
Analysis Of Physical Education In Enhancing Children's Motor Skills

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ABSTRACT

Sports education plays a crucial role in enhancing children's motor skills, encompassing both gross and fine motor abilities. Through structured and enjoyable physical activities, sports education helps children develop coordination, balance, muscle strength, and body flexibility. Gross motor skills, such as running, jumping, and playing ball, as well as fine motor skills, like catching small balls or writing, can be improved through appropriate exercises. Beyond physical benefits, sports education also contributes to psychological aspects, including confidence, social skills, and teamwork. Therefore, sports education not only focuses on physical development but also positively impacts children's social and emotional growth. This study aims to analyze how sports education enhances children's motor skills and provides a deeper understanding of the importance of physical activities in children's developmental stages.

Keywords: *Physical Education, Sports, Motor Skills.*



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1. INTRODUCTION

Physical education and sports are essential aspects of the education system, aimed at developing students' physical, mental, and social potential. According to Syafruddin et al. (2022), physical education plays a critical role in shaping students' physical fitness, knowledge, and character. In addition to promoting physical health, physical education also contributes to character building and personality development. One of the most significant benefits of physical education is the enhancement of children's motor skills, which involve the ability to perform well-coordinated body movements. Physical education, as a learning process, is a conscious and planned effort to develop students' potential to achieve physical fitness and character building (such as sportsmanship) through various physical activities (Saitya, 2022).

Kanca (2018) describes physical education as a phase within the overall educational process, utilizing voluntary physical movements that directly influence mental, emotional, and social development. Motor skills are divided into two main categories: gross motor skills and fine motor skills, both of which play critical roles in children's daily lives.

Gross motor skills include abilities involving large body movements, such as running, jumping, climbing, and throwing. On the other hand, fine motor skills relate to activities requiring precision and coordination of smaller movements, such as drawing, writing, or manipulating small objects. These motor skills affect not only children's physical performance but also their cognitive, social, and emotional development.

Physical education in schools is designed to help children develop motor skills through various physical activities and sports games. Mashud (2015) emphasizes that physical education, sports, and health involve physical, mental, intellectual, emotional, and social elements. Through such activities, children can strengthen both large and small muscle groups, practice balance, coordination, and agility, and, in turn, improve their overall motor skills.

In other words, physical education provides opportunities for children to refine their motor skills in

diverse physical conditions and environments. Physical education and sports play a vital role in developing children's motor skills, which serve as a foundation for more complex physical abilities essential in daily life. Through a variety of physical activities conducted both indoors and outdoors, children not only gain physical benefits but also strengthen fundamental motor skills. These motor skills are divided into two primary categories—gross motor skills and fine motor skills—which are interconnected and mutually supportive in fostering children's holistic development.

2. DISCUSSION

Physical education and sports play a vital role in improving children's motor skills. Motor skills involve abilities related to body movements, encompassing both gross motor skills, such as running and jumping, and fine motor skills, such as writing or drawing. Physical education provides opportunities for children to develop these skills through structured and enjoyable physical activities.

Through sports activities, children can practice coordination, balance, muscle strength, and body flexibility—all of which are essential for motor development. Gross motor skills are enhanced through activities like running, jumping, or playing ball games, while fine motor skills improve through precise movements, such as catching small balls or performing gymnastics.

In addition to physical benefits, physical education also offers psychological advantages, such as boosting children's confidence and their ability to work collaboratively in groups. With the support of teachers who provide appropriate challenges, positive feedback, and varied activities, physical education can help children optimize their motor skill development.

Overall, physical education significantly contributes to building a strong physical and motor foundation for children, which not only benefits their physical growth but also supports balanced social and emotional development.

3. RESEARCH METHODOLOGY

This research employs a library research methodology, making literature review the primary method used. The specific characteristics that form the foundation of this research approach include: directly engaging with data or texts rather than events or eyewitness reports, relying exclusively on pre-existing sources available in libraries or precompiled data, and using secondary data (Snyder, 2019). The process involves reviewing literature and analyzing relevant topics. Library searches utilize various sources such as journals, books, dictionaries, documents, magazines, and others. Presenting new theories using appropriate data collection techniques is a key aspect of literature review.

The data collection technique in this study relies on secondary data, which involves indirect examination of the relevant subject. Secondary data is used in the context of applying Pancasila values to enhance student character. After gathering several journals related to implementing Pancasila values to build student character, the data is analyzed using qualitative descriptive methods through a literature study. The analysis yields descriptive data in the form of written sentences and observed behaviors from previous research.

