

# **IMPLEMENTATION OF OUTSIDE CLASS ACTIVITIES THROUGH OUTBOUND ACTIVITIES TO IMPROVE THE PHYSICAL FITNESS OF PRIMARY SCHOOL STUDENTS IN KAMPUNG EMAS SEYEGAN SLEMAN**

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## **ABSTRACT**

Out door learning is a process of honing physical, social activities, cooperation and creative abilities. Out-of-class activities are also a method for increasing children's learning capacity. Children can learn more deeply through the objects they encounter than if they studied in a classroom that has many limitations. PPM program with the theme of implementing activities outside the classroom through outbound activities in order to improve physical fitness for elementary school students so that students can grow and develop and can carry out various activities in their daily activities. The design, strategy and plan for implementing activities consists of (1) identifying and analyzing outbound facility management needs, (2) Pretest, (3) theoretical material, (4) practical material, (5) monitoring and evaluation and (6) Posttest. Direct physical fitness assessment with total fitness. In total fitness, there are several components, namely: (1) anatomical fitness, (2) physiological fitness, and (c) psychological fitness. The main target of this activity is all elementary school (SD) students around the Seyegan gold village, Sleman, Yogyakarta. Overall, this service activity was carried out well and in accordance with the plans that had been made. This activity received extraordinary appreciation from the management of the Seyegan gold village as well as activity participants from elementary school teachers and students in Krapyak Margoagung Seyegan Hamlet, Sleman, Yogyakarta. The participants took part in a series of activities from fitness tests, out-of-class activity material, out bound demonstrations and continued with discussions and lectures related to physical fitness material. The overall results of the activity participants from 35 participants obtained fitness results in the moderate category with a total of 22 participants with a percentage of 62.86%.

Kata Kunci: *activities, outbound, physical fitness*