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## The Role of Physical Education in the Gross Motor Development of Primary School Children

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### ABSTRACT

Physical education plays a very important role in early childhood development as it can improve gross motor skills through physical activity. The type of research used is a literature review study. A literature review study is a type of research that is carried out by studying books, literature, notes and various reports related to the problem to be solved. A literature review is a summary of the analysis of a body of research on a particular research problem by describing, evaluating and clarifying the knowledge that is already known in a subject area (Easterby-Smith, Thorpe, & Jackson, 2015: 13 in the journal Radiusman, 2020). Human physical development involves various aspects that are influenced by the systems and functions of the body's organs. The nervous system has a major impact on intelligence and emotional development. In the process of formal learning, primary school children make a lot of body movements and on average at this age they do not want to be restrained or still want to be free to learn through play. The conclusion of this article is that although their motor development is more organised at primary school age than in earlier years, it should be facilitated in a positive way.

**Keywords:** Physical Education, Physical, Motoric



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### 1. INTRODUCTION

Physical education, also known as sport education, is a field of study that studies sport and physical fitness training (Prima & Kartiko, 2021 in the journal Candra et al., 2023). Physical education plays a very important role in improving health and quality of life, as well as developing skills and social values for students and the general public. Therefore, the development of an appropriate and effective physical education programme is very important in efforts to improve the quality of life and well-being of society.

Physical education plays a very important role in early childhood development as it can improve gross motor skills such as running, jumping, climbing and ball handling through physical activity (Purwanto & Baan, 2022 in the journal Candra et al., 2023).

Motor development is everything to do with body movement. Motor development is determined by muscles, nerves and the brain. The three elements play their respective roles in positive interactions, meaning that these elements are interconnected, mutually supportive and complementary to achieve a more complete state of movement (Kiranida, 2019). According to Sukanti, 2001 (in the journal Safitri et al., 2023), motor skills in primary school children can be useful for them in the future until they grow up, including solving problems in everyday life. According to Awi Muhadi Wijaya 2009: 67 (in the journal (Rismayanthi, 2013), childhood is often referred to as the ideal time to learn motor skills for the following reasons: (1) Children's bodies are more flexible than adults', so children can master motor skills more easily. (2) Children do not have many skills to match newly learned skills, so children learn more new skills more easily. (3) In general, children are more willing to try something new, which is a necessary motivation for learning. (4) Children like repetition, so they are ready for effective repetition. (5) Children have more time to learn motor skills perfectly. Students are one of the human components that play a central role in the teaching and learning process (Kiranida, 2019). In the current formal teaching and learning process, primary school is still the most basic level, but recently there is also an integrated Islamic school in the world of education, which is considered to be a big step in achieving a primary school model that is able to combine general science and Islamic science in one unit of learning. Primary education generally begins between the ages of 6 and 12. At this age, children are ready for

school and ready to enter primary schools or integrated Islamic schools. Aspects of development at this age include physical, cognitive, language, play and moral development. Therefore, the author is very interested in discussing the article entitled "The role of physical education in training the basic motor development of primary school children".

## 2. RESEARCH METHODOLOGY

The type of research used is a literature review study. A literature review study is a type of research carried out by studying books, literature, notes and various reports relating to the problem to be solved. A literature review is a summary analysis of a body of research on a particular research problem by describing, evaluating and clarifying what is already known in a subject area (Easterby-Smith, Thorpe, & Jackson, 2015: 13 in Radiusman's journal, 2020). In this study, the researchers collected data from a variety of sources in the form of articles from online journals. The articles collected as sources for the study were searched online using the search terms 'physical education', 'motor development' and 'primary school children'. The criteria for the selection of articles were articles in which there were relevant discussions about physical and health education and the relationship between physical and health education in the training of gross motor development in primary school children.

## 3. RESULTS AND DISCUSSION

Physical growth and development is determined from the prenatal or in utero stage. Human physical development involves various aspects that are influenced by organ systems and functions. The nervous system has a major influence on intelligence and emotional development. Motor development also affects bones and muscles. The endocrine or hormonal system can cause patterns of behaviour, emotions and personality. Motor development is also influenced by the organs and functions of the nervous system of the brain.

According to Rismayanthi, (2013) children's motor development is divided into two, namely gross motor skills or movements such as walking, running, jumping, climbing stairs. Fine motor skills or good manipulative skills such as writing, drawing, cutting, throwing and catching balls and playing with objects or toys. Everyone has different levels of motor development, some people have very good gross motor development, such as athletes who have more talent for sports, but there are also painters who have good fine motor development, who can play with the brush on the canvas to make good pictures.

### 3.1. The Objectives of Physical Education

According to Kristiyandaru 2010: 39 (in the journal Junaedi & Wisnu, 2019), the objectives of physical education, sport and health are as follows:

- a. To lay a strong foundation of moral character through the internalisation of values in physical education.
- b. Building a strong personality foundation, peace-loving attitudes, social attitudes and tolerance in the context of cultural, ethnic and religious diversity.
- c. To develop critical thinking skills through the application of physical education.
- d. To develop athletic, honest, disciplined, responsible, cooperative, self-confident and democratic attitudes through physical activities, games and sports.
- e. To develop movement skills and abilities in a variety of games and sports such as: games and sports, developmental activities, self-testing/gymnastics, rhythmic activities, aquatics and outdoor education.
- f. Develop self-management skills to develop and maintain physical fitness and a healthy lifestyle through a variety of physical activities and sports.
- g. Develop skills to ensure the safety of themselves and others.
- h. Know and understand the concept of physical activity as information for achieving health, fitness and a healthy lifestyle.
- i. Fill leisure time with creative physical activities.

### 3.2. Pendidikan Jasmani dan Kesehatan Dalam Melatih Perkembangan Motorik Kasar anak Sekolah Dasar

In the process of formal learning and learning, children of primary school age do a lot of body movements, and on average at this age they do not want to be restrained or still want to be free to learn while playing, although their motor development at this age is more regular than in the past, their motor development should be facilitated in a positive way, One of the most effective ways is to redirect their motor development through physical education, sports and health, where these children are taught the correct theory and practice of sports, children who have been taught Jasanai education, sports and health have a more optimal motor development because they have a better understanding of how to process the body and practice sports. Children who have been taught Jasanai education, sports and health have a more optimal motor development because they

understand more about how to process the body and develop themselves by developing self-management skills in an effort to develop and maintain physical fitness and a healthy lifestyle.

#### 4. CONCLUSION

Physical growth and development is determined from the prenatal or in utero stage. Human physical development involves various aspects that are influenced by organ systems and functions. The nervous system also has a major influence on intelligence and emotional development. The purpose of physical education, sport and health is to build a strong character, develop movement skills, foster critical thinking skills, develop sportsmanship and healthy lifestyles. Therefore, children of primary school age make a lot of body movements in the learning process and in formal learning, and on average at this age they do not want to be restrained or still want to be free to learn while playing.

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