

MOTIVATING LEARNING TO ATHLETICS PLAY METHOD FOR BASIC SCHOOL STUDENT

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Abstract

Rather than domination athletics to their teenagers and adults, the introduction of the basic motion of athletic activities should have started to be introduced to children of elementary school from the first to sixth year next. To be acceptable and interesting then learning in school needs to adjust to the child's desires and pleasures.

Sport sciences in a schools is a key element in order to create the children can grow up in a high health degree by optimizing the various activities leading to the motion on the existing capabilities in the athletic sports of various forms of running, jumping, and throwing. By encouraging and motivating children to play in which the charged elements of the athletic movement is expected to be obtained later generations who have interest in developing these pleasures. It is therefore not ruled out if the future generations who will appear much like an athletic sport.

Learning materials designed to always be creative and innovative learning methods so that the form of play will lead to a fun learning Events that will stimulate a good learning motivation in students so that self-activation and motivation of students will increase. And this will positively affect students' learning achievement in terms of affective, cognitive and psychomotor.

Keywords: motivation, play, athletics

Introduction

Physical education in elementary school is part of the curriculum in general education, the role of physical education is to shape and develop the whole human generation in terms of physical and psychological. Physically include growth, development, health, and rehabilitation. Growth and physical development will be faster when stimulated through the learning of physical education. Form of physical education students to have a lifestyle that exercise becomes unhealthy behavior, while the rehabilitation in this case means such as posture improvement, attitude bad roads, sitting the wrong attitude and others. This is in physical education can be addressed before it becomes a permanent attitude. A psychic or spiritual things that can be formed through physical education include honesty, discipline, confidence and eliminate selfishness. Psychic or spiritual aspect is formed through physical education activities in nature play.

Learning athletic provided in primary schools can be created various forms of athletic basic motor skills that can help children develop good against him so that he learned and move. With the various forms of athletics in addition to the basic motion is useful to increase physical activity ability, will also contribute to the memantabkan and refine various forms of basic athletic movements, develop the ability to act better at movement forms are more skilled. To have the ability to jump activity spurred by both the need to move the various models of creativity, individually, in pairs, or groups.

Basic motion will jump associated with running the basic motion, namely the prefix exercise. In hop motion there is some component that can be maximally activated, the speed, agility, flexibility, and thrust the leg muscles.

Understanding Learning

Learning is a process of individual effort to obtain a behavior change in a relatively settled, either observed or can not be observed directly, which occurs as a result of training or experience in interaction

with the environment. Sri Rumini, et al (1993: 59). Further argued that learning is a basic process of development of human life, human beings make qualitative changes in the behavior of individuals that developed.

According Sugihartono et al (2007: 74) that learning is a process of individual behavior change with lingkunganya in meeting their needs. Learning is a change where change is to meet the needs adapted to their environment.

According to Reber (In Sugihartono, et al 2007: 74) defines learning in two ways, first, learn the process of acquiring knowledge and second, learning as the ability to react to changes in relative enduring as a result of the exercise. In line with previous opinion Oemar Hamalik (2008: 29) says that learning is a process, learning is not a destination but a process to achieve the goal, so are the steps or procedures to be followed.

Learning is a process of development of human life, by studying humans make changes in his life, activities and achievements in human life is the result of learning. Profession someone based on what is learned, learning is a process, not an outcome, because it learned to take active and sustainable by using various forms of action. Behavioral characteristics of learning

Not all behavior is categorized as learning or learning activities. The behavior study categorized according to Sugihartono et al (2007: 74-76), has the characteristics as follows:

1). Changes in behavior occur consciously

Behavior is classified as a learning activity when actors recognize the change or at least felt there was a change in him, for example to realize knowledge increases, the more skilled

2). Changes are kontinew and functional

Changes that occur in a person held on an ongoing basis and not static. A change that occurs will cause the next and the next change will be useful to the life or the next learning process. For example: a child learning to jump, then he will experience a change of can not jump to be jumped. These changes will continue until belangsung competent and skilled

3). Changes are positive and active

Changes in behavior are the result of the learning process if the changes are positive and active. Positively say if the skill is always increased and focused to get something better than before. More and more businesses berlati done the better and more changes are obtained. Changes that are active learning means that the change does not happen by itself, but because of the efforts of the individuals themselves.

