



**Development of Animal Thematic "Si Buyung" Gymnastics**

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**Info Artikel**

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**Keywords:**

Gymnastics, physical-motor activity, learning.

**Abstrak**

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The aims of this study were 1) produce physical-motor activity media products in the form of animal thematic "si buyung" gymnastics, 2) find out the implementation of physical-motor activity media in the form of animal thematic "si buyung" gymnastics in learning. The research method uses the ADDIE research development (R and D) approach. The research population of early childhood education students in Palembang City. The sample is 30 students with a purposive sample. The criteria are as follows 1) is a tri dharma partner school of higher education with Bina Darma University, 2) 4-6 years old. The research instrument uses a questionnaire. Data analysis techniques using quantitative analysis. The results of the study were: 1) physical-motor activity media products in the form of animal thematic "si buyung" gymnastics, 2) physical-motor activity media products show "appropriate use" with a percentage of 71%, but in practice they still need parental and teacher guidance and assistance.

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**INTRODUCTION**

Early childhood education is education that is organized as an effort to help lay the foundation for development in all aspects before entering school. Early age is a sensitive age to receive stimulation and is very decisive for the development of children in the next period. Regulation of the Minister of National Education Number 58 of 2009 explains that

early childhood education is guidance aimed at children from birth to the age of six which is carried out through the provision of educational stimuli to help physical and spiritual growth and development so that children have readiness to enter further education.

The development of physical and sports activities for early childhood has characteristics, namely 1) providing various experiences of motion (multilateral training) in

the form of games and competitions, 2) stimulating the development of all the five senses, 3) developing imagination/fantasy, and 4) moving with rhythm/song or story (Paiman. (2009)). The development of various structured physical activity programs in schools has been implemented as an example 1) The United States of America has developed structured and planned class-based physical activities for children of this age by utilizing breaks in class, the results are effective for use (Danielle D Wadsworth, 2012), 2) America The United States also develops systematically integrated physical activity into learning as an effort to prevent child obesity and encourages teachers to have confidence in carrying out classroom practices to support children's physical activity, the results are statistically significant (2014), 3) even in the United States they also use physical activity to improve reading skills in preschool children, the results are also significant (Stacie M. Kirk, 2014).

Physical activity in the form of gymnastics for young children is given as a stimulus to help physical and spiritual growth and development. Physical activity is a term used to describe the movement of the human body as a result of the work of skeletal muscles. Children who tend to have low basic movement activity will usually have an impact on motor skills, so it can be said that children with low

basic movement activity abilities will also produce low motor skills. Likewise, if a child has good physical motor skills, then he is supported by good basic motor activity stimulation by fulfilling the need for physical activity (short and separate active play) for at least 60 minutes every day. Si Buyung gymnastics is a gymnastic developed with a combination of stories, music and movement. The hope is as an alternative stimulus program to improve social skills and basic movements. Based on observations, it is necessary to develop media for physical-motor activities in the form of animal thematic water jug exercises.

#### METHODS

The research method used is development research with the ADDIE approach. In detail as follows 1) Analysis, 2) Design, 3) Development, 4) Implement, 5) Evaluation. The research population of early childhood education students in Palembang City. The sample is 30 students with a purposive sample. The criteria are as follows 1) is a tri dharma partner school of higher education with Universitas Bina Darma, 2) 4-6 years old. The research instrument uses a questionnaire. Data analysis techniques used quantitative analysis using a Likert scale (1-4 intervals) as shown in the following table 1:

Table 1. Assessment Score Scale

Score	Criteria
4	Strongly agree
3	Agree
2	Don't agree
1	Strongly Disagree





