



PHYSICAL EDUCATION LEARNING MODEL WITH GAME APPROACH TO INCREASE PHYSICAL FRESHNESS ELEMENTARY SCHOOL STUDENTS

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This study aims to: (1) Develop a learning model of physical education with a game approach to improve the physical fitness of elementary school students, (2) Determine the effectiveness of physical education learning model to approach the game against the physical fitness of elementary school students. The method used is the method of product development research in the form of physical education learning model to approach the game to improve the physical fitness of elementary school students with the following procedures: (1) the product needs analysis, (2) developing initial products (3) to validate the expert (4) conduct field trials (5) revision of the product and (6) the final product . Data collection techniques using observation and questionnaires with data analysis techniques, while the percentage of test data collection techniques to the measurement of physical fitness test Blits with data analysis t test. Subjects were 147 public elementary school students Palembang numbered 25 students. Results showed (1) physical education learning model with an effective approach to improve the physical fitness game with the students t-test (30.777) > t table . Conclusion , that the development of physical education learning model to approach the game resulted in a product that is effective so as to improve the physical fitness of students. Suggested for physical education teachers to use physical education learning model to approach this game as an alternative learning delivery with the aim of improving physical fitness of elementary school students .

Keywords: Models of Learning, Physical Education, Games Approach

INTRODUCTION

Physical education and health education is an integral part of the overall aim to develop aspects of physical fitness, motor skills, thinking skills, social skills, reasoning, emotional stability, moral action, aspects of a healthy lifestyle and clean environment through the introduction of physical activity, sport and selected health systematically planned in order to achieve educational goals.

According Cholik (2007) one of the objectives of health and physical education in schools is to provide skills for learners of motion , with the hope of motor skills that have been held to be developed and enhanced to the development of sport specific motion specialization according talents , interests and potential students to have a good physical fitness . Physical education and health education in elementary school oriented to a wide range of sporting activities that are leading to an increase in the appearance of motion has been achieved future children .

Physical education is a part of the whole education in itself an educational process that involves the interaction between the students with an environment that is managed through physical activity in a systematic way to improve motor skills and functional values that include cognitive, affective , and social . The activities chosen and adjusted to the level of development of elementary school children . Through a child's physical education activities are expected to grow and develop into healthy children and fit , as well as personal development in harmony .

Physical education is a process that is done consciously and systematically through a variety of physical activities to obtain physical growth , health and physical fitness, ability and skill, intelligence

and character development and a harmonious personality in order to form the Indonesian people fully qualified .

Therefore, according to Fox (1998) , physical education at the elementary school age is a process of growth and development of motor skills associated with the growth process of children's basic motor skills . The other characteristic of the child is hungry to perform motion , then through the activities that they will grow and thrive in fertile , optimal , and fair. Thus the development of children's ability to be seen clearly through the various activities of the movement received in physical education lessons as in game activities they can do .

Manifestation of the implementation of physical education in elementary starting point on the basis of motion evident in other forms of physical activity. But it is not merely serve to stimulate and develop the parts of the body and its functions, but also is for the establishment and development of the child's personality as a whole and harmonious as well as having physical fitness in accordance with the motion abilities of children. As expressed by Cholik (2004) that the unique contribution of physical education is enriching stimulation to the child in order to grow and develop naturally and improve their talents, interests and learning abilities. Therefore, if in elementary physical education can be implemented properly with directed, guided, and developed appropriately, then it will be able to be a very important part of life for children and will be meaningful and useful in education. Thus it is no exaggeration to say that physical education is a powerful tool to realize the achievement of educational goals. No other subjects are so diverse and complete the goal of physical education . Goals to be achieved not only the physical aspects of the development , but also other aspects such as mental , moral and social . Unfortunately the ideal destination yang can not be fully achieved because it is caused by many things , including the implementation of physical education in elementary education institutions are not yet fully in line with expectations.

