



## **Implementation of Traditional Fort Games as a Means of Developing Motor Skills in Elementary School Children**

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**Abstract:** Motor development is an important aspect in the growth and development of elementary school age children. Physical education (PE) learning has a significant role in supporting students' motor development through structured and planned physical activity. The aim of this research is to examine the role of physical education learning on the motor development of elementary school students and identify effective learning strategies. The method used is a literature review approach by collecting and analyzing data from various relevant literature sources using content analysis techniques. The research results show that elementary school students' motor development can be maximized by maximizing student participation in physical education subjects that prioritize physical activity and healthy living training. The use of a commando teaching style in learning the game of rounders is also effective for developing students' basic motor skills. Physical education learning that involves physical activity and games can create a pleasant learning atmosphere, increase students' motivation and interest in learning, and provide benefits for health and social-emotional development. Therefore, in conclusion, effective physical education learning and paying attention to students' motoric development is very important to support optimal growth and development of elementary school students. Therefore, physical education teachers must design learning that suits the characteristics and needs of students' motor development, and use appropriate learning strategies to optimize their motor potential.

**Keywords:** Traditional Fort Games; Basic Motor Skills

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### **INTRODUCTION**

Motor development is one of the important aspects in children's growth and development, especially at primary school age. Motor development refers to changes in an individual's movement abilities from the infant to adult phase involving various aspects of behavior and movement abilities (Ningsih, 2015). At primary school age, children experience rapid motor development, both in gross and fine motor skills. Gross motor skills involve large muscle activities, such as walking, running, jumping, and throwing, while fine motor skills involve coordination of small muscles, such as writing, drawing, and cutting (Saripudin, 2019). Optimal motor development is very important for primary school-aged children as it affects various aspects of their lives, such as learning ability, social interaction, and independence in daily activities (Gallahue, 2010). Therefore, proper stimulation is needed to support the motor development of primary school-age children.

Physical education (PE) learning has a significant role in supporting the motor development of primary school students (Sari et al., 2024). Physical education is an important part of education as a whole. It aims to achieve national education goals to improve physical skills, movement skills, critical thinking skills, social skills, reasoning skills, emotional stability, moral actions, healthy lifestyles, and clean environmental awareness through special programs of sports, exercise, and health activities. (Rismayanthi, 2011). Through PE learning, elementary school students are provided with a variety of movement experiences that are beneficial for optimizing their motor development. Structured and planned physical activities in PE learning can improve students' gross and fine motor abilities, and develop basic movement skills needed in various daily life activities (Sepriadi, 2023). In addition, PE learning also provides opportunities for students to engage in fun physical activities, increase their motivation to move actively, and promote healthy lifestyles from an early age (Ardianto & Mustafa, 2021). Thus, PE learning has a vital contribution in supporting the optimal motor development of primary school students.

## METHOD

In this research, a literature review approach will be used. The instrument used in this research is a table of relevant research results to collect and analyze data from various relevant literature sources, such as journals on Google Scholar. The characteristics of the sample in this research are studies or literature that discuss the role of physical education (PE) learning on the motor development of elementary school students, factors that influence the motor development of elementary school children, and effective PE learning strategies to optimize students' motor development. The data analysis technique used is content analysis by coding and categorizing the data obtained from relevant literature. Content analysis was conducted to identify, extract and synthesize important information related to the role of PE learning in supporting the motor development of primary school students.

## RESULT AND DISCUSSION

### Result

Tabel 1. Hasil Penelitian yang relevan

Name	Year	Title	Method	Resul
1 Oktafian a Kiranida	2019	Maximizing the Motor Development of Elementary School Students Through Physical Education Lessons"	The method used uses the adapted Basic Emphaty Scale (BES), the scale used in the study uses a Likert scale model 1- 5 with statements "Strongly Disagree" to "Strongly Agree". Research data processing according to Arikunto (2014: 54) data processing is changing data into	"The results of the study explain that the motor skills of elementary school students can be maximally developed by maximizing student participation in physical education subjects that prioritize physical activity and foster healthy living for physical, mental, social and emotional growth and development that is harmonious, harmonious and balanced with everyday life, in addition to motor development can be

