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Keterampilan Kids Athletics Siswa UPTD SD Negeri 164 Barru Kecamatan Pujananting Kabupaten Barru

Kids Athletics Skills Of UPTD SD Negeri 164 Barru Students Pujananting Subdistrict Barru District

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Abstract. This research is a descriptive study involving one variable but consisting of four routes of kids athletics test stations. The research method used was a survey using kanga escape skill tests, turbo throwing, frog jumping and formula 1. This study aims to find out the athletic skills of fifth grade students at UPTD SD Negeri 164 Barru. With the research results for the kanga escape test with a minimum student ability of 3.09 seconds and a maximum of 3.66 seconds with an average amount of time used of 3.3442 seconds. The range is 0.57, the variance is 0.033 and the standard deviation is 0.18233. For turbo throwing with a minimum student ability of 17 meters and a maximum of 25 meters with an average number of jump distances of 20.4083. The range is 8.00, the variance is 5.781 and the standard deviation is 2.40434. For frog jumps with a minimum student ability of 16.90 meters and a maximum of 24.61 meters with an average number of jump distances made by students of 20.740. Range of 7.71, the variance is 5.533 and the standard deviation is 2.35229. For the formula 1 test, the minimum student ability is 53.40 seconds and the maximum is 70.20 seconds with an average total travel time of 54.292. The range is 70.20, the variance is 317.965 and the standard deviation is 17.83158. Based on the results of the research that has been done, it is concluded that the Kids skills of UPTD SD Negeri 164 Barru students are in the pretty good category.

Keywords: Athletic Kids Skills.

1 Introduction

Kid's athletics is a special athletic sport for children that is done individually or in groups in the form of a race so that it trains children to compete in fun games (Calik, 2018). The equipment used in kid's athletics is not like in adult athletics but is tailored to the characteristics and development of children, so that children find it easier to do every movement contained in

basic athletic movements such as relay bracelets, children's javelins (turbo), goals, cones. Kid's Athletics is an athletic sport that is specialized for physical education for elementary school children (Sutriawan, 2023). This type of sport was first introduced by the IAAF (International Association of Athletics Federation) and then spread to elementary schools through education and training by the Development Center. Student Athletics (PPAP). As the mother of all sports, it is in place for athletics to be a compulsory sport for elementary school students (Suhartono, 2016).

The lack of understanding of students' Kids Athletics skills makes students unable to perform athletic kids movements properly, the lack of creativity of PJOK teachers in modifying various athletic equipment, so that kids athletics games are rarely done as an additional game after doing sports lessons (Rizki, 2021). Based on the identification of problems, this research is limited according to the author's ability and the limited cost, energy and time of research, as well as the distance between schools that are very far apart and the difficulty of the terrain that will be taken to go to the school where the research center is located, so the authors will only discuss Kids athletics skills at UPTD SD Negeri 164 Barru in Pujananting sub-district, Barru Regency (Sari, 2013).

Kids athletics provides excitement, exercises, new events, and diverse movements that require mastery and cohesiveness in a team at each different post in the competition arena (Belal, 2020). Furthermore, this event provides space for large numbers of students simultaneously to participate in it by using a period of time that can be calculated with basic movements in Kids athletics such as running, endurance running, jumping, and throwing so that they can be carried out and trained in a series of plays (Rumini, 2014).

The weaknesses of students in doing Kids athletics include students still not being able to throw the turbo far and even the turbo floats to the side, the turbo throw does not form a good angle so that the turbo is not far away. When students do running movements over obstacles students still hit obstacle poles, when students do rolling movements on the mat then students need some pause time to be able to continue running movements. When students do the movement of jumping over obstacles, students still often drop obstacles because their feet are involved in obstacles. Overall, students' Kids athletics skills are still lacking with the time used to pass all the obstacles in the Kids athletics game still very long with a record time above 4 minutes for each obstacle in the Kids athletics section (Saniyah, 2019).

2 Method

This research is quantitative descriptive research, data collection using research instruments, data analysis is quantitative / statistical, with the aim of testing predetermined hypotheses. This quantitative approach is used by researchers to measure the skills of Kids athletics students at UPTD SD Negeri 164 Barru.

The population in this study were all students of SD Negeri 164 Barru with a total of 76 . The sample in this study were grade V students with a total of 12 students. The instruments in this study consisted of the following test organizers (Nawir et al., 2023)

1. Kanga's Escape (Sprint/Goal)

Sprint/goal is a back and forth relay with a combination of sprints and goals. There are two tracks per team, one with a goal and one without. How to play with two people in the team

standing on one side and the other two standing on the other side. The first participant starts with a standing start and runs 40 meters without a goal. At the end of the run, they give the relay bracelet (the bracelet is given behind the flag) to the second participant who continues to run through the goal. The second participant also starts by standing and running through the goal until the end of the track and then giving the relay bracelet to the third participant. The third participant runs without a goal and then gives it to the fourth participant and so on until all participants run without a goal and with a goal.