Referring to the stages outlined by Miles & Huberman (2014), the process involves several steps, including:

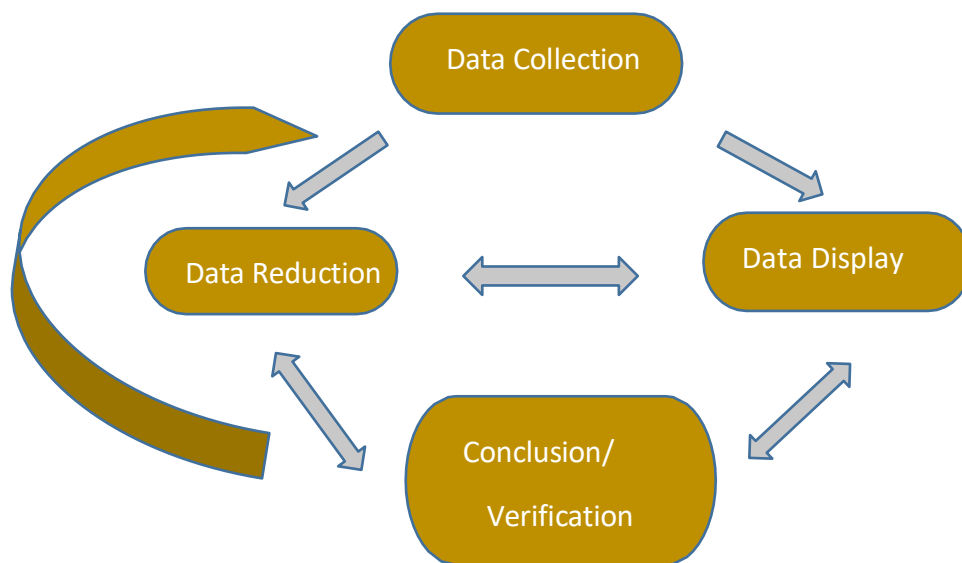


Figure 1. Data Analysis Interactive Model Pipeline

No	Stages	Description
1	Data Collection	It is the process of data collection in the field from the review process of journals on the implementation of Pancasila values in efforts to build student character, which is implemented into journals to obtain the information needed for research purposes.
2	Data Reduction	This is the technical process of analyzing data by exploring, classifying, and directing, separating unnecessary data so that a final conclusion can be drawn and verified. It involves classifying journals and articles related to the introduction of Pancasila values in efforts to build student character, as implemented in the journals.
3	Data Display	It is very useful to review patterns for research and draw conclusions and actions from the data that are possible. Secondary data in the form of journals and articles on the implementation of Pancasila values in efforts to build student character, as implemented in the journals, is recorded, resulting in several general conclusions from the journals and articles about the implementation of Pancasila values in efforts to build student character.
4	Conclusion Drawing/Verification	Errors are actions of drawing conclusions from findings that have never been made before. The analysis is conducted by generating general conclusions that lead to specific conclusions, thus finding new insights about the implementation of Pancasila values in efforts to build student character.

4. RESULTS AND DISCUSSION

4.1 Physical Education as a Means of Developing Motor Skills

Basically, physical education offers a wide range of activities that can stimulate the development of motor skills. According to Mayar (2013), motor development refers to physical development from the time a child is born. Meanwhile, Fitriani & Adawiyah (2018) state that motor development refers to coordinated physical movements, requiring proper stimulation for the child's growth. Various activities in physical education, such as ball games, running, jumping, gymnastics, or extracurricular activities involving specific sports, are aimed at developing both gross and fine motor skills in children. Each type of physical activity provides an opportunity to train different aspects of motor skills that children need for optimal growth and development.

1. Gross Motor Skills

Gross motor skills involve the ability to control large body movements. According to Thosin Waskita et al. (2022), gross motor skills are abilities children develop to control large body movements related to the motor centers in the brain. In physical education, gross motor skills are often trained through games or sports that involve large body movements, such as running, jumping, throwing, or catching a ball. For example, in basketball, children not only learn how to shoot the ball into the hoop, but also practice body balance, agility in movement, and coordination between eyes and hands. Similarly, sports like football, volleyball, and athletics teach children to move quickly, position their bodies, and adjust their movement speeds based on the needs of the game.