			more meaningful data.	maximized by actively including students in physical education lessons elementary school students can also learn while having fun through channeling their desire to move..”	
2	Ilham Surya Fallo, Ardiman syah, Netta Hidayati	2020	Learning Dimensions of a Motor Development-Based Baseball Game Motor Development with Teaching Style Command in Elementary School Students”	This research is a descriptive study that aims to provide an overview and education to PJK teachers in the learning process of physical education sports health in elementary schools. This article discusses the importance of paying attention to students' motor development and the use of command teaching style in learning baseball games	The results of the discussion show that in learning the game of baseball, teachers must pay attention to the overall motor development of students by using a command teaching style. The command teaching style can be used to create learning activities from simple to difficult, from individual to group, which is done with fun instructions in the form of simple games. This will have a positive impact on children's motor skills such as throwing, catching and right-left hand coordination. The basic motor skills acquired will be automatic and useful when taking part in learning other sports at the next school level. The end result is to keep children healthy, avoid obesity and negative behaviors, and prepare them to compete at national and international levels

## Discussion

The results of research conducted by Kiranida (2019) explain that the motor development of elementary school students can be maximized by maximizing student participation in physical and health education (penjaskes) subjects that prioritize physical activity and foster healthy living. This is in line with the theory of motor development put forward by Gallahue (2010) which states that motor development is a change in the ability to move from infancy to adulthood which involves various aspects of behavior and movement abilities. Motor development is strongly influenced by the brain organ, where the brain regulates every movement made by the child. The more mature the development of the brain's nervous system that regulates muscles, the better the child's motor skills (Hidayanti, 2013).

In addition to maximizing students' motor development, students' participation in physical education subjects can also provide other benefits for elementary school students. According to Kiranida (2019), through PE lessons, primary school students can learn while having fun through channeling their desire to move. This is in accordance with the characteristics of elementary school students who still like to play and move actively. The theory proposed by Piaget (in Santrock, 2002) explains that elementary school-age children are at the concrete operational stage, where children begin to think logically about concrete events and classify objects into different forms. At this stage, children also enjoy playing and engaging in physical activities. Therefore, by including students in PE lessons that involve physical activity and games, students can learn while having fun and channeling their desire to move. This can create an enjoyable learning atmosphere for students, thus increasing their motivation and interest in learning (Ruhimat, 2010).

The results of Fallo et al.'s research (2020) show that in learning the game of baseball, teachers must pay attention to the overall motor development of students by using a command teaching style. This is in line with the theory proposed by Mosston and Ashworth (1986) on the spectrum of teaching styles, where the command teaching style is one of the teacher-centered teaching styles and aims to develop students' motor skills. In a command teaching style, the teacher gives direct instructions to students about what to do and how to do it. This teaching style is suitable for learning the game of baseball because it can help students to understand and perform basic movements in the game of baseball, such as throwing, catching, and running (Fallo, 2020).

Learning the game of baseball with a command teaching style benefits students' motor skills. It also benefits other aspects of their development (Bagiyo, 2014). The basic motor skills acquired through learning the game of baseball, such as throwing, catching, and right-left hand coordination, will be automatic and useful when participating in learning other sports at the next school level. This is in accordance with the theory of skill transfer proposed by Magill (2010), where previously learned motor skills can be transferred or applied to new situations or tasks. In addition, learning the game of baseball can also keep children healthy, avoid obesity, and negative behavior.

## **CONCLUSION**

Physical education (PE) learning has a significant role in supporting the motor development of primary school students. Through structured and planned physical activities in PE learning, students' gross and fine motor abilities can be improved, and basic movement skills needed in various daily life activities can be developed. The use of command teaching style in learning the game of baseball can help students understand and perform basic movements, as well as have a positive impact on other aspects of student development, such as maintaining health, avoiding obesity, and negative behaviors. Thus, effective PE learning that pays attention to students' motor development is essential to support the optimal growth and development of primary school students.

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### **CONFLICT OF INTEREST**

Clearly explain whether there are any conflicts of interest related to the reported research.

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