

# **ANALYSIS OF LESSON PLANS (RPP) FOR PHYSICAL FITNESS MATERIAL REVIEWED FROM LEARNING STRATEGIES at MTS GUNUNG KIDUL**

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## **ABSTRACT**

The change from the 2013 curriculum to the Merdeka curriculum will, of course, impact learning preparation. Preparation for learning must always be prepared by the teacher every time he is going to carry out learning. The learning strategy must be appropriate so that students can readily accept and implement the material presented. This research analyzes the learning implementation plan (RPP) for physical fitness material regarding learning strategies at MTs Gunung Kidul.

This research is quantitative and descriptive. The method used in this research is the survey method, with assessment instruments or data analysis. The subjects of this research were MTs in physical education, sports, and health teachers in Gunung Kidul. The data analysis technique in this research is a percentage by assessing the lesson plan (RPP) components regarding the learning strategies the physical education teacher has prepared.

The results of the research analysis of the lesson plan (RPP) for physical fitness material in terms of learning strategies at MTs Gunung Kidul, based on the factors of learning objectives, learning materials/teaching materials, learning media, learning strategies, learning activities, learning resources and assessments are in the category "very good" with a percentage of 87.5%, "Good" with a percentage of 12.5%.

Kata Kunci: *learning strategies, lesson plan*