

**EFFORTS TO IMPROVE CHILDREN'S GROSS MOTOR SKILLS
THROUGH JUMP ROPE ACTIVITIES
(Car at PAUD Gentaralia, Seluma Regency)**

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This study aims to improve children's gross motor skills through jump rope activities at PAUD Gentaralia, Seluma Regency. This type of research is Classroom Action Research (CAR) conducted in two cycles. The research subjects were group B children totaling 15 people. Data collection techniques were carried out through observation and documentation. Gross motor indicators observed include: (1) children can perform coordinated body movements to train flexibility, balance, and agility; (2) children can coordinate eye-foot-hand-head movements in imitating dance or gymnastics; (3) children can perform physical games with rules; and (4) children can skillfully use the right and left hands. The results showed that jump rope activities can improve children's gross motor skills. In cycle I, the average observation results showed a percentage of 74.16% with Developing as Expected (BSH) category. After learning improvements in cycle II, the observation results increased to 98% with the Developing Very Well (BSB) category. Thus, it can be concluded that jump rope activities is an effective method in improving the gross motor skills of early childhood.

Keywords: *Gross Motor Skills, Jump Rope Activities, Early Childhood.*

