Proceeding

INTERNATIONAL CONFERENCE ON SPORT
GOR UNY, Saturday, 12th DECEMBER 2009

Theme
The Development Of Sport Culture To be Indonesian Civilization
GYMNASTICS IN PHYSICAL EDUCATION
FOR KINDERGARTEN

By:
F. Suharjana
Yogyakarta State University

ABSTRACT
Physical potential building in the early stage through formal education is in kindergarten. Gymnastics in physical education is eminently needed for assisting child growth and development since in the early age. Implementing gymnastics is a suitable physical activity consigned through physical education in school, because if it is properly conducted, it will benefit for: rectifying improper behavior and movement; assembling behavior and movement, establishing physical condition, providing stimulus to body development, persisting and increasing child’s physical level of freshness as well. Gymnastics for kindergarten student is named as gymnastics for junior, in which the activity is indeed compatible with them through imitating various living or non-living things which are constructed in an interesting fiction story, intervening with the kid songs. The development of kid’s gymnastics capability is given more emphasized to develop physical competence substance multilaterally and dominant basic skill through game, although it is very simple. Gymnastics cadence term in sport education nowadays is changed into rhythmical activity, in which the movement provides more chance to the kid to express their own competence through appropriate movement for the rhythmical configuration.

Key words: gymnastics, gymnastics for junior, physical education.

INTRODUCTION
Physical education for the kindergarten student is the beginning of an effort of building and development kid’s physical potential systematically and regulated nicely for an effort to achieve the idea of strong and healthy human’s building altogether. Therefore the building and development kid’s physical potential implemented since in the early age will provide sturdy foundation for the exertion human’s building altogether and qualified.

Implementation of physical education for kindergarten students is sometimes disregarded, consequently we loose a chance to educate and develop them, moreover in the age of kindergarten which becomes the foundation for their next growths.
The opportunity of playing through physical education for kids is predominant need, because in accord with their character, kids like playing. They like releasing their freedom for moving. Though playing, kids are prepared to face real life and to teach them reality of life (Rusli Lutan, 2001: 17).

Gymnastics is body movement or physical activity which is effective to optimize kid’s development and growth. Gymnastics movements is eminently in line to fill physical education program. Its movements stimulate the growth of physical freshness component, such as power, flex of muscle, agility, balance, speed, and muscle endurance for the whole body. those all must be developed and built since the age of kid.

Gymnastic in physical education for kindergarten student presented in the form of playing. In line with characteristic of kindergarten student that they like playing, therefore presentation of teaching material must be implemented through playing either.

**DISCUSSION**

**Meaning of Gymnastics**

Gymnastics means a physical activity with specific characteristic, and from this characteristic a training can be stated as gymnastics or not gymnastics. Imam Hidayat (1982: 2) quotes that gymnastics characteristics are:

1. their movements are made or created deliberately.
2. their movements must always be useful for the goal achievements, such as:
   - increasing flex of muscle, improving behavior and body movement, increasing skill,
   - improving the beauty of movement, and increasing health.
3. their movements must always be ordered systematically.

Based on those characteristics, it can be delimitated, that: gymnastics is a body exercise which is chosen and created deliberately and with a plan, ordered systematically to form and develop affinity person.

An activity or physical exercise can be affirm as gymnastics so long as possessing those above characteristics, but if one of the characteristics does not exist it cannot be categorized as gymnastics.
Type of gymnastics

Types of activity that can be designated as gymnastics are very abundant, such as: forming gymnastics, contest gymnastics, morning gymnastics, rhythmical gymnastics, pregnancy gymnastics, heart gymnastics, breathing gymnastics, cure gymnastics, junior gymnastics, education gymnastics, etc. Those all possess the movements which are indeed constructed and implemented systematically, and each has a specific goal. By seeing their purposes they can differentiate various gymnastics types or names, such as educational with its purpose is for helping the aim of sport education, old man gymnastics is for old man’s physical health.

According to Mahendra [2001:5] that Federation *Internationale de Gymnastique* abbreviated as FIG, i.e. International Gymnastics Federation classified gymnastics into 6 groups, that is:

1. Artistic gymnastics
   Gymnastics that combine between speed and tumbling movement and flex of muscle and acrobatic balance movement, to get the artistic effect from the movements which presented by using devices.

2. Sportive rhythmic gymnastics
   Gymnastics which is developed from rhythmical gymnastics so that it can be competed, with the composition of movements accompanying by guidance of music rhythm yielding beautiful body movements and device.

