

DEVELOPMENT OF “PHYSED5”: 5 MINUTES EXERCISE WARM-UP FOR HEALTH

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ABSTRACT

The current lifestyle of society also has a negative impact on health, especially for school-age children. Sports injuries and cardiometabolic and cardiovascular diseases associated with lack of physical activity also increase health risks for children. The aim of this research is to develop the PhysEd5 warm-up model as an intervention during Physical Education classes to increase students' vigorous physical activity and improve students' basic physical capacity. This research is research & development to develop PhysEd5 warm-up activities which consist of 1) Mobility along with movement, 2) Activities aimed at lower body strength with self-loading, 3) Activities aimed at lower body strength with low plyometrics (burpees , steps, agility ladders, etc.), 4) Core-directed activities through isometric and concentric Exercises (ISS, front plank, etc.), and 5) Coordination and proprioception, balance and motor play activities. PhysEd5 development research was carried out in Yogyakarta, Indonesia and Murcia, Spain. PhysEd5 was validated by 8 validators consisting of practitioners and academics in the field of physical education and health. PhysEd5 will then be applied to students in grades 3, 4, 5 and 6 in Yogyakarta and Colegio San Buenaventura Capuchinos, Spain for testing. Based on expert assessment data, in general the effort aspect of doing PhysEd5 received a score of 3.5 with the interpretation that the exercise is suitable for students of that age. In the organizational aspect, a score of 3.38 was obtained with the interpretation that the organization was deemed suitable for carrying out this exercise. For the duration (time) aspect, a score of 3.63 was obtained with the interpretation that the time provided for doing PhysEd5 exercises was easy to fulfill.

Kata Kunci: *PhysEd5, warm up, health, exercise*