

MODIFICATION OF FITNESS GYMNASTICS AND MUSIC AS AN EFFORT TO INCREASE STUDENT'S IMMUNE SYSTEM IN PREVENTING COVID-19 VIRUS OUTBREAKS

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ABSTRACT

Health in a pandemic like this is an absolute must. In addition to avoiding contracting diseases due to Covid 19, it is also an effort to maintain and grow the habit of exercising in students. Gymnastics is a simple sport that is fun and can be done anywhere. Of course, for students and during this kind of pandemic, the exercise should remind students of their habits of healthy living and at the same time increase student immunity to prevent students from contracting Covid 19. The purpose of this study was to produce a fitness exercise package that contains elements of learning to live healthy and increase immunity with appropriate musical accompaniment for elementary students. The ADDIE model was used for this development. The trial was carried out on elementary age students. The product was validated by two experts from gymnastics education and elementary school teacher education. The results of the development resulted in exercise products designed based on the level of fitness needs during the Covid 19 pandemic for elementary school children. The elements of the movement consist of Warm Up, Core and Cool Down, with a duration of 12'45 ". Meanwhile, the music used is a self-created, originality is maintained, not monotonous, cheerful, uplifting. Based on expert validation it was stated that the resulting gymnastic products were suitable for use.

Kata Kunci: *pandemic gymnastic, happy music, sport learning, child imunity*