2. Forward Squat Jumps/Frog Jump (Frog Jump)

Frog Jump is a long jump from a standing position then squatting and jumping with two feet as far as possible, landing on two feet. The procedure is that a participant from the starting line jumps the frog three times in a row with a pedestal and lands on two feet. The official gives a mark on the part closest to the starting line. If the participant falls backwards then the sign is with the hand that is close to the starting line. The competition is considered complete after the team member jumps and lands and is marked on the landing. This movement is done twice, and the best result is taken. Judging is done by the sum of the distances achieved by the four team members and the results are recorded. The equipment used includes: 1 meter, marking device, 1 race card. Frog Jump movement functions to train leg muscle strength. The success of frog jumping is at the level of the child's leg muscle strength, the more often the child practices jumping, the better the jumping results.

3. Kids' Javelin Throw/Turbo Throwing

Turbo throwing is throwing using one hand to reach a certain distance with a child's javelin. The procedure for throwing a child's javelin begins with a five-meter prefix, after making a short prefix the participant throws the child's javelin towards the throwing lane with the throwing line limited. Each participant makes two throws. Only officers are allowed in the throwing landing area, because the safety factor is quite vulnerable. The method of assessment is that each throw is measured by giving a mark drawn 90 degrees towards the throwing line boundary and recorded per 25 cm interval, if the javelin falls between the middle of the 25 cm line it is rounded up. The sum of the best distance of the two throws of each team is the result of the team's achievement. The equipment used includes; 2 children's javelins (Turbo Javelins), calibrated measuring lines with meters, race cards. The movement in the Turbo Throw is a throwing number that has a prefix and requires coordination of throwing movements carried out while running at optimal speed. So to produce a maximum throw requires maximum throwing strength, movement speed, and coordination of advanced movements.

4. Formula 1 (Sprint, Wicket and Slalom)

Judging is done by looking at the time recorded by each team. The equipment used includes: 9 hurdles, 10 slalom sticks or poles (1 meter apart each pole), 3 mats, approximately 30 cones or signs, 1 stopwatch, 1 race card. The movements in Formula 1 are a series of movements that require strength, agility to pass obstacles either jumping or slalom and cardiorespiratory endurance (Hindriani et al., 2018).

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3 Result

In this study, the entire series of research will be analyzed and discussed to be able to conclude the results of this study which consists of the Kids skills test for elementary school age students. To answer the problems and to achieve the objectives and to test the research hypothesis, all the data were processed using the Statistical Package For The Social Sciences Version 22 test.

Tabel 1. Descriptive Analysis of Kids Skills of UPTD SD Negeri 164 Barru Students.

Descriptive Statistics								
	N	Range	Minimum	Maximum	Sum	Mean	Std. Deviation	Variance
Kanga Escape	12	.57	3.09	3.66	40.13	3.3442	.18233	.033
Turbo Throw	12	8.00	17.00	25.00	244.90	20.4083	2.40434	5.781
Jumping frog	12	7.71	16.90	24.61	248.88	20.7400	2.35229	5.533
Formula 1	12	70.20	.00	70.20	651.51	54.2925	17.83158	317.965

Based on table 4.1. the results of Kids skills of 12 sample students of UPTD SD Negeri 164 Barru then obtained data that:

1. For the kanga escape test with a minimum student ability of 3.09 seconds and a maximum of 3.66 seconds with an average amount of time used of 3.3442 seconds. Range of 0.57, variance of 0.033 and standard deviation of 0.18233.
2. For turbo throwing with a minimum student ability of 17 meters and a maximum of 25 meters with an average jump distance of 20.4083. Range of 8.00, variance of 5.781 and standard deviation of 2.40434.
3. For frog jumping with a minimum student ability of 16.90 meters and a maximum of 24.61 meters with an average jumping distance of 20.740. Range of 7.71. variance of 5.533 and standard deviation of 2.35229.
4. For the formula 1 test, the minimum ability of students is 53.40 seconds and the maximum is 70.20 seconds with an average amount of travel time used of 54.292. Range of 70.20, variance of 317.965 and standard deviation of 17.83158.

The criteria for students' Kids test results obtained data that for the very poor category with a range of time > 3.0707 out of 12 students as many as 0 students with a percentage of 0%. The category is less with a time range between 3.0708 > 3.2530 as many as 4 students with a percentage of 33.33%. The category is quite good with a time range between 3.2531 > 3.3442 as many as 4 students with a percentage of 33.33%. The good category with a time range between 3.3442 > 3.4354 as many as 4 students with a percentage of 33.33%. The category is very good with a time range of > 3.6177 as many as 0 students with a percentage of 0%.

