



## The effectiveness of learning by doing in developing creative thinking and jumping openly on a vaulting horse

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### Abstract

That the bud in gymnastics sport through the learning by practice method learns how to perform the skill discovery process itself, leading to an increase in mental efficiency for him, thus transforming from relying on external sensation to internal sensation represented by his sense of achievement and joy in his journey when he goes through the discovery process and becomes the source of effectiveness and activity. The research aims to identify the impact of learning by practice on developing creative thinking and the skill of vault jumping among gymnastics buds aged (10) years and below. The researcher assumed that there are differences in creative thinking and vault jumping skill between pre and post measurements in favor of the post in the control and experimental groups. There are differences in creative thinking and vault jumping skill between the control and experimental group in favor of the experimental group in the post measurement. The researcher used the experimental method with a pretest-posttest control group design to address the research problem. The research sample consisted of 20 children aged 10 years from an original community of 30 children. The researcher found that learning through practice has a positive impact on creative thinking in children, as evidenced by the development of fluency, imagination, and originality. Additionally, learning through practice has a positive effect on the skill performance of high jump on a high jump table. The researcher recommends the use of applied learning through practice in research due to its positive impact on the development of creative thinking, as well as the assessment of children's possession of creative thinking for the importance of designing learning programs, especially in gymnastics movements.

**Keywords:** creative thinking, jumping openly, vaulting horse.