4). Change is permanent.

Changes that occur because learning is settled or permanent. The skills of a child in an effort to learn to ride a bike will be a change of skills ranging from not at all able to be somewhat skilled at last, after arriving skilled stage will not go away, will grow even when in continuous use or be trained and if for a long time not riding skill is still there

5). Changes in the learning aim or focus

Changes in behavior entails learning objectives to be achieved by the actors to learn and focus on behavior changes that really conscious.

6). Changes related to all aspects of behavior.

Changes obtained one after going through the learning process involves changes in the overall behavior. Changes in attitudes, skills, knowledge and so forth.

Understanding and Limits Learning Motion

According Rusli Lutan (1999: 57) that the study of motion includes three stages. First, the orientation phase, the mastery of information. Second, the consolidation phase of motion through exercise based on the information obtained. Third, the automation phase, ie the skill can be done automatically.

According to Schmidt (in Among Yudha mamun and M. Saputra, 2000: 45), said that the study of motion is a series of process-related training or experience that leads to changes that are relatively permanent in one's ability to display movements skilled.

According to Gagne (in Asnaldi Arie, 2008), that the study of motion is a change in behavior or skill that can survive in a certain period, and not from the growth process. Further stated that the main task of studying the motion is receiving all relevant information about the movements studied, and then sort through and organize the information that allows an optimal realization.

Learning motion is a process in which occurs the delivery of information, provision of training and changes that occur due to relatively permanent practice. Submitting this information as a beginning of the learning process of motion or as the basis of studying the motion, conveys information in the study of motion can be an explanation and giving examples of the movement. The next process of learning is the provision of motion exercises, because in practice there is an experience. The learning process of this movement will lead to the skills or the appearance of motion will increase the motion.

The process of maturation and growth can increase the ability of a person without going through the exercises, for example skills in running a child, without training in the truth, will develop the ability to run by itself because of the influence of maturity. Changes skills in this child is not learning the motion because the changes are not the result of the exercise.

Changes that occur relatively permanent. Provision of training or experience of this motion will go to the brain memory systems, this process will cause a relatively permanent change. Such incidents can not be observed directly, but the changes that occur through the appearance of motion can be observed directly. Ability due to this exercise is stored in memory so that the brain needs time to time will be used. In the study of motion can be done individually, in pairs or groups. Each has an important role in improving the motor skills of children, prominent among which is the group.

Learning in a Group Benefits

Understanding learning groups in grade school student athletics is meant in a learning process of students in a class is divided into several groups, each group of students joined the sons and daughters with the same amount.

With a group learning model primary school students and young children because it is considered appropriate for social practice and the ability to work together (cooperate). Curriculum development experts from Ohio State University study recommends the use of kooperatif in cooperative learning because learning increases academic achievement, facilitate classroom management and lesson materials, and improve self-esteem of students

Next Slamet Suyanto (2005: 145) explains that learning to cooperate in a group will function as follows:

1. Feel more comfortable and motivated to learn and move
2. Achieve higher learning
3. Have a better ability to move in completing tasks
4. Showed a better ability in activities of cooperation
5. Have a more psychological aspects of health.
6. Able to accept the differences that exist between friends in a group

In addition students learn more motivated by the experience of motion, it can also be identified four basic elements of cooperative learning are:

1. The interdependence is beneficial to the students in doing business together
2. The existence of direct interaction between students in one group
3. Each student has a responsibility to be able to master the task of motion
4. Proper use of interpersonal skills and small group owned by each student

Play Method

Playing is a means for people to learn about life environment. Play not only as a useless activity. Play gives children the opportunity to develop emotional skills, physical, social and their reasoning. The learning process can be a very tedious process to be done by children, while children are usually more interested in the game.

According Soekintaka (1990:21) play a physical activity undertaken by voluntary and meant it with pleasure to achieve certain goals. While the free Simple (2009) defines the term game play with a deeper understanding of:

"Game is a recreational activity Involving one or more players, defined by a) a goal that the players try to reach, and b) some set of rules that determines what the players can do. Games are played primarily for entertainment or enjoyment." (Www.wikipedia.org).

