

## DAFTAR PUSTAKA

- A.Mullagildina, I.Blienka, N. K. (2018). Influence of musical-rhythmic means education on the level of development of artistic athletes 6–8 years in rhythmic gymnastics. *Слобожанський Науково-Спортивний Вісник*, 5(5 (67)), 65–69. <https://doi.org/doi:10.15391/snsv.2018-5.011>
- Amung ma'mun, Y. M. S. (2000). *Perkembangan Gerak dan Belajar Gerak*. Departemen Pendidikan dan Kebudayaan.
- Bajek, M., Richards, K. A. R., & Ressler, J. (2015). Benefits of Implementing a Dance Unit in Physical Education. *Strategies*. <https://doi.org/10.1080/08924562.2015.1066613>
- Bakhtiar, S. (2013). The implementation of dynamic system theory and the principles of growth in physical education of elementary school. *Asian Social Science*, 9(12 SPL ISSUE), 105–109. <https://doi.org/10.5539/ass.v9n12p105>
- Bambang, S. (2008). *Metode Pengembangan Fisik*. Universitas Terbuka.
- Bertika Kusuma Prastiwi, S. S. (2014). Pembuatan tes dan norma kebugaran jasmani untuk anak usia dini (4-6) tahun di Provinsi DIY. *Jurnal Keolahragaan*, 2(1), 22–31.
- Bhumi, T. (2012). *Gerak Anatomis*. <https://wordpress.com/%0Ahttps://suwekaprabhayoga.wordpress.com/2012/10/27/gerak-anatomis/>
- Bompa, T. O. (2009). *Periodization theory and methodology of training*. Human Kinetics.
- Borg, W.R. & Gall, M. . (1989). *Educational Research An Introduction*. Longman.
- Bouchard, C., McPherson, B. D., & Taylor, A. W. (2011). *Physical Activity Science*. Human Kinetics.
- Bruce Joyce, et al. (1996). *Model of Teaching*. Allyn and Bacon.
- Budiwanto, R. dan S. (2008). *Dasar-dasar Kepelatihan Olahraga*. :Laboratorium Ilmu Keolahragaan-Universitas Negeri Malang.
- Cadenas-Sanchez, C., Intemann, T., Labayen, I., Peinado, A. B., Vidal-Conti, J., Sanchis-Moysi, J., Moliner-Urdiales, D., Rodriguez Perez, M. A., Cañete Garcia-Prieto, J., Fernández-Santos, J. del R., Martinez-Tellez, B., Vicente-Rodríguez, G., Löf, M., Ruiz, J. R., & Ortega, F. B. (2019). Physical fitness reference standards for preschool children: The PREFIT project. *Journal of Science and Medicine in Sport*, 22(4), 430–437. <https://doi.org/10.1016/j.jsams.2018.09.227>
- Cadenas-Sanchez, C., Martinez-Tellez, B., Sanchez-Delgado, G., Mora-Gonzalez, J., Castro-Piñero, J., Löf, M., Ruiz, J. R., & Ortega, F. B. (2016). Assessing physical fitness in preschool children: Feasibility, reliability and practical recommendations for the PREFIT battery. *Journal of Science and Medicine in Sport*, 19(11), 910–915. <https://doi.org/10.1016/j.jsams.2016.02.003>

- Chiat, L. F., & Ying, L. F. (2012). Importance of Music Learning and Musicality in Rhythmic Gymnastics. *Procedia - Social and Behavioral Sciences*, 46, 3202–3208. <https://doi.org/10.1016/j.sbspro.2012.06.037>
- Chen, W., Mason, S., Hammond-Bennett, A., & Zalmout, S. (2016). Manipulative skill competency and health-related physical fitness in elementary school students. *Journal of Sport and Health Science*, 5(1), 491–499.
- Citra, A. (2019). *Klasifikasi Gerak Sendi (Bagian 4)*.
