

# **Indonesia Bersatu 2018 Physical Fitness Gymnastic Package Training For Gymnastic Communities in Sleman Region**

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## **ABSTRACT**

This PPM activity aims to add material and insight to gymnastics community cadres who are trusted to develop gymnastics or sports in general as a necessity in maintaining health and fitness.

The target audience in this activity is the gymnastics community (fans) in the Sleman district. The number of participants was 47 people consisting of elementary school teachers, FIK alumni, undergraduate and postgraduate students of UNIK FIK. This is more than the target of 35 participants. The activity was held on April 14 and 15 2018 at the Badminton Hall of the Faculty of Sports Sciences, Yogyakarta State University.

The results of the training activities of all those involved in both the PPM team, the committee and the training participants felt enthusiastic and enthusiastic since the activity began until completion. Supporting factors included participants exceeding the target, absorption of participants was very fast because they were accustomed to giving examples for package gymnastic movements, participants received the United Indonesia 2018 physical fitness exercise guide, 90% participants attended the activities until they were finished and participants received a charter. The inhibiting factors of the activities are limited time so that they cannot carry out individual evaluations, workshop stimuli that need to be more interesting such as competition between participants.

*Kata Kunci: Training, Indonesia Bersatu 2018 Physical Fitness Gymnastic Package*