3. Acrobatic gymnastics
   Gymnastics which relies on acrobatic and tumbling, so that its exercises contain many somersault in the air and circle movements, while its athlete must landed on difficult places. Its example is landed on his or her hand or shoulder.

4. Sports aerobic
   That is the development of aerobic gymnastics, which its exercises are in the form of dance or physical freshness combining with complicated acrobatic movements.

5. Trampolining gymnastics
   Gymnastics that is carried out on bounce device making of knitting cloth setting on set square iron framework with trampoline.
6. General gymnastics

That is all types of gymnastics out side of those five gymnastics above. Thus all gymnastics such as morning gymnastics, education gymnastics, junior gymnastics, etc. belong to general gymnastics.

Education Gymnastics

Education gymnastics is a term used in the teaching of gymnastics, aiming predominantly at achieving the purposes of education. This signals that the dominant goal of those activities are the kid, thus they are not their activities or skills of movements. Gymnastics is merely a means, whereas the purpose is aspect of kid’s growth and development stimulating through activities with gymnastics themes.

In the education gymnastics, kids learn on their own level in line with their personal competences to develop their knowledge and skills in applying concepts of movements. It is different from competitive gymnastics, gymnastics education is not too tightened to master formal skill existing in one of the gymnastics disciplines. All of those skills are only used to increase kid’s mastering on his or her own body, while increasing kid’s knowledge on the basic principal movements.

Function of Education Gymnastics:

Material of education gymnastics teaching without the existence of specific education gymnastics feels to be short of, because there are many usages that can be obtained through teaching of gymnastics, such which is proposed by Sumanto and Sukiyo (1991: 118) that gymnastics activity in school if it is properly and continuously implemented in enough duration will be useful such as for:

a. to maintain and or increase level of physical freshness well.
b. to rectify on the improper behavior and movement.
c. to set up behavior and movement.
d. to construct physical condition. It is for example the power of muscle, agility, endurance, flex of muscle, speed.
e. to build various behavior spirits. It is for instance braveness, self confidence, and working together.
f. to provide stimulus for physical growth, particularly for kids.

**Gymnastics for Junior**

Gymnastics for Junior is part of education gymnastics. Whereas what is meant by gymnastics for junior is gymnastic with fantastic characteristic and in the form of story and presenting through movements. This gymnastics is for kids which its implementation is based on kid’s physical growth, particularly kindergarten and first as well as second year primary school.

The implementation is through imitating things which moves, such as animal, plantation movements, etc. acting through playing. Imitating movements are started to be given to the kid himself, so the kid is provided to move freely in accord with his own image competence. After that it is followed by correcting based on its purpose.

There are known as many implementation ways, that is:
1. Kid directly imitates movements of something said by the teacher.
2. Teacher tells a story, and kid imitates the movements in the story.
3. Teacher and kid sing while presenting the movements in the song.

One of the important aspect in gymnastics teaching through playing is teaching kid “how to control his own body” (Sayuti Syahara, 2005: 4). This self control will last when running, jumping, string jumping, etc, on the different body positions such as on device, or when the body is taking off the floor, is jumping, is landing, etc.

Kids learn and try skill through their own bodies’ activity. If they are capable of controlling and carrying their own bodies, it can be sure that they will be able to move by themselves or by using device such as hammering tool, string or throwing things such as ball. Even they will get better in self control on different media or place such as in the water or constructing movement for facing their partner.

The real specific character in gymnastic is increasing basic physical competence and motor skills such as: balance, agility, coordination, flex of muscle, power, and endurance.

In the country which has developed and known gymnastic better, means do not constraint any more. This kinds of condition is far more different from what we face nowadays. However, gymnastics in kindergarten must keep going on. Because of that
there needs effort to modify tools, without having to sacrifice gymnastics education aim for kids. Don’t forget either that school environment is means and media which can be used to achieve the purpose of sport education, particularly in teaching of gymnastic.

**Form of Ascendant Movements in Gymnastics**

Form of ascendant movements in gymnastics becomes foundation for all movement gymnastics skills which are more difficult or becomes stepping stone in developing all gymnastics skills. Learning gymnastics for kindergarten kid, who have completely never carried out real gymnastics with the level of enough difficulty, they must be established through learning form of prior ascendant movement, although with absurd movements.

