

# IDENTIFICATION OF DIFFICULTIES LEARNING ARTISTIC GYMNASTICAL MOVEMENTS ELEMENTARY SCHOOL AGE IN BANTUL

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## ABSTRACT

The Physical Education Sport and Health (PJOK) subject is an integral part of education in general so that its existence cannot be separated from other subjects. Sports and health physical education learning in elementary schools is learning that is intended to assist the process of development and growth for children, both in terms of physical, psychological, social and emotional aspects. A sports and health physical education teacher must understand human movement as a central point in learning sports and health physical education so that it is expected to be able to help, stimulate and move students to be able to move actively, effectively, efficiently and safely in every movement they make. Success in the learning process is the goal expected by the teacher. For that the teacher must be able to create an effective learning situation. One of the activities in sports and health physical education subjects is floor gymnastics, floor gymnastics is a very important physical activity and must be present in every physical education learning process. Artistic gymnastics learning material at the elementary school level has a certain level of difficulty, especially for lower class children. The level of difficulty in learning artistic gymnastics for children is different, the teacher's understanding of artistic gymnastics material is lacking, the teaching model is still monotonous and the infrastructure is still inadequate. this can cause problems in the implementation of sports and health physical education learning. The purpose of this study was to find out the difficulties in learning artistic gymnastics in elementary schools. This study uses descriptive research because it intends to research and collect as much information as possible from a particular phenomenon and tries to provide an overview of what elementary students experience in learning artistic gymnastics. The instrument in this study used a questionnaire. The population in this study were physical education teachers, sports and health in Bantul district. The results showed that the difficulty of learning artistic gymnastics at elementary school age in Bantul district was based on three aspects, namely students 33.7%, teachers 33.6%, facilities and infrastructure 32.7%. From this aspect it has a link in supporting the learning of artistic gymnastics learning at elementary school age. There needs to be attention such as development research as an effort to reduce difficulties in learning artistic gymnastic movements in order to achieve the learning objectives of physical education.

Kata Kunci: *identification, learning motion, artistic gymnastics, elementary school*