body rolling, and climbing

Nonlocomotor skills (Nonmanipulative skills)

Known also as stability skills, are movements executed with minimal or no movement of one's base of support (for example, twisting, bending, swaying).

The ability to execute these skills parallels mastery of locomotor skills.

Nonlocomotor skills

- ▶ Stretching, Bending,
- ▶ Swinging, Curling,
- ▶ Dodge
- ▶ Turning, Twisting,
- ▶ Pushing, Pulling,
- ▶ Jumping and Landing
- ▶ Balancing and Transferring weight

Manipulative skills

Involve the control of objects primarily with the hands and feet. There are two classifications of manipulative skills: receptive and propulsive.

Receptive skills involve the receiving of objects (for example, catching, trapping), whereas propulsive skills characteristically include imparting force to objects (throwing, striking, kicking).

Manipulative skills

Propulsive	Receptive
Striking	Catching
Bouncing	Trapping
Throwing	
Rolling	
Kicking	

Critical Fundamental Motor Skills

The following fundamental motor skills have been selected from a wide range of possible motor skills as being those most essential for primary school children to learn:

- Catch, Kick, Run, Vertical Jump
- Overhand Throw, Ball Bounce
- Leap, Dodge, Punt
- Forehand Strike, Two-hand Side-arm Strike.

Critical Fundamental Motor Skills

Fundamental Motor Skills selection involved a detailed process.

Stage 1: involved an extensive review of literature to identify the fundamental motor skills reported as most important for children to learn.

Stage 2 involved Australia-wide consultation with teachers, coaches, professional groups and experts in the field of fundamental motor skills to assist with the selection of the critical skills and their essential components.

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