

WORKSHOP FORM OF PHYSICAL ACTIVITY DURING PANDEMIC FOR TEACHERS OF PHYSICAL EDUCATION, SPORTS, AND HEALTH (PJOK) ELEMENTARY SCHOOL IN KULON PROGO

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ABSTRACT

This Community Service Activity (PPM) aims to understand workshops on forms of physical activity during the pandemic for Elementary School Sports and Health Physical Education (PJOK) teachers in Kulon Progo. The methods used in this service activity are online or offline, including presentations, lectures from servants, questions and answers and discussions, demonstrations or practices, and assignments. The target audience for this activity is Physical Education, Sports and Health (PJOK) teachers at the Primary School in Kapanewon Kokap Kulon Progo District. The success of service activities can be seen from; 1) The participants who attended reached 80% of the participants invited to the workshop, 2) The implementation of all workshop activities on forms of physical activity during the pandemic for Physical Education and Sports and Health teachers. 3) Participants can understand the material presented during the workshop on forms of physical activity during the pandemic for Sports and Health Physical Education teachers from the service team.

Kata Kunci: *physical activity, pandemic*