The foregoing is due in elementary Physical Education learning emphasize the skills aspect of the aspects of the play , so that only children who are actively interested in exercising children who are not interested do not exercise at all . It is necessary for the delivery of learning in elementary Physical Education kebetuk oriented games attract children to actively move in order to improve physical fitness .

Approach the game according to Gabbard (2007) is a learning process where the sport techniques taught through a play without neglecting the core material . Approach the game will encourage children to strive actively engaged with running , jumping and running in accordance with the form of the game which was delivered by teacher .

METHOD OF RESEARCH

Types of Research

This research is the development of a type of research that is used in solving practical problems in the field of sports, especially physical education. Sugiono (2009) argues methods of research and development (research and development) is a research method that is used to produce a particular product and test the effectiveness of these products. Through this research is expected to produce a learning model of physical education in elementary approach to the game to improve the physical fitness of students.

Procedure Research

Development of research procedures are steps that must be performed before producing a product . The procedure used in this study are as follows :

Needs Analysis

1. Describe the physical education learning model to approach the game to improve the physical fitness of elementary school students
2. Assess general physical characteristics of learning in elementary school .
3. Conduct a survey of the physical learning in elementary school.

Developing Products Model Early Learning in elementary physical education in elementary approach to game

1. Analysis of the needs and character of the product.
2. Analysis of the character of the physical learning
3. Establish the purpose and form of learning in elementary physical
4. Determine strategi pengorganisasian learning

Perform Validation Expert

Before beginning Products tested on a small scale validated by experts in accordance with the field . In this study involves two experts Lecturer Physical Education from the University of Sriwijaya

Conduct Field Trial

The purpose of field trials conducted to obtain feedback and revision of the product in the form of physical education learning model to approach the game in elementary school. These trials can be carried out :

1. Carry out a small-scale trial
2. Carry out large scale trials

Revised Product

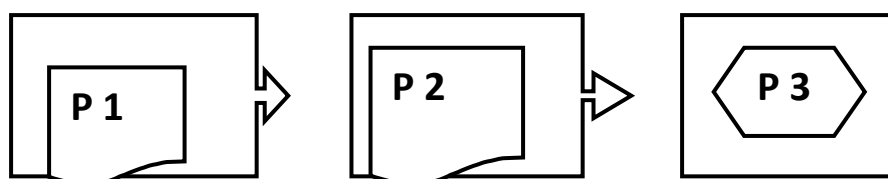
Based on inputs from the experts to revise the product for repair before product use.

Testing Products

1. Trial Design

Trial products through two stages of small-scale trials and large scale trials to do experiments in the field. In this study the treatment given learning model of physical education is to approach the game in SD. At trial the product on the study design used is the design of pre ekprimental design with form one group pre-test post-test design. According Sugiono (2009) pre eksprimental design with form one group pre-test post-test design is by comparing before and after treatment was given.

Design drawings as follows:



Picture 3.1 *Pre Ekprimental Design One Group Pre Test Post Test Design*

Caption: P 1 = Pre Test; P 2 = Treatment; P3 = Post Test (Sugiono, 2009).

The Trial Subjects

Target use of the product is 147 Elementary School students Palembang, while the data types used are qualitative and quantitative. The qualitative data obtained from interviews of experts and teachers, express or implied as input for product revision material. Quantitative data obtained from taking the physical fitness test.

Data Collection Instrument

Data collection instrument in this study using questionnaires and observation and measurement of physical fitness abilities of students.

Data Analysis Techniques

Observation and questionnaire data were analyzed using percentages to assess the feasibility and quality of the product, while the data obtained from the physical fitness test results were analyzed by t-test to determine the effectiveness of the product.

Below are the steps being taken in producing learning model of physical education in elementary approach guided the game of Sukmadinata (2007).

