



Implementation of Physical Education Learning During the Covid-19 Pandemic

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Abstract. This research aimed at investigating the implementation of Physical Education learning during the Covid 19 Pandemic in Bengkulu City State High Schools. The subjects of this review included actual training educators and understudies at public secondary schools in Bengkulu City. The information investigation strategy utilized subjective enlightening examination. The subjects of this review included actual training educators and understudies openly secondary schools in Bengkulu City. Information assortment by utilizing a poll. Based on the results of the analysis of existing research data, it can be seen from the Implementation of Physical Education Learning During the Covid 19 Pandemic period at Bengkulu City Public High School which has a *very good* percentage with indicators of the learning process (82.73%) with *very good* criteria, facilities and infrastructure indicators (71.52%) with *Good* criteria, and learning supporting indicators (66.36%) with *Good* criteria, it can be concluded that from the three indicators above, on average (73.54%) for physical education teachers get *Good* criteria, while the Implementation of Physical Education Learning During the Covid 19 Pandemic In Bengkulu City State Senior High School for students with learning process indicators obtained a percentage result of (81.62%) with *Very Good* Criteria, facilities and infrastructure indicators obtained a percentage result of (75.58%) with *Good* criteria and learning supporters obtained a percentage result of (79.92%) with *Good* criteria can be reasoned that the consequences of understudies have a level of ase (79.71%) with *Good* rules.

Keywords: Implementation · Learning · Physical education

1 Introduction

PJOK (Sports actual Training and wellbeing) is a field of study connected with human development, physical and mental turn of events. PJOK is one of the mandatory subjects in school. According to Nopiyanto et al., (2019) that actual schooling is training through proactive tasks which can be as games, sports, experience and sporting exercises [1]. is a significant piece of the improvement of understudies to accomplish instructive objectives all in all, as well as a way to understand the objectives of country working through understudy accomplishment in the field of sports.

PJOK is part of overall education, besides that PJOK continuously contributes to the growth and development of children as a whole through physical activity. According to Bayu et al., (2014) that PJOK learning is physical activity in learning activities carried out to educate [2]. Overall, the goal of PJOK is not only to improve the physical fitness of students but also to influence students to develop physical fitness (and physical activity). other). The scope of PJOK in each educational unit, especially for high school (SMA), does not only include playing, games, and all physical activities to develop human qualities through movement.

According to Pahliwandari (2016) Actual Education as a part of training all in all has been acknowledged by many individuals [3]. In any case, practically speaking the compelling instructing of Physical Education has not been true to form. Actual Education Learning will in general be conventional learning. Actual Education is frequently mistaken for different ideas. The idea compares actual instruction with any business or action that prompts the improvement of the organs of the human body (lifting weights), actual wellness (actual wellness), actual work (active work), and expertise advancement (ability improvement).

According to Pereira et al., (2016) learning is tasks that are organized to be applied, problem solving, critical reflection and interaction [4]. For school-age children, learning is a process towards knowledge. Initially, physical education was launched by education and sports through physical exercise among youth to obtain good body condition entering the generation [5].

Physical education is a set of psychomotor activities carried out on the basis of knowledge (cognitive), and at the time of its implementation there will be changes in personal behaviour related to attitudes/effectiveness (such as discipline, honesty, confidence, sportsmanship) and social behaviour (such as cooperation, and caring). fellow) [6].

Some teachers argue that if students do not participate in learning, where students' curiosity and interest in reading are low, so that the physical education learning process with the 2013 Curriculum where students are the learning centre (student centre) cannot run as expected. The educational experience will happen due to the communication between an educator and his current circumstance. Accordingly, learning can happen whenever and anyplace [7].

In the 2013 curriculum, the most prominent changes are in the approach and learning strategies known as the scientific approach. The scientific approach requires students to be more active in the learning process because students are the centre of learning activities and competency formation. Educators as the spearhead of curriculum development as well as curriculum implementers in the field are key factors in the successful implementation of this curriculum. So, teachers are required to be able to improve performance and accept government policies regarding the 2013 curriculum by mastering the programs, principles, mechanisms, and strategies of the 2013 curriculum to be able to improve teaching and learning activities in the classroom.