- Cristina, M., & Vasilica, G. (2012). Optimization of Ball Rebound Technique in Rhythmic Gymnastics by Means of Bi-dimensional Analysis. *Procedia - Social and Behavioral Sciences*. <https://doi.org/10.1016/j.sbspro.2012.06.146>
- Damanik, I. A., & Nurmaniah. (2017). Pengaruh Senam Irama terhadap Perkembangan Motorik Kasar Anak Usia 5-6 Tahun di RA. Fastabiqul Khairat PTPN II Kabupaten Langkat TA. 2016-2017. *Jurnal Usia Dini*, 3(1).
- Decaprio, R. (2013). *Aplikasi Teori Pembelajaran Motorik di Sekolah*. Diva Press.
- Dennis J. Caine, K. R. and L. L. (2013). *Handbook of Sport Medicine and Science Gymnastics*. Wley-Blackwell A John Wiley & Sons, Ltd., Publication.
- Djoko Pekik Irianto. (2004). *Pedoman Praktis Berolahraga Untuk Kebugaran Dan Kesehatan*. ANDI Ofset.
- Dlis, F. (2020). *MOTOR LEARNING DALAM OLAHRAGA (BUNGA RAMPAI)* (K. Fairuz (ed.)). CV. NAKOMU.
- Dwi pradipta, G. (2017). Strategi Peningkatan Keterampilan Gerak Untuk Anak Usia Dini Taman Kanak-Kanak B. *Jendela Olahraga*, 2(1). <https://doi.org/10.26877/jo.v2i1.1292>
- Dwiyogo, W. (2010). *Dimensi Teknologi Pengembangan Pendidikan Jasmani & Olahraga*. Wineka Media.
- Fahrezi, F. (2017). Pengembangan Model Pembelajaran Senam Healty Fun untuk Anak SLB di Kota Magelang”. *Journal of Physical Education, Sport, Health and Recreations*, 6(1), 18.
- Fank Zhu, J. P. and R. M. (2012). *Neuroscientific Aspects of Implicit Motor Learning in Sport*. Routledge.
- Fitts, & Posner. (1967). *Physical Education For atletik*. M University.
- Galih Dwi Pradipta. (2017). Strategi Peningkatan Keterampilan Gerak Untuk Anak Usia Dini Taman Kanak-Kanak B. *Jendela Olahraga*, Vol 2(No 1), h. 143.
- Gallahue, David L, D. (2012). *Understanding Motor Development Infants, Children, Adolescents, Adults . Seventh Edition*. McGraw Hill.
- Granada, U. de. (2011). *PREFIT Battery : Assessing FITness in PREschoolers*.
- Gusril, T. C. M. dan. (2004). *Perkembangan Motorik Pada Masa Anak-Anak*. Depdiknas.

- Gustian, U., & Hidasari, F. P. (2017). the Model of Games To Develop Fundamental Movement of Kindergarten Students. *The 1st Yogyakarta International Seminar on Health, Physical Education, and Sports Science 2017, October 2017*, 481–488.
- Gustiana. (2011). Pengaruh Permainan modifikasi terhadap Kemampuan Motorik Kasar dan Koqnitif Anak Usia Dini. *Jurnal Pendidikan, Edisi Khus(2)*, 191–200.
- Hake, R. R. (1999). *Analyzing Change/Gain Scores.AREA-D American Education Research Association's Devision.D, Measurement and Reasearch Methodolog.*
- Hariyanto, S. dan. (2013). *Belajar dan Pembelajaran*. PT. Remaja Rosdakarya.
- Hartono. Soetanto dkk. (2013). *2013. Pendidikan Jasmani: (Sebuah Pengantar)* (Unesa (ed.)). University Press.
- Hashemi, M., Roonasi, A., Saboonchi, R., & Salehian, M. H. (2012). Effect of selected physical activities on social skills among 3-6 years old children. *Life Science Journal*, 9(4), 4267–4271.
- Heri Rahyubi. (2012). *Teori-teori Belajar dan Aplikasi Pembelajaran Motorik*. Nusa Media.
