

# **Development of Physical Education, Sports and Health Learning Modules Based on Blended Learning for Grade IV Elementary Schools to Improve Learning Processes and Outcomes.**

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## **ABSTRACT**

This study aims to (1) Develop a learning module of PJOK based on blended learning for grade IV elementary school to improve learning processes and outcomes. (2) Analyze the feasibility level of PJOK learning module based on blended learning for grade IV elementary school to improve learning processes and outcomes based on expert and user assessments. (3) To analyze the effectiveness of PJOK learning module based on blended learning for grade IV elementary school to improve the learning process and learning outcomes.

This type of research is Research and Development with ADDIE design (Analysis, Design, Development, Implementation, and Evaluation). The research subjects are experts totaling 7 validators, small-scale trial subjects totaling 2 PJOK teachers, large-scale trial subjects totaling 6 PJOK teachers, and effectiveness test subjects totaling 79 students. The instruments used were interviews, questionnaires, and learning outcomes tests. Data analysis used descriptive and inferential statistics.

The results showed that (1) The blended learning-based PJOK learning module includes basic locomotor movement patterns, gymnastic activities, playing big ball, physical fitness activities, and healthy living behavior patterns. This module emphasizes blended learning with the Flipped Classroom method. The learning video is in the form of an M4V file and uploaded on Youtube social media. (2) The blended learning-based physical education learning module for grade IV elementary schools to improve the learning process and results is feasible. Based on the assessment of material experts of 88.02%, media experts of 88.49%, small-scale trials of 86.81%, and large-scale trials of 85.90%. (3) The PJOK learning module based on blended learning for grade IV elementary schools is effective in improving learning processes and outcomes, with a p-value <0.05.

*Kata Kunci: physical education learning module, blended learning, grade IV elementary school, learning outcomes*