Analysis of the PJOK Learning Process for Short Distance Running Materials for Students
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Abstract
This study aims to determine the study of the PJOK learning process for short-distance running material in fifth grade students of SD Negeri 010019 Sei Kepayang for the 2020/2021 Academic Year during the Covid-19 Pandemic Period. The implementation of the research was carried out through blended learning of short distance running material with the results of cognitive tasks. The material presented by the teacher was carried out through short face-to-face and whatsapp groups, namely providing an explanation in the form of online text on short-distance running material. This study uses qualitative methods aimed at describing, summarizing various conditions, various situations, or various phenomena of social reality. This study focuses on obtaining activities that reflect the achievement of learning outcomes for short-distance running materials through learning during the COVID-19 pandemic. The data obtained is in the form of monitoring and studying the learning activities of V SD Negeri 010019 Sei Kepayang students for the 2020/2021 academic year. The results of the data obtained on the short-distance running Athletics material, namely students have cognitive aspects of learning outcomes with a total of 17 students (100%) achieving complete" learning outcomes status, and 0 students (0%) having "incomplete" learning outcomes. The implementation of PJOK learning for fifth grade students in short distance running shows that students can still take part in learning well so that they are able to achieve classical graduation above 75%. The conclusion in this study is the blended learning learning process in this case shows that the stages applied by the teacher can provide an effective learning process during the covid-19 pandemic to provide learning materials and assessments with media that can be operated by students. The application of online learning in a short time can help the effectiveness of learning other subjects so that a series of learning plans set by the school can be realized properly.

Keywords: Analysis, Learning, Short Distance

Introduction
Materials for Physical Education and Health for Elementary Schools have all been regulated in the educational curriculum which is divided into two parts, namely material for the lower class and material for the upper class. The lower grade material, namely grades 1, 2, and 3, prioritizes aspects of basic movement development such as locomotor, non-locomotor, manipulative, and non-manipulative movements that are packaged in play activities. The material for the upper grades, namely grades 4, 5, and 6, began to enter the stage of aspects of sports activities including big ball games, small ball games, athletics, water activities, rhythmic activities, and health. Physical education learning at the elementary level is the first experience for students to understand physical education learning and provide experience in multidisciplinary physical education activities.

Athletics is one of the materials contained in class V learning and is a very important subject to be applied to elementary school students to provide understanding and experience about basic sports activities. The athletic material for class V students is short distance running material which will then be continued when students enter the Junior High School (SMP) and Senior High School (SMA) levels. The application of short distance running is very important because it will have an impact on students' understanding after elementary school and improve students' motor skills.

The short-distance running skills in elementary school students include starting attitude, running attitude, and finishing attitude. Short-distance running techniques have an impact on...
kinesthetic which can increase agility, speed, and muscle endurance, so that it will affect more optimal physical development. The experience of the motor aspect also has an impact on the psychology of students to appear or socialize in the family and community environment that students do not experience the limitations of movement that elementary school students should have.

Teachers of Physical Education, Sports and Health (PJOK) essentially have a responsibility towards students so that they can apply athletic material well and achieve the expected competency standards. Achievement of the material needs to be modified athletic equipment so that students are interested and able to apply various athletic movements. The ability of teachers to be skilled and trained in modifying athletic equipment, especially from simple materials or materials available at school without having to buy expensive equipment. Therefore, it is necessary to modify elementary school athletic equipment in improving the PJOK learning process and improve students' abilities in athletic material which is basically the parent of all sports.

The selection of the learning process is adjusted to the situation and conditions of students and teachers as well as school policies to keep the learning process successful and to apply government regulations. The application of learning carried out during the COVID-19 pandemic has the main goal of maintaining good interaction between teachers and students and generally meeting the planned learning outcomes.

Based on the above, teachers really need learning studies in achieving learning competencies, especially in short-distance running materials according to the student's character related to PJOK learning needs as an effort to implement them in pandemic situations. Description of learning needs is an effort to achieve student competencies which include cognitive, psychomotor, and affective. Student competence is a priority in forming adequate skills.

Based on the information above, in this case the researcher will conduct an analytical study that aims at the concept of PJOK learning needs in Class V students with the title "Analysis of the PJOK Learning Process for Short Distance Running Materials for Class V Students at SD Negeri 010019 Sei Kepayang for the 2020/2021 Academic Year at the Covid-19 pandemic." This research will focus on efforts to find studies that lead to the need for learning outcomes which can then be used as a reference for implementing PJOK learning short distance running material for class V students according to the covid-19 pandemic situation.

**Methods**

This research was applied using a qualitative case study approach. The case study approach is a research strategy in which the researcher carefully investigates an event, activity, process, program or group of individuals. Cases are limited by time and activity, researchers collect complete information using various data collection procedures based on a predetermined time (Creswell, 2014).

Qualitative descriptive design aims to describe, summarize various conditions, various situations, or various social reality phenomena that exist in the community that are the object of research, and attempt to draw conclusions to the surface as a feature, character, model, sign, or description of the condition, certain situations or phenomena.