- Hidayat, A. (2017). Peningkatan Aktivitas Gerak Lokomotor, Nonlokomotor dan Manipulatif Menggunakan Model Permainan pada Siswa Sekolah Dasar. *Jurnal Pendidikan Jasmani Dan Olahraga*, 9(2), 21–29.
- Husnul, A. (2011). *Bergembira Melakukan Senam Irama*. PT Wadah Ilmu.
- Ihsana El-Khuluqo. (2015). *Manajemen PAUD (Pendidikan Anak Usia Dini): Pendidikan Taman Kehidupan Anak*. PT. Pustaka Pelajar.
- Irianto, D. P. (2004). *Bugar dan Sehat Dengan Olahraga*. Andi Offset.
- Irianto, K. (2008). *Struktur dan Fungsi Tubuh Manusia*. Yrama Widya.
- Ismaryati. (2008). *Peningkatan Kelincahan Atlet Melalui Penggunaan Metode Kombinasi Latihan Sirkuit-Pliometrik Dan Berat Badan* (11th ed.).
- Izumi-Taylor, S., Morris, V. G., Meredith, C. D., & Hicks, C. (2012). Music and Movement for Young Children's Healthy Development. *Dimensions of Early Childhood*.
- John, & Stewart, G. (2009). *The skeletal and muscular systems*. Chelsea House.
- John A. Gosling, Philip F. Harris, John R. Humpherson, Ian Whitmore, P. L. T. W. (2016). *Human Anatomy, Color Atlas and Textbook E-Book*. Elsevier Health Sciences.
- Johnson, E. B. (2008). *Contextual Teaching and Learning*. MLC.
- Kadir, A. (2010). *Misteri otak kiri manusia*. Diva Press.
- Katie Overy, I. M.-S. (2006). BEING TOGETHER IN TIME:MUSICAL EXPERIENCE AND THE MIRROR NEURON SYSTEM. *University of California Press*, 26(5), 489–504. <https://doi.org/10.1525/MP.2009.26.5.489>

- Kent L. Gustafson, R. M. B. (2002). *Survey of Instructional Development Models*. ERIC Clearinghouse on information and Technology.
- Khan, N. A., & Hillman, C. H. (2014). The Relation of Childhood Physical Activity and Aerobic Fitness to Brain Function and Cognition: A Review. *Pediatric Exercise Science*, 26(2), 138–146. <https://doi.org/10.1123/pes.2013-0125>
- Kurnia, M., & Anggraini, H. (2020). Pengaruh Latihan Jogging Terhadap Daya Tahan Kardiorespirasi Pada Atlet Taekwondo Survivar 5 Club Palembang. *Halaman Olahraga Nusantara (Jurnal Ilmu Keolahragaan)*. <https://doi.org/https://doi.org/10.31851/hon.v3i1.3558>
- Kurtz, L. A. (2008). *Understanding Motor Skills in Children with Dyspraxia, ADHD, Autism, and Other Learning Disabilities*. Jessica Kingsley Publishers.
- Larasati, D. M., & Prihatanta, H. (2019). Pengaruh Terapi Musik Terhadap Tingkat Kecemasan Sebelum Bertanding Pada Atlet Futsal Putri. *Medikora*, 16(1), 17–29. <https://doi.org/10.21831/medikora.v16i1.23476>
- Latorre Román, P., Moreno del Castillo, R., Lucena Zurita, M., Salas Sánchez, J., García-Pinillos, F., & Mora López, D. (2017). Physical fitness in preschool children: association with sex, age and weight status. *Child: Care, Health and Development*. <https://doi.org/10.1111/cch.12404>
- Lestari, A. A. (2015). Hubungan Antara Latihan Senam Irama Dengan Kemampuan Gerakan Terkoordinasi Anak Usia Dini. *Jurnal Pendidikan Anak*, 1(4).
- Levin, M. F. (2014). *Progress in Motor Control Skill Learning, Performance, Health, and Injury*. Heidelberg Dordrecht London: Springer.
- Lobo, Y. B., & Winsler, A. (2006). The Effects of a Creative Dance and. *Social Development*, 15(3), 501–519.
