

PEMBELAJARAN KEMAMPUAN GERAK DASAR

State of Victoria, Department of Education (1996).
*Fundamental motor skills: A manual for classroom
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Wawan S. Suherman, M.Ed.

Fakultas Ilmu Keolahragaan Universitas Negeri Yogyakarta

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Pendahuluan

Ketika mengajarkan kemampuan gerak dasar kepada anak-anak dalam rangka pengembangan kemampuan gerak dasar, guru harus memiliki pemahaman tentang tahapan pengajaran dan berbagai hal penting yang perlu diperhatikan dalam proses pembelajaran.

Dengan mempraktikkan pembelajaran yang memadai diharapkan anak akan memiliki kompetensi yang diharapkan.



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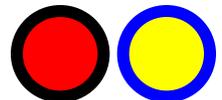


Sequence of Instruction

The development of motor skills and physical fitness and knowledge must begin in the earliest years of primary school. During these years, students are physically and intellectually capable of benefiting from instruction in physical education and are highly motivated and enthusiastic about learning.



Wawan S. Suherman, M.Ed.
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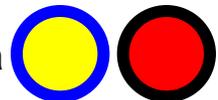


Sequence of Instruction

However, throughout a student's school life age-appropriate instruction must be provided during physical education. During the **early primary school years (P-3), *students*** must be given the opportunity to learn the essential motor skills upon which later learning is dependent.



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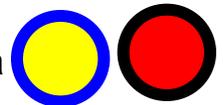


Sequence of Instruction

These fundamental motor skills are often displayed by children at play. They include the overhand throw, catch, punt, kick, forehand strike, two-hand side-arm strike, ball bounce, run, leap, dodge and vertical jump.



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Fakultas Ilmu Keolahragaan Universitas Negeri Yogyakarta
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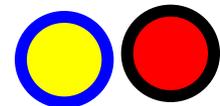


Tabel 1. Waktu Pengenalan dan Penguasaan Keterampilan

Fundamental Motor Skill	Prep	Year 1	Year 2	Year 3	Year 4	Year 5
Catch	Introduced		Mastered			
Kick	Introduced			Mastered		
Run	Introduced		Mastered			
Vertical Jump	Introduced		Mastered			
Overhand Throw		Introduced			Mastered	
Ball Bounce		Introduced		Mastered		
Leap		Introduced		Mastered		
Dodge		Introduced		Mastered		
Punt			Introduced		Mastered	
Forehand Strike			Introduced			Mastered
Two-hand Side-arm Strike			Introduced			Mastered



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Sequence of Instruction

Mastery of these skills by children is necessary if optimum development of higher-level skills is to occur.

Children who do not master these skills are less able and often less willing to persist with the difficult task of learning more complex motor skills, and will avoid activities which expose them to “public failure”.