The current problems from the impact of the COVID-19 pandemic bring very complex obstacles to the implementation of education and learning in schools. A very serious obstacle is experienced by schools that are far from urban areas with very limited internet network access and supporting infrastructure. The obstacles faced at this time are 1)

inadequate supporting facilities and infrastructure; 2) lack of technology mastery skills by teachers; 3) limited internet network [1].

With these characteristics, it seems that it will experience difficulties in its implementation by implementing online learning policies with limitations on internet access and operational capabilities in using technology. The factor that is the key to the success of online learning is the availability of facilities and infrastructure [8].

Based on observations made by the author in one of the public high schools in Bengkulu City, and the observations made by the author to one of the parents of students who are currently studying in high school, it is stated that online learning is considered less helpful. In the implementation of learning, the reason is that educators cannot directly monitor student activities during online learning, therefore the author tries to examine the application of physical education learning, the author takes a state high school located in Bengkulu City which represents each sub-district. Representing 1 physical education teacher, 3 students from each school representing each sub-district in Bengkulu city.

From the problems that exist in the background of the effectiveness of physical education learning at this time, the researchers conducted a study entitled "The Implementation of Physical Education Learning During the Covid 19 Pandemic in Bengkulu City Public High School".

2 Method

2.1 Types of Research

The type of research used in this research is qualitative research. According to Sugiyono (2017) that this exploration utilizes an enlightening methodology [9]. Elucidating research is a type of exploration that portrays normal and man-made peculiarities. Each exploration subject was noticed just a single time and estimations were made on the situation with the subject variable at the hour of assessment. Gathering information in this study utilizing a poll procedure directed by specialists to delegates of 1 Actual Schooling educator, and delegates of 3 understudies.

2.2 Research Location and Time

The location of this research was carried out at a public high school in the city of Bengkulu. The time of this research was carried out in November 2020.

2.3 Research Subjects and Research Objects

2.3.1 Research Subjects

According to Sugiyono (2011) that the subject of research is something that is being researched either by people, objects, or institutions (organizations) [10]. The subjects in this study were public high schools in the city of Bengkulu, as many as 11 high schools in the city of Bengkulu representing each sub-district. The subjects of this study were representatives of physical education teachers and representatives of 3 high school students who attended school or physical education teachers who taught at the high school.

2.3.2 Research Objects

According to Sugiyono (2011) that the object of research is the nature of the state of an object, person, or the centre of attention and research target [10]. The object of this research is learning or learning techniques applied by teachers and education personnel during the COVID-19 pandemic.

2.4 Data Collection Technique

This research was conducted in the city of Bengkulu. Data collection techniques used in the context of the data collection process in this research are, questionnaires or questionnaires, observation and documentation, questionnaires are data collection techniques carried out by giving a set of questions or written statements to respondents to answer [10].

2.5 Data Analysis Technique

Information examination strategies are vital in research since information examination can give helpful implications in tackling research issues. The research technique according to the model of Miles and Huberman (1984) [10], proposes that exercises in subjective information examination are done intelligently and occur persistently until complete, so the information is immersed. Exercises in information examination are information decrease, information show, and conclusions.

The information assortment procedure in this study utilizing graphic examination is utilized to dissect information by depicting or portraying the information that has been gathered for what it’s worth without expecting to cause ends that to apply to people in general or speculations. Moreover, it tends to be deciphered as a conversation of the issues presented as rates. The recipe for computing the relative recurrence (rate) is as per the following:

$$P = \frac{F}{N} \times 100\%$$

Information:

P: percentage number

F: number of frequencies

Table 1. Categorization Norms

No	Percentage	Category
1	81%–100%	Very Good
2	61%–80%	Good
3	41%–60%	Currently
4	21%–40%	Not Good
5	0%–20%	Not Very Good

N: number of subjects (respondents)

Furthermore, data processing will be assisted with the Microsoft Excel computer program to make it easier. Then the examination cycle is classified. The order utilizes the mean and standard deviation. As per (Noor, 2017) to decide the score standards utilizing the Norm Reference Exploration (Dish) on a scale that should be visible Table 1.

