

Habbits Of Activity School Elementary Students

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ABSTRACT

Physical activity plays a crucial role in the development of children, particularly during their elementary school years. At this stage, students are learning and adapting to new experiences, including those related to their physical health. Developing positive habits related to physical activity can have long-lasting benefits, including better health, improved focus, and enhanced social skills. This article explores the various habits of activity among elementary school students and the factors that influence their participation in physical activities. The habits of activity in elementary school students are shaped by various factors, including school programs, family involvement, and personal interests. Encouraging these habits at a young age can have significant long-term benefits for both physical and mental health. Schools, parents, and communities all play a crucial role in supporting and fostering these habits, helping children develop a strong foundation for a healthy, active life. By integrating physical activity into daily routines, children are not only building strong bodies but also cultivating important skills that will benefit them throughout their lives.

Keywords: *Habbits, Actyvity Student, Elementary School*

INTRODUCTION

Elementary school students, typically between the ages of 6 and 12, are at a critical stage in their physical, cognitive, social, and emotional development. This educational stage is foundational, as children are introduced to basic academic concepts and begin to develop the skills necessary for lifelong learning. During this time, students develop strong habits, attitudes, and behaviors that will shape their future academic and

social success. Here is a more in-depth look at key aspects of elementary school student growth and characteristics. During elementary school, children experience significant growth in both size and motor skills. Students of SD Negeri 22 Banda Aceh have habits in activities instilled by teachers to improve character and attitudes as well as students' concern for the environment, both internal and external.

Physical development varies by individual but generally follows a predictable pattern: Elementary students refine their ability to perform activities involving large muscle groups (Cintia et al., 2018); (Bina et al., 2021); (Mardhatillah et al., 2023). These include running, jumping, climbing, swimming, and playing organized sports like soccer and basketball (Guru et al., 2020); (Prendes et al., 2017). By the end of elementary school, most children have better coordination and can participate in more complex physical activities. As children grow older, they also enhance their ability to manipulate smaller objects, such as writing (Nurani & Maula, 2020); (Castro Méndez et al., 2016); (WARUWU et al., 2020), with a pencil, cutting with scissors, and using technology like tablets or computers (Khairul Basyar, 2017); (Desania et al., 2020). These skills are important as children begin to develop their writing and drawing abilities (Nurhikmayati & Sunendar, 2020). Healthy habits and physical activity are essential at this stage to prevent obesity and other health concerns (Sari et al., 2021); (Sd et al., 2018). Physical education classes, recess, and extracurricular activities like sports provide children with opportunities to stay active and build strength.

The cognitive abilities of elementary school students undergo significant development. Children tend to think more concretely, focusing on the "here and now." They are able to understand basic concepts of math, reading, science, and social studies, but may struggle with abstract reasoning or hypothetical scenarios (Mayang Sari et al., 2022); (Sari et al., 2023); (Wahyuni et al., n.d.). They are developing critical thinking and problem-solving skills, which will be further refined in later years (Sari, 2018); (Mastiah et al., n.d.); (Agustina et al., 2023). Vocabulary expands significantly during elementary school years. Children learn to read and write more fluently, and their ability to communicate improves (Sari, Surjono, et al., 2019); (Jalaluddin et al., 2020). This is also when children start to read for meaning and comprehension rather than just decoding words (Maulida et al., 2023); (Yusnita et al., 2023). While young children may have shorter attention spans, elementary school students can begin to focus for longer periods of time (Sari, Amelia, et al., 2019). By the time they reach grades 4 and 5, students typically become more capable of engaging in tasks that require sustained attention, such as reading a chapter in a book or solving math problems.

METHODS

This descriptive qualitative problem-solving research is an approach that focuses on an in-depth understanding of the problem at hand and presents a detailed description of the phenomenon being studied. In this type of research, researchers do not test hypotheses or make numerical comparisons, but rather seek to describe and understand the context and experiences associated with the problem at hand (Zulkifli, 2018). Researchers begin by identifying the problem they wish to solve. For example, they may focus on social phenomena, behaviors, perceptions, or experiences of individuals or groups in a particular context.