Rusli Luthan (2004: 7) states that development of sport competence in the kid’s age is more stressed on the development of multilateral physical competence component and competence of basic ascendant competence that becomes foundation for sport technical skill. By mastering from of ascendant movements in gymnastics, although it is still absurd for kindergarten kid, hopefully it will possess foundation of available movement to develop real gymnastics in the future.

According to Sayuti Sahara (2005:25) that there are six form of ascendant movements in gymnastics teaching, that is:

1. static
2. landing
3. springs
4. locomotion
5. rotation
6. swing

In line with kindergarten kid’s characteristic, teaching of gymnastics through this ascendant movement form eminently in accord to be given to them which is adapted to their competences that is still rather absurd movement. Kid’s movements completely useful for parts off their bodies (Sumitro, 1991 : 27)
**Gymnastics Teaching System**

Structure of gymnastics teaching system is a construction of exercises or movements in gymnastics teaching in line with its characteristic and usage. Gymnastics system possesses four parts, which one to another parts cannot be separated. According to its purpose, those consist of:

- Nominalization
- Formation
- Achievement
- Art of Movement

Nominalization

The purpose of nominalization is to rectifying light improperness which occurs in the body’s kid as an effect of his daily life behavior. It is for instance bent sitting in class, carrying bag on one of his shoulder, etc.

Nominalization Exercise consists of:

- a. relaxation
- b. stretching
- c. powering
- d. releasing

Formation

There are two types of formation, that is behavior and movement formation.

1. Formation of behavior.

   That is getting the habit of being well and accurate either in resting condition or doing work, or presenting sport.

   Types of behavior:

   a. Standing

      Stand straightly, feet closed each other, wide apart of leg, lift both heels, stand straightly firm, stepping standing, vaulting horse upward for gymnastics, vaulting horse sideward for gymnastics.

   b. Kneeling

      Kneeling on the two feet, one foot upward and the other on sideward.

   c. Bending
d. Crawling

e. Resting on hand and on sole of foot

f. Sitting
   Sitting on the kneel, bending, straight, wide apart of leg, cross – leg, hurdles running.

g. Lying
   Lying upward, lying downward, flying over, resting on face downward

2. Formation of movement
   That is to rectify form of movements with the purpose, by moving well. Well movement is move naturally and not pretend to move physiologically responsible.
   The benefit of implanting behavior and body movement well and correctly is:
   ✓ To provide development leading to correctness
   ✓ To prevent improper behavior and movement
   ✓ To prevent unnecessary habit
   ✓ To realize the importance of mastering the necessary behavior and body movement.

Achievement
   The aim of this exercise is to carry kid’s functional performance to the highest personal level. On the overall movements presenting individually can be observed his adroitness and this can be stepped up. The adroitness itself is eminently closed related to capability of movement coordination. If adroitness reaches the highest level of capability, so this type of adroitness is named as achievement.

Art of Movement
   An ability to achieve unordinary adroitness called as an art of movement. Thus achievement that eminently difficult to reach up for ordinary people enchanting by the beauty of movement, that is an art of movement. Rarely people can achieve in this level of art movement.

Activity of Rhythmical
   Activity of rhythmical includes dance is also a process of basic movement formation. Usually kids are always curious on how they can express themselves through
movement. This process will run well as far as teacher is able to provide this activity accurately by means of giving freedom to the kids so that they can express his thought and feeling through rhythmical movement. Introduction to rhythmical movement is necessary to introduce since early which is mainly through rhythmical activity in teaching of physical education in kindergarten.

Rhythmical activity is a series of human movement carrying out in rhythmical form union, which is to be in line with changing of duration or merely on body expression movement which follow in a procession of music or knocking out of music (Agus Mahendra, 2008). Rhythmical activity is a new term in sport education in Indonesia, because before that there exists rhythmical movement.

Psychologically, kindergarten kid is still under egocentric condition and they will feel happy if being provided in developing basic movement skill particularly through combination of simple movement as media which can give chance to express themselves freely.

CONCLUSION

Gymnastic is an effective body movement or physical activity to optimize kid development and growth. If accurately implemented in accord with kid’s characteristic and capability, it will stimulate multilateral development freshness component.

Gymnastic for kindergarten kid, first or second year primary school is called gymnastics for Junior. The implementation is through imitating movement thing, such as animal, plantation movement, etc. which is carried out through playing.

There are six ascendant movement forms, i.e.: static, landing, jumping, locomotion, rotation, and swing. Those movements are foundation or stepping stone in developing all gymnastics skills and can be given to kindergarten kid although still in the basic movement.

REFERENCES


