

**PENGARUH LEVEL *PHYSICAL ACTIVITY* ANAK  
TERHADAP *FUNDAMENTAL MOVEMENT SKILLS*: *SYSTEMATIC  
LITERATURE REVIEW***

**TESIS**

Diajukan Untuk Memenuhi Sebagian dari Syarat Memperoleh  
Gelar Magister Pendidikan Program Studi Pendidikan Olahraga



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Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
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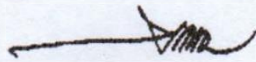
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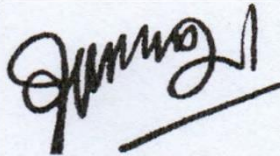
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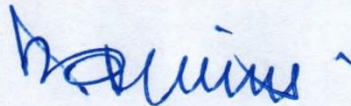


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## ABSTRAK

Kemampuan Gerak dasar (FMS) anak usia Sekolah Dasar dalam pembelajaran jasmani di sekolah masih terbatas. Program pembelajaran pendidikan jasmani di Indonesia umumnya masih menekankan pada pembelajaran cabang olahraga, di mana anak Sekolah Dasar sudah diberikan teknik-teknik dasar cabang olahraga, akibatnya kemampuan gerak lokomotor, non lokomotor dan manipulatif anak tidak berkembang secara optimal. Ada beberapa faktor yang dapat mengembangkan keterampilan gerak dasar, salah satunya yaitu dengan adanya program aktivitas fisik. Keterampilan gerak dasar (FMS) yang diperoleh melalui aktivitas fisik dalam pembelajaran pendidikan jasmani tidak hanya berguna dan bertujuan untuk menguasai cabang olahraga tertentu saja, akan tetapi keterampilan gerak tersebut berguna untuk melakukan aktivitas dan tugas fisik dalam kehidupan sehari-hari. Penelitian ini bertujuan untuk mengetahui Bagaimana Pengaruh Level *Physical Activity* Anak terhadap *Fundamental Movement Skills* menggunakan *Systematic Literature Review*. Metode yang digunakan dalam penelitian ini adalah *Systematic Literature Review* yang merupakan metode *literature review* yang bertujuan untuk mengidentifikasi, menilai, menginterpretasi seluruh temuan-temuan dengan pendekatan kualitatif. Teknik Pengumpulan data yang digunakan adalah mengidentifikasi jurnal, menyeleksi jurnal, mengabstraksi jurnal, dan menganalisis jurnal. Adapun hasil penelitian ini memberikan wawasan tentang pengaruh antara level aktivitas fisik anak terhadap keterampilan gerak dasar (FMS). dari beberapa artikel jurnal yang dianalisis, bahwa aktivitas fisik berpengaruh besar terhadap fundamental movement skill. Aktivitas fisik perlu dilakukan sejak dini, karena sangat berpengaruh untuk peningkatan kegiatan fisik di kemudian hari. keterampilan gerak dasar melalui aktivitas fisik perlu dilatih dan dibina dalam waktu yang berkelanjutan. Penerapan aktivitas fisik dalam mengembangkan fundamental movement skill pada siswa sekolah dasar dapat melalui pembelajaran pendidikan jasmani yang tersusun sistematis.

Kata Kunci : Pengaruh level *Physical Activity*, *Fundamental Movement Skill*, *Systematic Literature Review*

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## ABSTRACT

The Fundamental movement skills (FMS) of primary school-age children in physical learning at school are still limited. Physical education learning programs in Indonesia generally still emphasize sports branching learning, where primary school children have received basic sports branching techniques, as a result, the child's locomotor, non-locomotor and manipulative movement skills they do not develop optimally. There are several factors that can develop basic movement skills, one of which is the physical activity program. The basic movement skills (FMS) obtained through physical activity in physical education learning are not only useful and aim to master certain sports, but these movement skills are useful for the performance of physical activities and tasks of daily life. This study aims to determine how children's level of physical activity affects fundamental movement skills through a systematic review of the literature. The method used in this study is the Systematic Literature Review, which is a literature review method that aims to identify, evaluate and interpret all the findings with a qualitative approach. The data collection techniques used were journal identification, journal selection, journal abstracting, and journal analysis. The results of this study provide information on the effect of children's physical activity levels on basic movement skills (FMS). According to several reviewed journal articles, physical activity has a significant effect on fundamental movement skills. Physical activity should be done from an early age, because it is very influential in increasing physical activity later in life. Fundamental movement skills through physical activity must be trained and promoted in a sustainable way. The application of physical activity in the development of fundamental movement skills in elementary school students can be done by learning physical education that is structured in a systematic way.

Keywords: The Effect of the level of physical activity, Fundamental movement Skills, Systematic literature review.

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