- Longenbaker, S. N. (2008). *Anatomy and Physiology*. McGraw-Hill Education.
- Lubow, N. E. (2009). Cross-modal creative arts therapy: A training manual for practitioners. In *Dissertation Abstracts International: Section B: The Sciences and Engineering*.
- Lumintuarso, R. (2013). *Teori Kepelatihan Olahraga*. LANKOR.
- M. Syarif Sumantri, T. E. (2016). Kemampuan sosialisasi dan gerak manipulatif anak usia dini. *Fip Unj*, 2(1), 59–67.
- Magill, R. A. (2011). *Motor Learning Control, Concepts and Application*. The McGraw-Hill Companies.
- Mahendra, A. (2010). *Permainan Anak dan Aktivitas Ritmik*. Erlangga.
- Maksum, A. (2012). *Metode Penelitian dalam olahraga*. Unesa University Press.
- Maulana, M. (2016). *Pentingnya Memahami State of the Art dan Gap Teoritik Dalam Penelitian Ilmiah*. <https://www.muradmaulana.com/>.
- Mehrtash, M., Rohani, H., Farzaneh, E., & Nasiri, R. (2015). The effects of 6 months

- specific aerobic gymnastic training on motor abilities in 10 – 12 years old boys. *Science of Gymnastics Journal*, 7(1), 51–60.
- Meltzer, D. E. (2002). The Relationship Between Mathematics Preparation and Conceptual Learning Gains in Physics: A Possible “Hidden Variable” in Diagnostic Pretest Score. *American Journal Physics*, 70(12).
- Miller, D. K. (2006). *Measurement by the Physical educator: Why and How*. McGraw-Hill Education.
- Muchlisin, A., Pasaribu, N., & Mashuri, H. (2019). Peranan senam irama terhadap kebugaran jasmani untuk siswa sekolah dasar The role of rhythmic gymnastics for physical fitness for elementary school students. *Jurnal Penelitian Pembelajaran*, 5(1), 89–97.
- Mursid. (2015). *Belajar dan Pembelajaran PAUD*. PT. Remaja Rosdakarya.
- Nahdi, D. S., & Jatisunda, M. G. (2020). Analisis Literasi Digital Calon Guru Sd Dalam Pembelajaran Berbasis Virtual Classroom Di Masa Pandemi Covid-19. *Jurnal Cakrawala Pendas*, 6(2), 116–123. <https://doi.org/10.31949/jcp.v6i2.2133>
- Nassruto. (2016). *Struktur & Fisiologi-Sendi*. <https://www.slideshare.net/nassruto/struktur-fisiologi-sendi>
- Nasution, R. E. P. (2018). *Anatomi Tubuh Dasar dan Terminologi Anatomi*. Whitecoathunter.Com.
- Nurhasan. (2013). *Tes dan Pengukuran Pendidikan Olahraga*. FPOK UPI.
- Nuryono, Agus Budhi Juli Hari, dan P. (2010). *Penjasorkes*. CV Sindunata.
- Ortega, F. B., Ruiz, J. R., Castillo, M. J., & Sjörström, M. (2008). Physical fitness in childhood and adolescence: A powerful marker of health. In *International Journal of Obesity*. <https://doi.org/10.1038/sj.ijo.0803774>
- Ortega, Francisco B., Cadenas-Sánchez, C., Sánchez-Delgado, G., Mora-González, J., Martínez-Téllez, B., Artero, E. G., Castro-Piñero, J., Labayen, I., Chillón, P., Löf, M., & Ruiz, J. R. (2015). Systematic Review and Proposal of a Field-Based Physical Fitness-Test Battery in Preschool Children: The PREFIT Battery. *Sports Medicine*, 45(4), 533–555. <https://doi.org/10.1007/s40279-014-0281-8>
- Paiman. (2009). Olahraga dan Kebugaran Jasmani (Physical Fitness Pada Anak Usia Dini). *Jurnal Cakrawala Pendidikan*, 3. <https://doi.org/10.21831/cp.v3i3.304>
- Panen, P. (2000). *Belajar Dan Pembelajaran I*. Universitas Terbuka.