RESULTS AND DISCUSSION

Elementary school, also known as primary school, is the first formal stage of education for children, typically ranging from ages 5 to 12 (grades 1 through 5 or 6, depending on the educational system). This stage serves as the foundation for a child's academic, social, and emotional development. The focus of elementary school is on introducing students to basic academic subjects, instilling good habits, and providing a well-rounded education that supports the development of life skills. In most countries, elementary school encompasses early education, from Kindergarten (ages 5-6) through to the later grades of primary education (around age 11-12). For children ages 5 to 6, kindergarten is often the first formal educational experience. The focus is on developing social skills, learning basic literacy and numeracy, and preparing for the transition to more structured learning in elementary grades. These are the core years of elementary education. In these grades, students begin to develop a deeper understanding of key academic subjects, such as reading, writing, mathematics, science, and social studies. These years also focus on enhancing students' social, emotional, and physical skills.

Elementary education aims to provide children with a strong academic foundation. Learning to read and write is the cornerstone of elementary education. In the early grades, children are taught basic phonics, letter recognition, vocabulary, and reading comprehension skills. By the end of elementary school, students are expected to read more complex texts and write more structured pieces. Early math instruction includes fundamental concepts such as addition, subtraction, multiplication, and division. As students progress, they learn more advanced topics, such as fractions, geometry, and basic algebra. Science instruction in elementary school introduces children to basic scientific concepts, including life science, physical science, and earth science. Students often engage in hands-on

activities to explore concepts like the water cycle, plant growth, or simple physics. This subject typically includes lessons on geography, history, and civics. Elementary students learn about their community, country, and the world, focusing on important historical events and cultural practices. These subjects allow children to express their creativity and develop an appreciation for the arts. Students may engage in drawing, painting, singing, and playing simple musical instruments. classes encourage children to be active and develop physical skills through sports, games, and exercises. These classes promote health, fitness, and teamwork and elementary schools also offer lessons on personal health, nutrition, safety, and emotional well-being.

Teachers are the central figures in elementary school. They not only deliver instruction but also provide guidance, support, and encouragement to students.

1. Education Teachers:

These educators work with students who have learning disabilities or other special needs, providing individualized support to help them succeed academically.



Figure: 1. Education Teaching

2. Counselors:

School counselors assist students with emotional, social, and academic challenges. They often run programs on bullying prevention, conflict resolution, and emotional well-being.



Figure: 2. Teacher as Counselor

3. Librarians:

Librarians help students develop a love for reading, manage the school library, and support literacy development by recommending books and guiding research projects.



Figure: 3. Activity student at Library

4. School Nurses:

Nurses are responsible for ensuring students' health and safety, handling injuries, and managing any medical needs that arise during the school day.



Figure: 4. Acivity Nurse

Beyond academics, elementary school students are encouraged to participate in extracurricular activities that promote personal growth, social interaction, and creativity. Elementary schools often offer sports programs such as soccer, basketball, and swimming, which help students develop teamwork and physical fitness. Many schools have choir groups, music classes, and drama clubs where students can showcase their talents and build confidence. Some schools offer clubs like art clubs, chess clubs, or science clubs, which allow children to explore their interests outside of the traditional curriculum.

Parents play a crucial role in their children's success in elementary school. Active parental involvement helps improve academic performance, boost self-confidence, and strengthen the school-home connection and support. Attending Parent and Teacher Conferences collaborating, This allows parents to stay informed about their child's academic progress and address any concerns with teachers. Helping with Homework with parent, Encouraging good study habits and offering help with assignments fosters a positive attitude toward learning. Supporting students' extracurricular activities and supporting their talents, Encouraging participation in activities outside the classroom can help develop students holistically.

CONCLUSION

Elementary school is a critical period of a child's life that lays the foundation for future learning and personal development. It offers a structured environment where students not only acquire academic knowledge but also develop social skills, emotional intelligence, and physical health. The role of teachers, parents, and the wider community is essential in supporting students as they navigate these important formative years. With the right support and resources, elementary school students can build a love for learning that lasts a lifetime. Elementary school activities are designed to engage young learners

in fun, educational, and developmental experiences. These activities help students develop key skills such as problem-solving, communication, creativity, teamwork, and critical thinking. They can range from physical activities to arts, academic exercises, and team-based games.

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