3 Results and Discussion

3.1 Results of Information Examination of Educator Surveys on the Execution of Actual Training Learning in State Secondary Schools During the Coronavirus Pandemic in Bengkulu City in Light of Pointers

Considering a poll disseminated straightforwardly to schools upwards of 11 respondents with 20 proclamations having 3 markers, the outcomes got from the examination should be visible in Fig. 1 as follows:

In view of the consequences of the examination of the exploration information in Fig. 1, it tends to be seen that the use of Actual Training learning in broad daylight secondary schools during the Coronavirus pandemic in Bengkulu City with marks of the growing experience with a rate (82.73%), the use of online actual schooling getting the hang of utilizing the capability of Offices and Foundation with a rate (71.52%), the use of actual instruction learning with learning support skills with a rate (66.36%), so it very well may be presumed that the utilization of actual training learning out in the open secondary schools during the Coronavirus pandemic in Bengkulu City had great rules with a rate (73.54%).

3.2 Aftereffects of Student Questionnaire Data Analysis on the Implementation of Physical Education Learning in State High Schools During the Covid 19 Pandemic in Bengkulu City in View of Indicators

In view of the survey appropriated to schools upwards of 33 respondents with 20 explanations, the outcomes acquired from the examination should be visible in Fig. 2 as follows.

In light of the consequences of the examination of the exploration information in Fig. 2, it very well may be seen that the utilization of Actual Training learning openly secondary schools during the Coronavirus pandemic in Bengkulu City with marks of

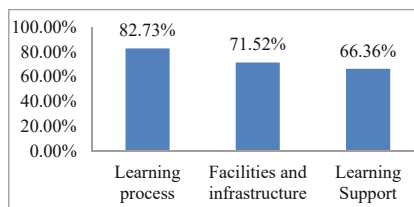


Fig. 1. Consequence of the Questionnaire.

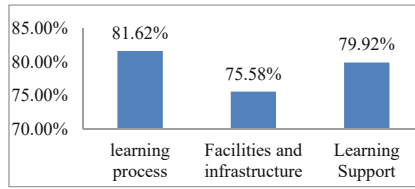


Fig. 2. Aftereffects of Understudy Poll Information Examination.

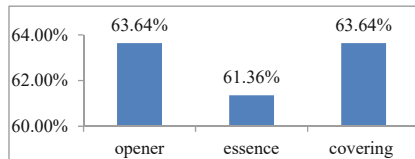


Fig. 3. Consequences of Perceptions

the growing experience with a rate (81.62%), the use of web based picking up utilizing the skill of Offices and Foundation with a rate (75.58%), Execution of Actual Training learning with learning support capabilities with a rate (79.92%). So, it very well may be reasoned that the execution of Actual Training learning out in the open secondary schools during the Coronavirus pandemic in Bengkulu City had great measures with a rate (79.71%).

3.3 Aftereffects of Perceptions on the Execution of Actual Training Learning in State Senior Secondary Schools During the Coronavirus Pandemic in Bengkulu City

Based on the observations made by researchers during research activities, the results of observational research conducted in 11 public high schools in Bengkulu City, observation or observation is an activity against a process or object with the intention of feeling and then understanding the knowledge of a phenomenon based on knowledge or understanding. Previously known ideas.

In view of the information in Fig. 3, information on the initial marker (63.64%) of the centre pointer has a rate (61.36%), while the end marker (63.64%) has a typical rate worth of (62.88%). With Great measures. So it tends to be reasoned that the perception sheet during the Coronavirus pandemic in Bengkulu City has great models.

3.4 Consequences of Teacher Interviews on the Implementation of Physical Education Learning in State High Schools During the Covid 19 Pandemic in Bengkulu City

In view of meetings that have been directed at a public secondary school in Bengkulu City with 11 actual training educators as the answerers for this meeting, it tends to be found in Fig. 4.

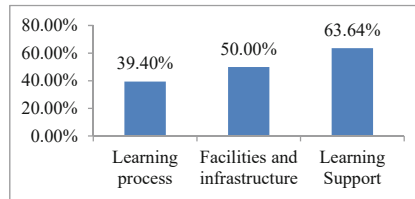


Fig. 4. Aftereffects of Interview with the Educators

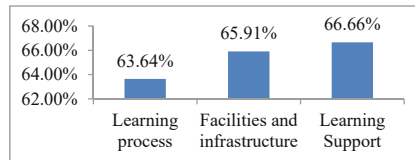


Fig. 5. Results of Interviews with the Students

In view of meetings that have been completed at public secondary schools in Bengkulu City with agents of 11 understudies as the solutions to this meeting, it tends to be found in Fig. 5

In view of the information in Fig. 5, it is gotten information on the growing experience (63.64%), the offices and framework markers have a rate (65.91%), while the learning support pointers (66.66%), with a typical rate worth of (65.40%) with the rules Well. So it tends to be reasoned that the understudy interview sheets during the Coronavirus pandemic in Bengkulu City had great measures. The consequences of exploration information examination can likewise be found as a graph as displayed in Fig. 5.