- Park, Y., & Moon, J. (2018). Effects of Early Morning Physical Activity on Elementary School Students' Physical Fitness and Sociality. *IEJEE: International Electronic Journal of Elementary Education*, 10(4), 441–447.
- Pearce, E. C. (2009). *Anatomi dan Fisiologi untuk Paramedis*. Gramedia Pustaka Utama.
- Permendikbud. (2014). *Kurikulum 2013 PAUD*.
- Permendikbud No 137. (2014). *Standar Nasional Pendidikan Anak Usia Dini*.

- Piek, J. P., Dawson, L., Smith, L. M., & Gasson, N. (2008). The role of early fine and gross motor development on later motor and cognitive ability. *Human Movement Science*, 27(5), 668–681. <https://doi.org/10.1016/j.humov.2007.11.002>
- Pinho, C. S., Caria, A. C. I., Júnior, R. A., & Pitanga, F. J. G. (2020). The effects of the COVID-19 pandemic on levels of physical fitness. *Revista Da Associacao Medica Brasileira*. <https://doi.org/10.1590/1806-9282.66.S2.34>
- Polat, S. Ç. (2018). The Effect of Technical Competence in Balance Elements of Rhythmic Gymnastics on the Sportive Success of Taekwondo Poomsae Athletes. *Journal of Education and Training Studies*. <https://doi.org/10.11114/jets.v6i9.3375>
- Pribadi, B. A. (2009). *Model Desain Sistem Pembelajaran*. Dian Rakyat.
- Putra, R. B., Soenyoto, T., Darmawan, A., & Irsyada, R. (2020). *Basic Movements of The Split Leap Rhythmic Gymnastics*. <https://doi.org/10.4108/eai.22-7-2020.2300304>
- Raharjo, S. (2019). *Cara Menghitung N-Gain Score Kelas Eksperimen dan Kontrol dengan SPSS*. SPSS Indonesia.
- Rahmawati, A. (2014). *Macam-Macam Gerak Pada Manusia*. <http://adibatur9a.blogspot.com/2014/03/jenis-jenis%02gerak-pada-manusia.html>
- Reigeluth, C. M. (1999). *Intructional Design: What Is It and Why Is It dalam Regeluth, Charles M. Intructional Design Theories and Models: Vol. Vol 1*. Lawrence Erlbau Association.
- Reza Mostafavi .et.al. (2013). The Effects of SPARK Physical Education Program on Fundamental Motor Skills in 4-6 Year-Old Children. *Iran J Pediat*, 23(2), 216–219.
- Richard A, M. (2007). *Motor Learning and Control: Concepts and Aplications*. McGraw-Hill International Edition.
- Richey, R. C. (1986). *The Theoretical and Conceptual Bases of Instructional Design*. Nichols Publishing Company.
- Rismayanth, C. (2013). Mengembangkan Keterampilan Gerak Dasar Sebagai Stimulasi Motorik Bagi Anak Taman Kanak-Kanak Melalui Aktivitas Jasmani. *Jurusan Pendidikan OlahragaFakultas Ilmu KeolahragaanUniversitas Negeri Yogyakarta*, 6(1), 64–68.
- Rita C. Richey, E. a. (2011). *The Insturctional Design Knowledge Base*. Routledge.
- Rosdiani, D. (2013). *Pembelajaran Langsung dalam Pendidikan Jasmani dan Kesehatan*. Alfabeta.
- Rushton, Stephen; Juola-Rushton, Anne; Larkin, E. (2010). Neuroscience, Play and Early Childhood Education: Connections, Implications and Assessment. *Early Childhood Education*, 37(5), 351–361. <https://doi.org/http://dx.doi.org/10.1007/s10643-009-0359-3>
- Ruslan. (2012). Latihan Kelincahan terhadap Keterampilan Menggiring Bola pada Klub Sepak Bola SMP Negeri 5 Gorontalo. *Jurnal Health and Sport*, 5(1).

