

# **WORKSHOP PROGRAM GIR (GET INTO RUGBY) UNTUK KELOMPOK KERJA GURU (KKG) DAN MUSYAWARAH GURU MATA PELAJARAN (MGMP) PJOK DI YOGYAKARTA**

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## **ABSTRACT**

Physical education is an integral part of the overall educational process. Rugby is an invasion game that can be applied in the educational process. This community service aims to provide basic level knowledge of the sport of Rugby in DIY. The PkM activity was held one day, namely Thursday, July 6 2023. The total number of participants was 31 people, consisting of PJOK Physical Education, Sports and Health teachers who were members of the PJOK Teacher Working Group (KKG) and Subject Teacher Deliberation (MGMP) in In Yogyakarta. The activities ran smoothly without any significant obstacles. This community service implementation uses a workshop method to ensure active participation from participants. The workshop was held for one day, covering theory in the classroom and practice outside the classroom. Each participant is given the opportunity to carry out a training demonstration model based practice World Rugby standards. The results of the activities were that participants were active and enthusiastic about participating in the activities and understood the game of Rugby and how to train well. Qualitative data shows that participants in PkM activities stated that Rugby is a sport that is fun and can be played by all groups, body shapes and genders, where the initial perception before participating in GIR activities was that Rugby was a hard sport that required physical conditions.

Kata Kunci: *Workshop, Rugby Indonesia, Get into Rugby, World Rugby*