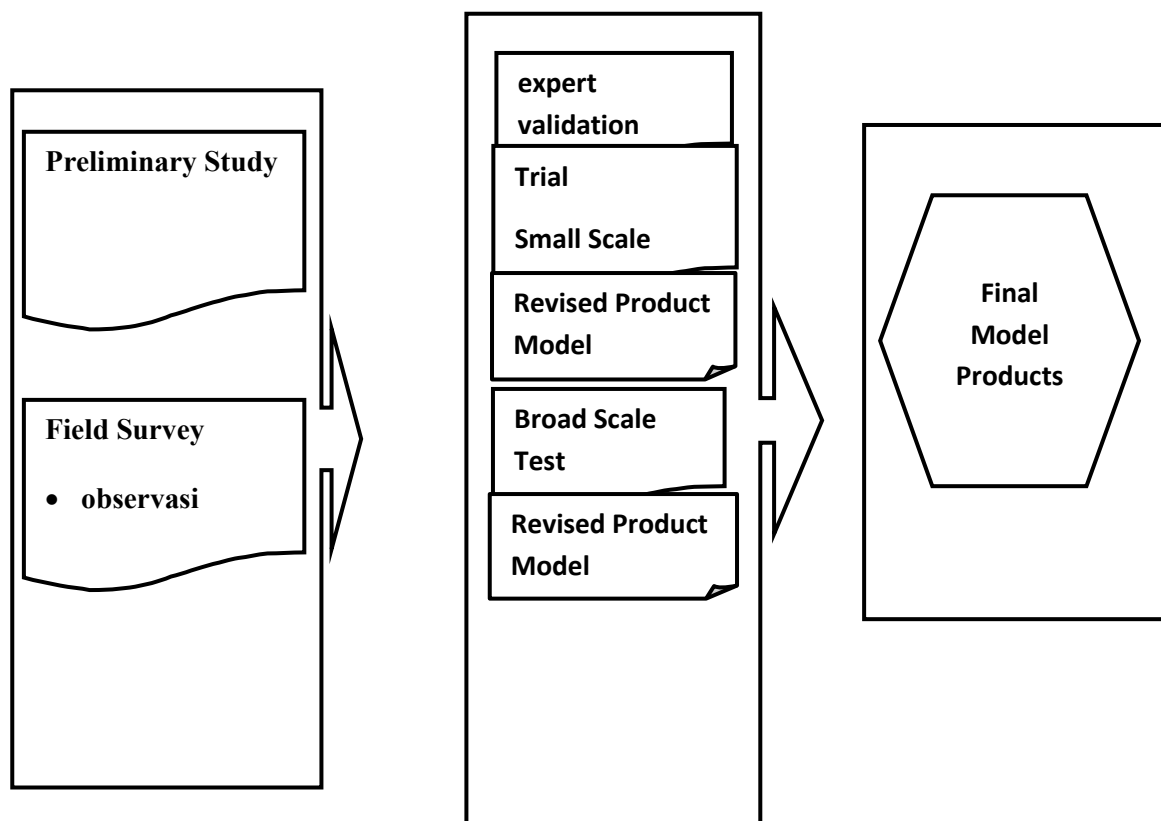


Image : the stage that do in produce a physical learning with approach in elementary school

RESEARCH RESULTS

Requirement Analysis

The beginning of reseach with requirement analysis of teaching physical education in elementary school of 147 with observations , the result shows that teaching physical education more emphasize the technical skills than form of the game. Initial product to be developed is learning to approach the game with the following stages:

- 1) Heating
- 2) Core Exercises
- 3) Refrigeration

Description Product Selection Draft

After determining the products that will be developed in the form of a model of learning with the game approach, the next step is to make the product using the following steps: (1) analysis the purpose and character products, (2) analyzing the game character, (3) setting goals and forms of learning, (4) establish the learning organization strategy.

Initial Product Validation

The initial product before learning model tested in small-scale trials needed expert validation by experts that 1 physical education lecturer at the University of Sriwijaya and the first person of Physical Education Teachers.

Validation is done by providing initial product draft learning model approach to the game is accompanied sheet evaluation experts. Evaluation of a questionnaire sheet that contains aspects of quality learning models. The results of the evaluation of a value from a quality physical education learning model using a Likert scale of 1 to 4.