- samsudin. (2008). *Pembelajaran motorik di taman kanak-kanak*. Litera.
- Sanjaya, W. (2011). *Strategi Pembelajaran: Berorientasi Standar Proses Pendidikan*. Kencana Predana Media.
- Sasongko, N. D. (2017). Pengembangan Multimedia Pembelajaran Menggunakan Aodbe Flash Mengenal Konsep dan Lambang Bilangan PAUD. *Jurnal PG-PAUD Trunujoyo*, 4(2).
- Sawczyn, S. et al. (2016). *The Effect of Secific Strength Training on The Quality of Gymnastic Elements Execution in Young Gymnasts*. 8(4), 79.
- Schunk, D. H. (2012). *Learning Theories an Educational Perspective, Sixth Edition*. Pearson.
- Setiawan, S. (2019). *Pengertian Gerakan Antagonistic-Macam, Sinergis, Tingkat, Anatomi, Struktur, Contoh*. <https://www.gurupendidikan.co.id/gerakan-otot-antagonistik/%0A>
- Setyosari, P. (2013). *Metode Penelitian Pendidikan dan Pengembangan*.
- Singer, R. N. (1982). *The Learning of Motor Skills*. Macmilan Publishing Company.
- Solehuddin, M. (2000). *Konsep Dasar Pendidikan Prasekolah*. Fakultas Ilmu Pendidikan UPI.
- Stanisław Sawczyn, et al. (2016). The effect of Secific Strength Training on The Quality of Gymnastic Elements Execution in Young Gymnasts. *Journal of Gdansk University of Physical Education and Sport in Gdansk*, 8(4)(Issue 4), :79-91.
- Sudjarwo, S. dan. (1991). *Perkembangan dan Belajar Gerak*. Penerbit Universitas Terbuka.
- Sugiyono. (2008). *Metode Penelitian Kuantitatif, Kualitatif dan R & D*. Cv Alfabeta.
- Sugiyono. (2015). *Metode Peneliltian Pendidikan Pendekatan Kuantitatif, Kualitatif, dan R&D*. Alfabeta.
- Sugiyono. (2016a). *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Alfabeta.
- Sugiyono. (2016b). *Metode Penelitian Pendidikan: Pendekatan Kuantitaif, Kualitatif, dan R&D*. Alfabeta.
- Sujiono. (2009). *Konsep Dasar Pendidikan Anak Usia Dini*. PT Indeks.
- Sukadiyanto, dan Muluk, D. (2011). *Pengantar Teori dan Metodologi Melatih Fisik*. Lubuk Agung.
- Sukamti, E. R. (2007). Diktat perkembangan motorik. *Perkembangan Motorik*, 6670.
- Sukardi. (2011). *Metodologi Penelitian Pendidikan*. Bumi Aksara.
- Sundayana, R. (2016). *Statistika Penelitian Pendidikan*. Alfabeta.
- Surtiyo, U. . S. (2008). *Penjasorkes SMP VII*. Penerbit Bumi Aksara.

- Survey, N. Y. F. (2012). *National Youth Fitness Survey ( NYFS ) Test of Gross Motor Development ( TGMD-2 ) Procedures Manual April 2012 Table of Contents* (Issue April).
- Sutisna. (2014). *Pendidikan Jasmani media olahraga dan berprestasi*. yudhistira.
- Syaifuddin. (2011). *Anatomi Tubuh Manusia Untuk Mahasiswa Keperawatan*. Salemba Medika.
- Tangkudung, J. (2016). *Macam-Macam Metodologi Penelitian Uraian dan Contohnya*. Lensa Media Pustaka Indonesia.
- Tangkudung, J. (2018). *Sport Psychometrics Dasar-dasar dan instrumen Sport Psikometri*. PT Raja Grafindo Persada.
