
Using Traditional Games to Improve Physical Fitness in Primary Schools

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ABSTRACT

Physical education is an education that recognises human potential in the form of attitudes, actions and deeds that are given form, content and direction, and towards a perfect personality in accordance with human ideals. The game is an entertainment that is much sought after and played by many people, both children and adults. Even in the existing school environment with cheap and affordable materials for children. Physical activity is an indicator of a dynamic level of health. This article is an academic work written and contains ideas, opinions or facts to be published in a research journal, the writing process follows certain composition rules to obtain academic articles based on the results of a field. The characteristics of primary school children are a period in which the possibility of achieving excellent growth and development in the future exists. The purpose of all education is to develop physical fitness and motor skills, critical thinking, social skills, reasoning, emotional stability, moral action, the appearance of the application of a healthy lifestyle and a clean environment through selected and systematically planned physical education activities to achieve educational goals. The importance of good physical growth and movement development in the growing years of primary school children remains. The importance of fitness for people because the factor is very supportive of the results of operations that need to be supported. To maintain fitness, you need to arrange a regular activity pattern so that you can exercise maximally for daily activities. This affects the physical condition and body condition of students is an important thing in life to support all daily activities. This affects the physical condition and body condition of students is an important thing in life to support all daily activities. In addition to teachers who need creativity and innovation, it also takes the role of students who must play an active role in learning physical education.

Keywords: Games, Traditional, Physical Fitness



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1. INTRODUCTION

Physical education is one of the departments of the school and students must participate in it. In addition, physical education has great potential for the development and growth of children. (Amir, 2006) says: "Physical education is education that recognises human potential in the form of attitudes, actions and deeds that are given form, content and direction, and towards a perfect personality in accordance with human ideals". Basically, physical education is an essential part of education that focuses on the body's ability to meet these demands. (Taufik, 2019) Physical Education, Sports and Health aims to achieve educational goals through sports in order to have a positive impact on the health, growth and development of the Indonesian population.

Games are an entertainment that is highly demanded and played by many people, both children and adults. Games are an activity that is very close to the world of children and does not exclude teenagers and adults. Games include both traditional and modern games.

Traditional games are an integral part of Indonesian culture and play an important role in children's lives. Although today's games are more sophisticated, every child prefers traditional games because they are very important in character building and physical development of children's feelings. According to (Sukintaka, 1992), when a child plays or receives a game in PJOK learning, then the child likes to play games. Because of this excitement, when children play, they reveal their original personal space, whether it is their original thoughts or the habits that make up their personality.

Learning traditional sports games can promote the development of students' physical condition and the preservation of homeland culture, which is beginning to be abandoned by the new generation due to the

intensification of globalisation in Indonesia, which brings new lifestyles and entertainment, inevitably affecting people's cultural life. Traditional games can also improve children's physical skills and coordination, speed and strength. Traditional games themselves can be divided into two categories, namely traditional games with a lot of movement and traditional games with little movement (Sujarno, 2011).

Traditional games, handed down from generation to generation, are not only beneficial for the preservation of the nation's culture and character, but also for the enjoyment of the players as the psychological development, creativity, mobility, motivation, and as exercise to improve physical condition. Traditional games are expected to be a form of physical activity in the game. There are art forms, cooperation, developing tolerance, joy, confidence and being able to further develop children's motivation to learn. Traditional games are usually played by people in certain places, away from the hustle and bustle of the city, using traditional rules and concepts from ancient times.

As a physical education teacher, you can practise traditional sports games for primary school children to improve their physical condition and preserve cultural heritage. Your practical teacher does not need to force you to buy expensive equipment. In fact, try to use the existing school environment by finding cheap and affordable materials for the children. There is also a lot of potential in obstacle courses, which have a huge impact on fitness such as agility, muscular strength, muscular endurance and speed. (Department for Education, 2002) states that: "Sport can be useful for having fun, improving fitness and socialising".

Physical fitness is the ability of the human body to perform daily work tasks without significant fatigue (Suprayitno, 2014). Physical fitness is an indicator of a dynamic level of health. Thanks to this physical condition, a person can perform daily activities properly and optimally. A person's condition affects performance and also positively supports productivity at work or students' learning at school. The main objective of fitness education according to Suherman (2011: 116) (Syahputra et al., 2017) states that "The purpose of fitness education is to develop and maintain the fitness of students, not just to make them experts in a particular sport." Fitness education aims to develop knowledge, attitudes and skills that are beneficial to health and an active and healthy lifestyle throughout life. The aim of physical education is to help them acquire skills, knowledge and attitudes that lead to an active lifestyle".

Primary school students are active in their daily lives, so the physical condition of primary school students is very beneficial for students. The characterisation of primary school children is a very crucial period of opportunity to achieve superior growth and development in the future, before the importance of physical growth and good movement development in old age. Children become bigger, heavier, stronger and learn more skills. Lifestyle habits are more pronounced and play a very important role. It is expected to be in good physical condition and to enjoy the remaining leisure time up to the level of physical proficiency. (Katzmarzyk, 2018), Physical fitness leads students to physical, mental and social readiness, promotes emotional, mental and physical maturity and inspires students to learn and practice to achieve the expected learning success.