The criteria for the results of the Kids athletics turbo throw test obtained data that for the category is very less with a distance range < 16.8018 from 12 students as many as 4 students with a percentage of 33.33%. The category is less with a distance range between 16.8018 > 19.2061 as many as 2 students with a percentage of 16.66%. The category is quite good with a

distance range between 19.2061 > 20.4083 as many as 6 students with a percentage of 50%. The good category with a distance range between 20.4083 > 21.6105 as many as 0 students with a percentage of 0%. The category is very good with a distance range of > 24.0148 as many as 0 students with a percentage of 0%.

The criteria for the results of the Kids athletics frog jump test obtained data that for the category is very less with a distance range < 17.2116 from 12 students as many as 2 students with a percentage of 16.66%. The category is less with a distance range between 17.2116 > 19.5639 as many as 4 students with a percentage of 33.33%. The category is quite good with a range between 19.5639 > 20.7400 as many as 6 students with a percentage of 50%. The good category with a distance range between 20.7400 > 21.9161 as many as 0 students with a percentage of 0%. The category is very good with a distance range of > 24.2684 as many as 0 students with a percentage of 0%.

The criteria for the results of the Kids athletics formula 1 test obtained data that for the category very less with a range < 27.5451 of 12 students as many as 3 students with a percentage of 25%. The category is less with a time range of 27.5451 > 45.3767 as many as 4 students with a percentage of 33.33%. The category is quite good with a time range between 45.3767 > 54.2925 as many as 5 students with a percentage of 41.6%. The good category with a time range between 54.2925 > 63.2083 was 0 students with a percentage of 0%. Very good category with a time range of > 81.0399 as many as 0 students with a percentage of 0%.

4 Discussion

Ability is the body's ability both in the form of intellectual and physical to perform an action obtained through training or genetics. Ability is important in the sports learning process because it supports the formation of achievements in various sports (Petros, 2016). One of the sports that is the parent of all sports is athletics. Kids athletics is a special athletic sport for children that is carried out individually or in groups in the form of competitions so as to train children to compete in fun games. The equipment used in Kids athletics is not like in adult athletics but is tailored to the characteristics and development of children, so that children find it easier to do every movement contained in basic athletic movements such as running, jumping, jumping and throwing (Gorana, 2020).

Based on the results of the research, the ability of Kids athletics class V UPTD SD Negeri 164 Barru students is mostly in the good enough category. From the research results above, it is known that the ability of Kids athletics class V UPTD SD Negeri 164 Barru students is mostly in the less category. This is because test material such as Kids athletics is still rarely given by PE teachers at the school. However, students at UPTD SD Negeri 164 Barru have basic movement skills such as; running, jumping, jumping and throwing which actually have good potential abilities. After I asked the students, it turned out that there were some students who often practiced running in the field every time they were going to play soccer and often walked to school so they had a good physique but because of the lack of training with stations or routes such as formula 1, it made it difficult for students to adapt. In addition, many students often play traditional games that have elements of basic athletic movements, such as ganepo games, hide and seek games, jumping rope and so on. But with the fact that they often do movement activities, especially schools that are in a geographical situation in the mountains, students certainly often do movement activities.

As for the results of the student ability test, it is most prominent in running numbers, this is because running is the easiest number to learn and almost all children must be able to run. Thus these results can be used as material by PE teachers to consider and optimize student abilities on prominent numbers and improve abilities on numbers that are still less prominent.

Furthermore, the results of the implementation of the Kids athletics ability test of class V UPTD SD Negeri 164 Barru students are expected to provide encouragement and an overview to the PE teacher in choosing which students are eligible to be sent or included in the district level championship in the athletics branch. The goal is with a play approach so that children will be happy and not feel any significant difficulties in doing so (halaweh, 2021). "In Kids athletics, athletic sports are made easier to do because they contain a lot of games and are competed in team numbers so that they do not cause boredom. In addition, there is also no differentiation between male and female categories, so that all have the same conditions in carrying it out. This is different from real athletics, where each number to be studied has different provisions between boys and girls (Suhartono, 2016).

Every student has a different personality, physically, mentally and skill-wise. Skills can be understood and practiced in a long time or in a short time. This proves that students' talents vary. The better the talent in a particular skill, the easier it is for students to master a skill (Baskaya, 2023). This is what makes students categorized as good at doing kanga escape but lacking in doing turbo throwing and frog jumping and good at doing formula 1. This is because in the Kids athletics game all motion components have their respective roles. There are students whose dominant lower muscle members are strong and have the maximum ability to perform movements but the upper muscles are weak so that in doing Kids athletics activities does not guarantee the stable ability of each child. The ability in each test route in Kids athletics changes according to the ability of the student's muscle fibers to perform motion activities (Go, 2015).

5 Conclusion

Kids skills of UPTD SD Negeri 164 Barru students are in the good enough category.

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