Gross motor skills refer to the body's ability to perform large movements involving large muscles, such as running, jumping, climbing, or spinning. This development occurs in children as they engage in play or attempt to reach something by moving their bodies (Sulistyo et al., 2021). In physical education, gross motor skills are the most commonly trained because sports often involve skills that rely on large body movements. Children learn to control and coordinate their bodies in ways that enhance strength, agility, balance, and stamina.

a. Moving with Agility and Speed

Sports like football, basketball, and volleyball require movements that prioritize agility and speed. In these activities, children learn to move quickly and accurately, adjusting their body positions to catch or throw a ball, and changing direction swiftly. Through training in physical education, they develop the ability to run at high speeds while maintaining balance, and adjust their movements to dynamic situations. Agility is not only necessary in sports but also beneficial in daily life, such as when children must move quickly to avoid danger or while interacting in social settings.

b. Coordination and Balance

Physical activities taught in physical education, such as balance exercises or gymnastics, help train coordination between large and small muscles while maintaining body balance. Coordination is the ability to move multiple body parts simultaneously, for example, when a child runs and kicks a ball, or jumps and lands perfectly. Balance is also crucial in many sports, such as gymnastics or ballet, where children must maintain a stable body position even while moving. Physical education can help children develop their balance and body coordination through various challenging games and exercises. For instance, in basketball, in addition to agility, children also train eye-hand coordination and position their bodies well when jumping to catch or throw the ball into the hoop.

c. Strength and Physical Endurance

Muscle strength and endurance are important aspects of gross motor development. Sports that involve muscle-strengthening exercises, such as running, weightlifting, or gymnastics, help strengthen large muscles, like those in the legs, back, and abdomen. Physical endurance developed through regular exercise also allows children to withstand fatigue and engage in physical activities for longer periods without becoming easily tired. This endurance is particularly useful for supporting daily activities and helping children maintain higher energy levels throughout the day.

2. Fine Motor Skills

Fine motor skills involve the ability to control small, detailed movements, particularly those made by the hands and fingers. According to Yanti & Fridalni (2020), fine motor skills in preschool children must be stimulated through continuous, targeted training. Through physical education designed to improve physical fitness, fine motor skills, knowledge, and healthy active living behaviors, children also develop a sporting attitude and emotional intelligence (Prasetyo et al., 2019). Activities that can develop fine motor skills in physical education include games that involve manipulating small objects, such as small balls, hula hoops, or even musical instruments that require precise hand movements. Additionally, activities like writing, drawing, or balancing objects also involve fine motor skills that can be trained in the context of physical education, even though these activities may also support other skills that complement fine motor skills.

Physical education also serves as a means of enhancing children's self-confidence. When children master new skills or achieve success in sports, they feel more confident and motivated to keep learning. Furthermore, sports provide children with an opportunity to release stress and emotional tension, which is crucial in supporting their psychological well-being.

4.2 Challenges in Enhancing Children's Motor Skills through Physical Education

Despite its numerous benefits, physical education faces several challenges in enhancing children's motor skills. One main challenge is the limited availability of adequate sports facilities in many schools, especially in underdeveloped areas. Schools lacking proper sports facilities may struggle to provide activities that optimize children's motor skill development.

In addition, many educators still lack an understanding of the importance of motor skill development through sports. Often, educators focus more on academic achievement and neglect the importance of physical development in children's growth. This can lead to insufficient time allocated for sports activities in schools, which ultimately affects students' motor skills. Another factor affecting motor skill development is the home and family environment. Children who do not receive support from their parents in terms of physical activity or who live in environments that do not encourage sports may face challenges in developing their motor skills.

Physical education plays a critical role in improving children's motor skills. Through various physical activities in physical education, children can develop both gross and fine motor skills, which positively impact their physical, cognitive, social, and emotional development. Therefore, it is essential for all stakeholders—educators, parents, and the government—to give serious attention to physical education as a means to improve children's quality of life and development.

Efforts to nurture and develop the character of the younger generation to have good, excellent, and noble character should be done through physical education, as it plays an important role in human potential development, including mental potential (Rachmawati et al., 2020). By providing adequate facilities, improving educators' understanding, and encouraging active participation from parents, we can help children grow into healthy, intelligent, and well-rounded individuals.

5. CONCLUSION

Physical education offers valuable opportunities for children to develop their motor skills, both gross and fine motor skills. Through a variety of fun and challenging physical activities, children learn to coordinate their body movements, control their physical strength, and refine their hand-eye precision. The motor skills acquired from physical education not only support children's physical health but also have a significant impact on their cognitive, social, and emotional development. Therefore, it is crucial for educators, parents, and the community to support physical education as an effective means of developing children's motor skills, which, in turn, will enhance their overall quality of life.

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