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Result and Discussion

Result

The learning process at SD Negeri 010019 Sei Kepayang has carried out online learning since the regulations were enacted in the 2020/2021 Academic Year. Online learning that is applied through the use of whatsapp groups as a learning media application and communication between teachers and students. This application is implemented because it can be operated easily by students and teachers and is very helpful in conducting active interactions in the learning process and controlling the achievement of learning competencies.

The learning process was then changed to blended learning since the even semester of the 2021/2022 academic year. The concept of applying blended learning is by meeting face-to-face 2 times in 1 week, and then continuing with the online learning process, namely giving assignments related to PJOK material. The application of the material carried out is short distance running which is in the athletic material.

The application of athletic material is that this research is carried out using qualitative techniques, namely detecting student learning outcomes in short distance running material for class V SD Negeri 010019 Sei Kepayang for the 2020/2021 Academic Year in the covid-19 pandemic situation. The qualitative method applied is a case study approach used to maintain the integrity of the object.

This study uses a qualitative descriptive method with a case study approach with the main basis that in the covid-19 pandemic situation (1) an in-depth analysis is needed regarding the reviews obtained during the short distance running material, (2) with this research method data can be collected from all components involved. support the achievement of learning outcomes short distance running material, including the results of student work.

The research was carried out in 2 meetings, namely on June 8 and June 13, 2021 according to the arrangement of student learning materials. The implementation of learning is carried out with an explanation at the beginning of the meeting, then the teacher gives material about short distance running in the form of notes and watching assignments on YouTube. This is a learning technique determined by PJOK teachers based on school regulations in the situation and conditions of the COVID-19 pandemic to gain student learning competencies.

Research activities on analysis of learning outcomes carried out through online learning systems, namely giving cognitive-based assignments to volleyball passing material. The application of volleyball material is by giving audio-visual (video) assignments via the class whatsapp group (WAG). Assessment of learning outcomes is applied through knowledge instruments consisting of treatment techniques performed by students or known as knowledge assessment leading to the concept of thinking high order thinking skills (HOTS). The assessment technique or filling out the instrument is done by examining the results of the answers based on the answer keys that have been provided.

The data obtained through the online learning process for fifth grade students is carried out through online assignments as simple techniques can be done by students without experiencing time difficulties in doing it. The difficulty in question is that students who work on cognitive questions as a measuring tool for competency success can be done at home and independently. The assessment is carried out by the teacher by looking at the work done by students based on student worksheets sent by students to the whatsapp group. This is done based on a series of final stages of learning activities during the COVID-19 pandemic, namely with a blended learning system and online assignment, so the assessment made from the results given by the teacher will determine the competence of student learning achievements during the COVID-19 pandemic.
Discussion

One that is applied to PJOK is the short distance running material, which is part of athletics and is carried out with dominant practical activities in the field. The material for short distance running at the elementary level is applied by strengthening techniques that lead to the development of movement patterns and students’ physical development. Movement patterns in athletics are based on the developmental patterns of students who have entered the stage of motion recognition and the formation of physical skills.

Athletics is one of the materials that must be taught to students at every level of education, from elementary school to high school, this is because athletics is the basis of all sports movements because it contains elements of walking, running, jumping, and throwing. The learning material for short distance running at K13 class IV at the elementary level is a form of manipulative motion found in the start and execution technique of running.

Athletic short distance running uses movements such as athletics, so athletics is often referred to as the mother of sport. The purpose of teaching athletics is to help develop abilities and movement skills and introduce numbers to students in athletics. One of the numbers in athletic learning that is taught to students is sprint or sprint.

The learning materials prepared by the teacher are media materials in the form of texts on the steps of sprinting techniques. This material is a supporting part in the process of implementing online learning for class V students according to the material contained in the teaching materials. Then students were asked to work independently on the techniques and conditions for short distance running and then sent to the whatsapp group at the second meeting. The activities on the second day were apperception of the short distance running material and the delivery of tasks given at the first meeting.

The achievement of competence in the subjects of Physical Education, Sports and Health (PJOK) is the ability that can be done by students in achieving and meeting the criteria for mastery learning. The success of complete learning is strongly supported by the facilities, facilities, and infrastructure of the subjects when applying the materials as learning media. Competency achievements are implemented through materials that have been compiled in a curriculum, so that each teacher can transform in learning activities.

The measurement of learning success is carried out through the short-distance running cognitive instrument developed by the teacher, and the measurement results obtained that the application of learning in the network can show that students can achieve the expected KKM, namely with the time that has been set students are able to achieve an average score of 83.

Conclusion

The measurement of learning success is carried out through the cognitive objective instrument of athletic short-distance running developed by the teacher, and the measurement results obtained that the application of learning in the network can show that students can achieve the expected KKM, namely with the time that has been set students are able to achieve an average value of 83 or 100% classical success.

The blended learning learning process in this case shows that the stages applied by the teacher can provide an effective learning process during the covid-19 pandemic to provide learning materials and assessments with media that can be operated by students. The application of online learning in a short time can help the effectiveness of learning other subjects so that a series of learning plans set by the school can be realized properly.

References


