

DEVELOPMENT OF BASIC MOTION CONTENT USING DISC GOLF GAME AS STRENGTHENING BASIC MOTION LITERACY TEACHERS OF PHYSICAL EDUCATION ELEMENTARY SCHOOL IN GUNUNG KIDUL REGENCY, YOGYAKARTA SPECIAL REGION

by Agus Sumhendartin Suryobroto, Tri Ani Hastuti, Herka Maya Jatmika, Willy Ihsan Rizkyanto

ABSTRACT

The service program has been carried out in the first week of September 2021 with a target audience of PJOK teachers in Gunung Kidul Regency and Bantul Regency as many as 26 participants. This number is far from the initial expectation of 50 people. The trigger factor, of course, has been the rolling of the learning process at school even though it is virtual. The method adopted is a limited workshop. This means that teachers cannot directly access equipment and learning media for disc golf and brain jogging. However, in the virtual room, the presenters comprehensively and structured explain the material so that the PJOK teachers are easy to understand and visualize. In general, the implementation of this service program was quite successful and acceptable to the target audience. This indication is strengthened by the quantity and quality of the interactions made by the participants during the program. Most of the participants agreed that disc golf will be able to provide a new direction for the development of movement literacy of students at the elementary school level with brain jogging activities as the initial activity.

Kata Kunci: disc-golf game, brain jogging method, elementary school physical education