

ABSTRAC

***EFFECT OF TRADITIONAL GAMES BENTENGAN AND
GOBAK SODOR TO IMPROVEMENT OF RUDE MOTORIC
IN CLASS V STUDENTS AT SDN GAYAM III
ACADEMIC YEAR 2019-2020. 2021. RAHADI, NURHAKIM***

Keywords: Bentengan and gobak sodor, Gross Motoric, Elementary School Students.

Grade V students at SDN GAYAM III, their gross motor skills such as running, jumping and agility can still be categorized as low, this can be seen when students participate in physical education learning, it is seen that the students are not moving actively. The purpose of this study 1. To determine whether there is an effect of traditional bentengan games and gobak Sodor on the improvement of gross motor skills in fifth grade students of SDN GAYAM III in the 2019-2020 academic year.

This research is a quantitative study with an experimental method or approach one group pretest posttest design.. The subjects in this study were all fifth grade students of SDN Gayam III, Sumenep Regency, which consisted of 20 students. The instrument used was a vertical jump test, a sprint run test and a back and forth running test for agility.

The results of the research data analysis show that the difference test between the pre-test and post-test shows ($2.979 > 2.093$) for vertical jump, ($8,313 > 2,093$) for sprint running and ($8,8602 > 2,093$) for running back and forth then H_a is accepted and H_o was rejected so that there was a significant effect of the traditional games of bentengan and gobak sodor on improving gross motor skills in fifth grade students at SDN Gayam III for the 2019/2020 academic year. The increase that occurred was 9.06%.