

# **TRAINING OF FORM OF JASMANI FITNESS ACTIVITIES THROUGH LEARNING OF JASMANI SPORTS AND HEALTH EDUCATION (PJOK) FOR BASIC SCHOOL TEACHERS IN KALIBAWANG DISTRICT, KULONPROGO REGENCY**

**by Erwin Setyo Kriswanto, Jaka Sunardi, Fredericus Suharjana, Indah Prasetyawati T.P**

## **ABSTRACT**

Physical fitness is one of the 2013 curriculum materials, but several elementary school teachers in Kalibawang sub-district do not understand the forms of physical fitness activities that are appropriate for elementary school students and there are still some teachers who do not understand the appropriate learning strategies for material physical activity activities. The purpose of this PPM is 1) to provide knowledge of learning physical fitness activities for teachers (Physical Education Sports and Health) PJOK Elementary School in Kalibawang District, Kulonprogo Regency, 2) providing skills training in determining to learn physical fitness activities for teachers ( Sports and Health Physical Education) PJOK Elementary School in Kalibawang District, Kulonprogo Regency. The method used in this PPM activity is through scientific discussion methods including lectures, questions and answers, demonstrations, practices. The material presented includes the Basics of Physical Fitness, Components of Physical Fitness, Growth monitoring through BMI, Physical fitness forms, Physical activity principles for children, Physical fitness tests and measurements, Implementation of physical fitness activities in learning. The target audience for PPM activities is a group of elementary school PJOK teachers at UPT Kalibawang District, Kabupaten Kulonprogo. The number of audiences 25. The results of the implementation of PPM activities as follows: 1. high motivation of participants in participating in activities, 2. The knowledge of participants related to physical fitness in the category is quite high. 3. 80% of participants can make various forms of physical fitness designs that are suitable for elementary school students.

*Kata Kunci: training, physical fitness, PJOK, teacher, elementary school*