Based on the results of the questionnaire conducted by each expert to come by an average of more than three or in the category of good judgment, precise and clear. Therefore it can be concluded that the learning model of physical education in accordance with the needs of the students and can be used for small-scale trials.

Small Scale Trial

After doing revision than the product learning model to approach the game tested with student elementary school of 147 Palembang amount 10 person. Trial purpose for knowing the weakness, shortage or effectiveness of the product to be used for students. Data obtained from this test are used as a basis for revising the product before using it on a large scale trials.

Product Revision After a Small Scale Trial

Physical education learning model to approach the game after a small-scale trial was revised by experts. Data obtained from this test are used as a basis for revising the product before using it on a large scale trials.

Data Results from Scale Large

Broad-scale trial conducted in 147 public primary schools Palembang about 20 people for 8 sessions.

The study of physical fitness of students categorized into 3 (three) parts are very good, better and less. To categorize data using a reference standard as follows:

Spanning the determination of categories and scores

Category	Score range
Very Good	Mean scores + 1 elementary school up
Good	Mean - 1 elementary school until the mean score + 1 Elementary School
Less	Mean - 1 elementary school down

Source: Sutrisno Hadi (2004).

Data tabulated physical fitness after a student, scored and analyzed obtained the following results:

NO	Aspect	Number of students	Minimum score	Maximum score	Mean scores	Standard Deviation
1	physical fitness	20	40	64	50,05	7,272696

Based on the results of a calculation in the table above, the range of scores obtained for the determination of categories in the aspect of physical fitness in the table below:

The range of scores and class aspects of physical fitness.

Aspect	The range of scores	Category
physical fitness	> 57,323	Very Good
	42,778 – 57,323	Good
	< 42,778	Less

Revision Product After Large Scale Trial

Revised product learning model of physical education for students with approaches game done some stage. Revisions were made before the product is tested on a small scale, and then carried out on a large scale and then re-revised.

Model End Product

The learning model of physical education in the form of a product model of learning with games for elementary students approach appropriate to the needs of the students in improving the physical fitness of students. The learning model of physical education can be carried out in the field with indoor and outdoor stages as follows:

- 1) Heating
- 2) Core Exercises
- 3) Exercise Cooling

Advantages and Disadvantages Product

The results of research and development in the form of physical education learning model to approach the game for elementary students has advantages such as: 1) learning model of physical education is a learning model that is designed based on the needs of elementary school students. 2) learning model of physical education is a model that is designed in accordance with the interest of elementary students. 3) learning model of physical education is to improve the physical fitness of elementary school students. 4) learning model of physical education is to have a varied exercises, a simple tool that does not bore the students.

Physical education learning model to approach this game also has its drawbacks include: 1) learning model can only be done in the field can not be done in the classroom.

DISCUSSION

The learning model of physical education with the game approach is a model that is designed according to the physical needs of elementary school children to improve physical fitness. This is in line with the basic education curriculum (2004) that in elementary school physical education should be emphasized to meet the student's desire to move in order to improve the physical fitness of students. Then According Cholik, (2007) Physical Education lessons on Basic Pendidikan not pursue achievement (skill aspects) but distribute impulses to be active and play. Opinions Gabbard (2007)



Physical Education for children should emphasize the technical aspects of the game from the branches of the sport because playing is a requirement that must be met.

CONCLUSIONS AND RECOMMENDATIONS

Based on the results of research and discussion on the development of physical education learning model to approach the game with elementary school students, it can be concluded as follows:

- 1) learning model of physical education to elementary students approach the game is designed and prepared in accordance with the needs of the students to move around the field.
- 2) physical education learning model to approach these games can enhance physical fitness of elementary school students.

Some suggestions can be submitted relating to the use of this product are:

- 1) For elementary school physical education teacher can use this model to improve physical fitness.
- 2) learning model of physical education to elementary students designed games approach based motion field for the child before performing teacher should first explain the forms and how to play to the child.

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