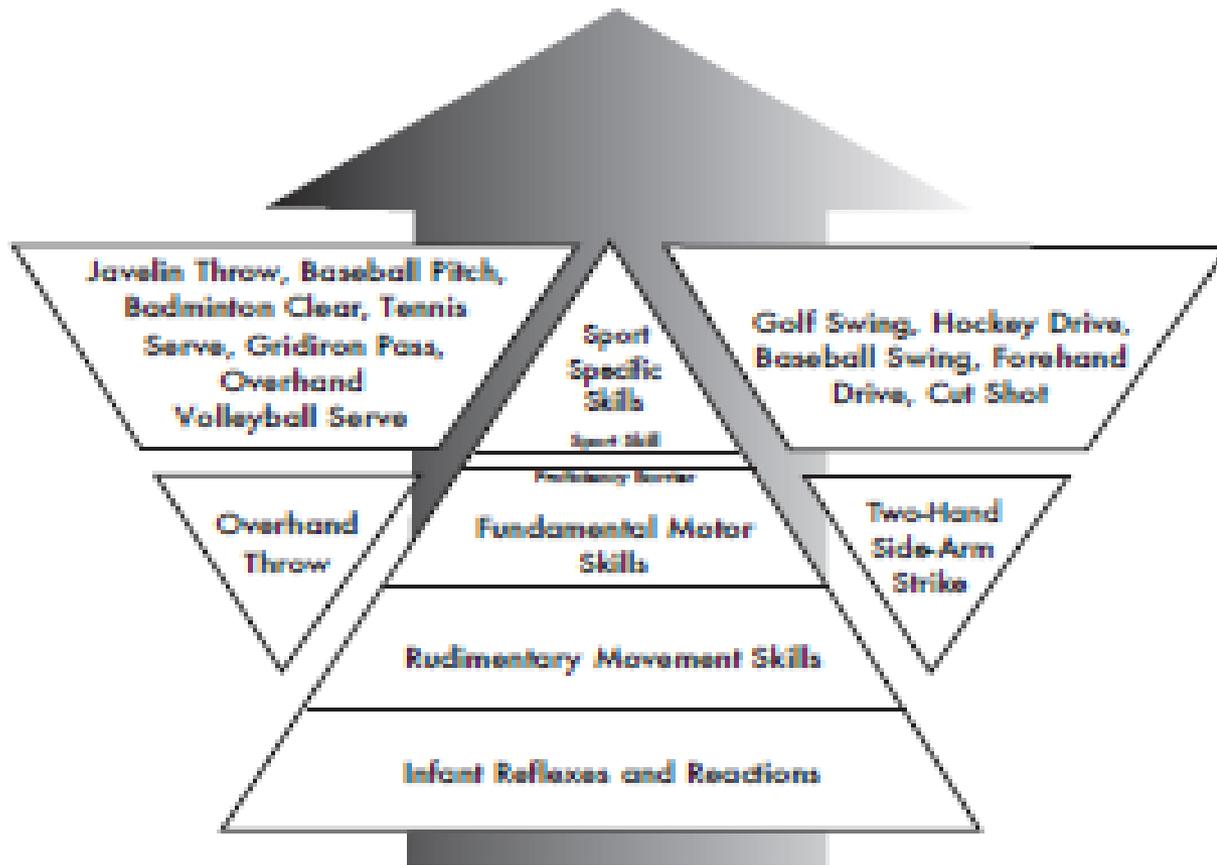


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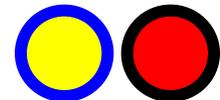




Hub Pemb. KGD-Tek Cab Or



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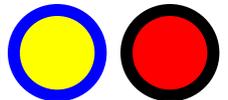
Cara Pengembangan KGD

Kemampuan gerak dasar bukanlah perkara yang mudah untuk dapat dikuasai oleh anak-anak.

Oleh karena itu, guru harus memperhatikan dan mempertimbangkan hal-hal penting berikut ini agar dapat membantu siswa mempelajari KGD dengan sukses.



Wawan S. Suherman, M.Ed.
Fakultas Ilmu Keolahragaan Universitas Negeri Yogyakarta
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1. Teaching for Mastery versus Awareness

The essential fundamental motor skills must be mastered by children. Teachers should aim to teach for the mastery of fundamental motor skills rather than awareness. An attempt at a fundamental motor skill by a student is to be applauded.



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Fakultas Ilmu Keolahragaan Universitas Negeri Yogyakarta
Jalan Kolombo 1 Yogyakarta





2. Know what to teach

It is essential that teachers understand fundamental motor skills are critical for children to learn during the primary school years. By knowing the essential FMSs and their components, teachers are able to plan instruction, provide specific feedback to students, evaluate student learning, and report student progress in a clear and understandable way.



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3. Feedback is Critical for Learning to Occur

Teachers know that children learn best when they are provided with specific feedback related to their learning efforts.

Feedback is most useful when it is specific and provided soon after a learning activity.



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4. How long does It take to master FMSs

FMSs take a long time to master. Available evidence indicates that it takes between 240 and 600 minutes of instruction to teach children to correctly perform FMSs.

How long it takes to learn different FMSs depends on the conditions of instruction.

Many people underestimate the amount of time it takes to master FMSs and try to teach too much too quickly.



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5. Do children learn best by playing motor skill games?

While attempting to achieve high student participation rates through organised games, teachers must be vigilant to be sure that the focus of the games is on specific skill development.

If games are used to teach fundamental motor skills, it is imperative that the teacher instruct children on how to perform the components of those skills.



Wawan S. Suherman, M.Ed.
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Penutup

- Mengembangkan kemampuan gerak dasar perlu kehati-hatian dan kecermatan dari guru.
- Oleh karena itu, guru perlu memahami secara seksama konsep kemampuan gerak dasar, metode pembelajaran yang sesuai dengan anak dan materi yang diajarkan.



Wawan S. Suherman, M.Ed.
Fakultas Ilmu Keolahragaan Universitas Negeri Yogyakarta
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