- Taylor, R. W., Williams, S. M., Farmer, V. L., & Taylor, B. J. (2013). Changes in physical activity over time in young children: A longitudinal study using accelerometers. *PLoS ONE*, 8(11), 1–7. <https://doi.org/10.1371/journal.pone.0081567>
- Titi Sutiarti S., Muhammad Nasirun, D., D. (2020). *Accepted: January 31*. 5(1), 16–24.
- Trianto. (2011). *Mendesain Model Pembelajaran Inovatif Progresif*. Kencana.
- UNICEF. (2019). A World Ready to Learn: Prioritizing Quality Early Childhood Education. In *United Nations Children's Fund (UNICEF)*. <https://www.unicef.org/media/57926/file/A-world-ready-to-learn-advocacy-brief-2019.pdf>
- Vanagosi, K. D. (2016). Konsep gerak dasar untuk anak usia dini. *Pendidikan Kesehatan Rekreasi*, 1, 72–79.
- WHO. (2015). *World Health Statistic Report 2015*. World Health Organization.
- Wiarso, G. (2013). *Fisiologi dan Olahraga*. Graha Ilmu.
- Widiastuti. (2011). *Tes dan Pengukuran Olahraga*. PT. Bumi Timur Raya.
- Widiastuti. (2014). *Modul Belajar Keterampilan Gerak*. Fakultas Ilmu Keolahragaan Universitas Negeri Jakarta.
- Widiputra, H. D. (2017). *Bagan Penelitian dan Road Map Penelitian*. PERBANAS INSTITUT. <https://dosen.perbanas.id/bagan-penelitian-dan-road-map-penelitian>
- Wijaya, A. M. (2009). *Pentingnya Stimulasi, Deteksi dan Intervensi Dini tumbuh Kembang (SDIDTK) Anak*. Depdiknas.
- Williams, H. G. (2008). Motor Skill Performance and Physical Activity in Preschool Children. *Journal North American Association for the Study of Obesity (NAASO)*, 16(6).
- Wirnantika, I., Pratama, B. A., & Hanief, Y. N. (2017). Survey Tingkat Kebugaran Jasmani Siswa Kelas IV SDN Puhrubuh I dan MI Mambaul Hikam di Kabupaten Kediri Tahun Ajaran 2016/2017. *Jurnal SPORTIF: Jurnal Penelitian Pembelajaran*, 3(2), 240.

- Wiyaka, I., Daulay, D. E., & Adikahriani, A. (2020). Perbedaan Pengaruh Metode Pembelajaran Dan Kecepatan Reaksi Terhadap Kemampuan Menerima Servis Sepaktakraw Pada Mahasiswa PKO FIK UNIMED. *JURNAL PRESTASI*. <https://doi.org/10.24114/jp.v4i2.22118>
- Ying, L. F. C. dan L. F. (2012). Importance of Music Learning and Musicality in Rhythmic Gymnastics. *Procedia Social Behavioral Sciences*, 46.
- Yudanto. (2007). Stimulasi Gerak Dasar Siswa Sekolah Dasar Kelas Bawah. *Jurnal Pendidikan Jasmani Indonesia*, 4(2), 47.
- Yumaika, C., & Ardisal. (2020). Efektivitas Senam Ceria Untuk Meningkatkan Kemampuan Motorik Kasar Anak Tunagrahita Ringan. *Journal of Multidisciplinary Research and Development*, 2(3), 46–52.
- Yuniarni, D., Sari, R. P., & Atiq, A. (2019). Pengembangan Multimedia Interaktif Video Senam Animasi Berbasis Budaya Khas Kalimantan Barat. *Jurnal Obsesi : Jurnal Pendidikan Anak Usia Dini*, 4(1), 290. <https://doi.org/10.31004/obsesi.v4i1.331>
- Zulfahmi, M. N. (2016). Pengaruh Senam Irama Terhadap Keterampilan Gerak Dasar Anak Usia 5-6 Tahun Di Tk Bina Siwi Desa Krasak Kecamatan Pecangaan Kabupaten Jepara. *Pendidikan Guru Pendidikan Anak Usia Dini Fakultas Ilmu Pendidikan Universitas Negeri Semarang*.

