

# **THE RELATIONSHIP OF PARENTAL PHYSICAL LITERACY AND MOTOR PHYSICAL LEARNING TO CHILDREN'S PHYSICAL ACTIVITY DURING THE PANDEMIC**

**by Nur Sita Utami, Raden Sunardianta, Aris Fajar Pambudi, Putri Prastiwi Wulandari, Inayah Mursilatun Nafidah, Gasela, Usman Adi Prabowo, Fitri Ayuningrum, Jefri Kurniawan**

## **ABSTRACT**

This Research Group activity aims to determine the parenting patterns of parents in instilling physical literacy in kindergarten children in TK Negeri Pembina Kota Yogyakarta. The basis of this study is that there are still many parents who do not fully understand the relationship with child parenting towards the need for physical activity.

This Research Group activity was carried out as a follow-up to the pandemic period which resulted in online learning. Where with online learning, children's activities are very limited. This is what creates a gap between children's need for physical activity and restrictions due to the pandemic. This research was carried out at TK Negeri Pembina Kota Yogyakarta, where the research team visited the kindergarten once a month to find out the physical activity of students and also gave questionnaires to the parents of students.

The result of this Research Group activity is that mothers are more dominant in instilling physical literacy in children, meaning that parental parenting in the family means the habits of parents, fathers, and or mothers, in leading, nurturing, and guiding children in the family. It is hoped that parents will be more active in inviting children to do physical activity, either at home or outside the home so that children's activities can be monitored directly by parents. In addition, people must also take on the role of linking children in physical activity.

*Kata Kunci: Physical Literacy, Motor Physical Learning, Physical Activity, Pandemic Period*