Considering the aftereffects of the examination, it was acquired that the conversation with respect to the utilization of actual training learning in broad daylight secondary schools during the Coronavirus pandemic in Bengkulu City. In view of the consequences of the poll on the utilization of actual training learning openly secondary schools during the Coronavirus pandemic in Bengkulu City, which comprised of 3 classifications, specifically the principal growing experience for actual schooling educators at the school, information were gotten with a rate (82.73%) with generally excellent models. In the meantime, the execution of actual training learning out in the open secondary schools during the Coronavirus pandemic in Bengkulu City for understudies with a level of information (81.62%) including excellent standards. Physical education teachers can carry out Physical Education learning to the fullest even though it is online or not face to face, what teachers must do in online learning, Physical Education teachers must prepare learning materials and at the end of learning Physical Education teachers must evaluate the results of online learning.

Facilities and Infrastructure indicators obtained data from the implementation of Physical Education learning received a percentage of (71.52%) with good criteria for Physical Education teachers. Meanwhile, for the implementation of Physical Education learning with Facilities and Infrastructure competencies, students get a percentage of (75.58%) with Good criteria. Where teachers must pay attention to the existing facilities

in online physical education learning, not all students have sports equipment that is at home very much different from those in school, at least the school already has adequate facilities.

Learning support indicators are obtained from the application of Physical Education learning data of (66.36%) with Good criteria for Physical Education teachers. As for the learning support competencies from the application of physical education learning for students, students get a percentage of (79.92%) where students understand more of the material given by the teacher in the form of written assignments, furthermore, the instructor's character impacts supporting learning and the character of understudies in light of the fact that the educator is a good example. For understudies, for that an educator should have a decent character. In the feeling of the word educators are not just expected to have the option to give importance to the educational experience, yet additionally as a useful asset or means to shape skill and work on the individual nature of understudies.

Learning in PJOK subjects during the covid-19 pandemic still has potential and opportunities to be implemented, even though schools, teachers and students have limitations in internet access, lack of facilities and infrastructure, lack of support for technology-based devices. android (mobile).

So from this study with the title Application of Physical Education learning in public high schools during the covid 19 pandemic in Bengkulu City, researchers conducted research by distributing questionnaires, from what was mentioned earlier the researchers got the results of the questionnaire for teachers (73.54%) and while for students (79.71%), then Physical Education learning in the form of theory or independent assignments given by Physical Education teachers for students can run well and smoothly, while for tasks with practical forms or movement activities, it can be said that it does not run optimally or cannot be done properly. Either because movement activities must require a companion, or a supervisor cannot be left alone.

4 Conclusion

In light of the consequences of the examination and conversation got, it tends to be closed as follows: The aftereffects of the survey The utilization of Actual Training learning at State Senior Secondary Schools during the Coronavirus pandemic in Bengkulu City from 3 existing classifications, to be specific having an excellent rate with marks of the educational experience (82.73%) with Excellent standards, facilities and infrastructure indicators (71.52%) with Good criteria, and learning supporting indicators (66.36%) with Good criteria, it can be concluded that from the three indicators above, on average (73.54%) for physical education teachers get the criteria Good, while the Implementation of Physical Education Learning During the Covid 19 Pandemic In Bengkulu City Senior High School for students with indicators of the learning process obtained a percentage result of (81.62%) with Very Good Criteria, facilities and infrastructure indicators obtained a percentage result of (75.58%) with Good criteria and learning supporters obtained a percentage of (79.92%) with With the Good criteria, it tends to be inferred that the consequences of the understudies have a level of (79.71%) with Great rules. These outcomes demonstrate that the execution of Actual Training learning in State Senior Secondary Schools during the Coronavirus pandemic in Bengkulu City is great

as tasks as composed questions given by the Actual Training educator to understudies and work from home.

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