Fitness plays an important role in daily activities that must be given to a person to support it, fitness and build a core attitude of physical activity to support physical fitness that is more in line with the control of movement performance-oriented activities Primary school students are active in daily life, so the physical condition of primary school students is very beneficial.

2. RESEARCH METHODOLOGY

This journal used the literature review method of research. This article was an academic work written and contains ideas, opinions or facts for publication in a research journal, the writing process of which follows certain composition rules for obtaining academic articles, and the naming is based on the results of a field of research and literature review. Project development ideas or findings. This research method consists of gathering information or sources from journals, specific articles, books, the Internet and literature. Writing with the article review method is in the form of 5M in five steps, which are (1) understanding the main topic related to the purpose of making the product (2) identifying sources to be reviewed (3) analysing and combining the results obtained (4) writing sentences about the results of the notes (5) structuring with correct words.

3. RESULTS AND DISCUSSION

Primary school students are active in everyday life, so the physical condition of primary school students is very beneficial for students. The characteristics of primary school children are a period in which the possibility of achieving excellent growth and development in the future. The importance of good physical growth and development of movement in the growth period of primary school children remains. The importance of fitness for humans because the factor is very supportive of the results of operations that need to be supported. To maintain your fitness, you need to arrange a regular activity pattern so that you can do it

maximum for daily activities. Physical condition is also influenced by two factors, internal and external. An internal factor is something that already exists in the human body and is permanent, such as heredity (genetics), age and gender. While external factors are activity and physical conditions, diet, health status, haemoglobin (Hb) levels, for adequate rest.

This is in line with the opinion of Bigo et al (Febriani & Budiana, 2017), who explains that: Traditional games are based on teamwork, following the rules, building character in honest games, and everything that results from this is also fair play (honest courtesy or good play). These traditional games will be very well taught in English Physical Education in primary schools in the future, because they can develop children's values and character for the better, especially about pupils' cooperation.

This does not affect the implementation of traditional games for pupils' active participation due to different game formats. Objects Another reason for weakening students' active participation is the circumstances under which learning occurs Teachers are not able to master the lesson and the game material is applied in learning, students, if you want, at the time of learning let the teacher you have to explain the material repeatedly learn This is not surprising because the physical education subject teacher is not a linear teacher.

The development of the world of sports and health physical education, especially in learning modern games are very fast and quickly very popular and people in different regions. In physical education at school, teaching materials are usually used directly, without the teacher encouraging it as a form of increasing motivation to learn. As a result, students still don't find it enjoyable to learn, especially if the material is difficult and students don't like it. This affects the students' physical condition and physical condition is important in life to support all daily activities. Without physical fitness, activities will not be optimal.

In addition to teachers, who need to be creative and innovative, it also takes the role of students, who need to play an active role in learning physical education. Physical education is an inseparable part. The purpose of all training is to develop physical fitness and movement skills, critical thinking, social skills, reasoning, emotional stability, moral behaviour, appearance. The implementation of a healthy lifestyle and a clean environment through selected and systematically planned PJOK activities achieves educational goals.

4. CONCLUSION

The characteristics of primary school children are a period in which the possibility of achieving excellent growth and development in the future. The importance of good physical growth and development of movement in the growth period of primary school children remains. The importance of fitness for human beings because the factor is very supportive of the results of operations that need to be supported To maintain your fitness, you need to establish a routine activity pattern so that you can do it maximum for daily activities. This affects the physical condition and condition of the student body is an important thing in life to support all daily activities.

In addition to teachers who need to be creative and innovative, it also takes the role of students who need to play an active role in physical education learning. The purpose of all training is to develop physical fitness and movement skills, critical thinking, social skills, reasoning, emotional stability, moral behaviour, appearance The implementation of a healthy lifestyle and a clean environment through physical education activities that are systematically selected and planned to achieve educational goals.

ACKNOWLEDGEMENT

The author expresses endless praise and gratitude to Allah SWT who has bestowed His grace and mercy by allowing the researcher to complete the journal entitled "Application of Traditional Games to Improve Physical Fitness in Elementary Schools". The preparation of this journal is intended to fulfil one of the requirements for the completion of Fundamentals of Physical Education in Primary Schools in the Primary School Teacher Education (PGSD) programme, Faculty of Teacher Training and Education, Universitas Muhammadiyah Sumatera Utara. In preparing this journal, the author is aware that there are still many shortcomings.

This is due to the limitations of the author's skills, knowledge and experience. Therefore, the author hopes that the readers will provide constructive criticism and suggestions so that the next journal article can be even better. In the process of writing this journal there are also many obstacles, but thanks to the help of guidance and cooperation provided both in skill and material, especially to Mr Ahmad Riady S.Pd, M.Pd as a supervisor who has patiently and firmly taken the time, energy and thoughts to provide guidance, direction and advice that are very valuable to the author in the preparation of this journal. I hope the reader understands this journal article.

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