In conducting activities play a lot of benefits from these activities can be obtained and always involves three aspects, namely:

- a. Physical-Motor. Children will be trained gross motor, fine. With the move, he will have the muscles are well formed and more healthy.
- b. Social-Emotional. Children feel happy because there is a playmate.
- c. Cognition. Children learn about or have experience of doing a new activity

Also playing activities are an important part of every person. Play is a medium that allows for physical education learning process. Model learning by playing approach is closely related to the development of imagination playing behavior, because through the power of imagination, then the game will take place will be much more lively. Therefore, before doing the activities, the physical education teacher should first explain to the students about the imagination play activities to be conducted.

Athletics Learning Function

Athletics has a lot of numbers and in it put a full physical activity and give priority to the strength, speed, accuracy, and agility. Because this sport is a sport that is very competitive. And in the world of education, according to Moh. Djumidar (2004: VII) prioritize athletics physical activity has a role and importance in the development of individuals in supporting the growth and development of physical, mental, social, and emotional harmony, and balance. It also menenamkan of healthy living habits.

Learning objectives athletics.

The purpose of learning to be held at the elementary school athletics is intended to assist students in improving the quality of health and physical fitness through understanding, developing a positive attitude, and athletic skills base motion. All were addressed in some more specific things are:

- a. Assisting the growth and development of learners with increasing height and weight in harmony.
- b. Promoting health, physical fitness, technical skills and have an athletic sport.
- c. Understand and comprehend the importance of health, physical fitness, and mental.
- d. Able to fill leisure time physical activity that is athletic.

Factors in learning athletics

In the learning activities in elementary school many things that must be considered both by educators and learners. According to Moh. Djumidar (2004: VIII-IX) in the athletic learning factors to consider are:

1. The order of teaching

In performing athletic learning in practice should be guided by three things:

- a) from the easy to the difficult
- b) from mild to severe
- c) from a simple / simple to the complex

2. Learning

In the implementation of the learning process educators need to organize an effective learning activities and efsisen. Learning activities that took place the needs and characteristics of individual learners. Learning activities can be implemented athletics in several ways including the:

- a) individual
- b) pairs
- c) group
- d) The classical

Besides the learning activities are also realized with classroom management and provision of opportunities for learners to practice the material. Learning activities should be varied as dislenggarakan from left to right, front to back, backward, laterally, menyerong and so on.

Athletic learning that have been conducted are monotone / one color so that it is boring to most learners. The nature of the learning activities of the athletic ideal:

- a). free
- b). bound
- c). assignment
- d). active and creative

Learning Motivation Athletics

Learning the basic competencies of learning materials athletics is a productive learning that trains students to be active, strong, creative, honest, and systematic. The purpose of learning the material athletics is to help students in improving the quality of basic motion control, health and physical fitness through understanding, developing a positive attitude, mastery of knowledge and skills basic athletic motion.

If play is involved in the learning process, the learning atmosphere will arise that are not exciting, not boring, and fun. So with such a conducive atmosphere so students tend to be active and be motivated to learn and gain experience that will positively impact both in terms of motivation and learning achievement seen in terms of affective, cognitive, and psikomotornya

The third element of the learning process will interact with other learning environments to create a useful learning experience for students so that he could construct these experiences into knowledge, attitude and performance / skills.

Based on these explanations, it can be explained in a chart to motivate learning athletics as follows:

Playing Method

Thus based on these expressions is very clear that the learning method will cause the form to play a fun learning Events that will stimulate a good learning motivation in students so that self-activation and motivation of students will increase. And this will positively affect students' learning achievement both in terms of affective, cognitive and psychomotor.

Conclusion

Children who are growing and developing they need to move the spirit, drive, motivation to perform well in sports activities and school environments with a group of friends hanging around is not

limited to a particular game, but also capable of pushing athletic ability of such roads fast, running, jumping and throwing.

The school is a key element in order to create the children can grow with a high health status, by optimizing the various activities leading to the motion on the existing capabilities in the athletic sports of various forms of running, jumping, and throwing. By encouraging and motivating children to play in which the charged elements of the athletic movement is expected to be obtained later generations who have interest in developing these pleasures. It is therefore not ruled out if the future generations who will appear much like an athletic sport.

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Learning process

Students characteristic

Motivation and study grade are grow up

Athletic Learning Lesson