

# DEVELOPMENT OF LEARNING TECHNIQUES OF BASIC TECHNIQUES BASED ON CURRICULUM 2013 BASED ON SPORTS AND HEALTH EDUCATION IN BASIC SCHOOL

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## Abstract

The purpose of this research is 1) to know the development of learning model of basic soccer technique based on curriculum 2013 on physical education of sport and health in elementary school. 2) To know the effectiveness of the development of the basic soccer learning model based on the 2013 curriculum on physical and health education in elementary school. This research uses research and development method (Research and Development). The sample in this research is as many as 54 students from 3 elementary school that is SD Negeri 120, SD Negeri 156 and SD Negeri 230. The result of research shows the learning of football technique more effective and efficient. Thus, it can be explained that the development of the basic soccer learning model based on the 2013 curriculum on physical and sports education in elementary school is more effective and efficient. This means that the better the development of the basic soccer learning model based on the 2013 curriculum implemented, the better the results obtained in physical education of sports and health in elementary schools for students.

**Keywords:** Development, Learning Model, Basic Technique of Soccer, Curriculum 2013, PJOK

## 1. Introduction

Children at the age of basic education are expected to move a lot with regular physical activity. Sensory stimulation at an early age is important to develop basic skills, analytical skills and may even be an intermediary factor that enables rapid learning in the adult stage. Through guided physical education, the child's self-respect will grow and increase. (Iyakrus: 2014)

Physical education can contribute to the development of character to be obedient to the enforcement of the law, for in the course of physical education and as a member of the sports team, students must obey the rules of the game, and good athletes will be able to control the impulse and subdue the desires that will harm the group. (Meirizal, 2012)

Can play soccer well and correctly the players have to master the basic techniques of the game of football. From a variety of basic techniques of soccer games, Passing (kicking ball), Dribbling (dribble) and Shooting (Shooting the ball towards the goal) is one of the most dominant basic techniques in football games from some basic techniques. (Rohim, 2010: 27)

Activities can run in accordance with its function, there are some things that must be considered to be able to meet what is needed by students. How the presentation of the lesson material is attractive, stimulating spirit, skills, match the characteristics of students, preventing the boredom of students during the learning process, the material well and acceptable by students. (Yonathan, 2013: 67) Teachers should not only be fixated on one

model of learning, but rather looking for other models that are considered capable of achieving the desired learning objectives. Learning football in school is the material listed in the curriculum 2013. Curriculum is designed creatively, so that can be achieved meaningful learning. According to Harrow (1972) in Bambang (2014: 26) In the learning curriculum of elementary school physical education there are games and sports learning, which includes basic motion learning that includes locomotor, non locomotor and manipulative motion of how children play and exercise , while developing cognitive, and affective aspects. Physical health needs to be owned by every student because as a provision in living everyday life and the next.

The causes of students' problems in physical education of sports and health in the learning need attention, sought the cause, and immediately overcome. According Widyasari (2013: 3) Efforts to improve students' activity in physical education of sports and health in learning is an important thing to do, because it is closely related to the success of education in Elementary School. Low student activity if left behind will have an adverse effect on: 1) student's critical attitude, 2) attitude toward physical education of sport and health, 3) student's scientific attitude, 4) student's willingness to work hard, tenacious, diligent, not easy to break asa, and ultimately impact on less satisfactory learning outcomes.

Based on field observations in SD Negeri 120, SD Negeri 156 and SD Negeri 230, that the basic soccer technique of students in the school is still not satisfactory. This can be seen from the behavior of students during the training process there are some students look ignorant, do not pay attention to teachers and even students do not want to go to exercise. Therefore it is necessary for the development of a better learning model, so that learning is more qualified. In addition it is expected that the learning model can develop the basic soccer techniques of students according to the 2013 curriculum. In an effort to develop basic soccer techniques based on the 2013 curriculum on physical education sports and health through a scientific approach.

Based on these ideas, as an effort to develop the basic soccer learning model in accordance with the 2013 curriculum, the researcher will conduct a research entitled "Development of Basic Learning Technique of Football Based Curriculum 2013 on Physical Education of Sports and Health in Elementary School".

## **2. Research Methods**

### **2.1 Research Development**

This research uses Research and Development method. Research and development methods are research methods used to produce a particular product, and test the effectiveness of these products (Sugiyono, 2014: 409).

### **2.2 Development Procedures**

The development model is a descriptive model, showing the steps to be followed to produce the product. In this research and development will produce a video learning media product. In this study using the development model according to Sugiyono (2014: 409).

### 2.3 Product Trial

Products that have been created can not be directly tested first. But it must be made first, produce the product, and the product is tested. Testing can be done with experiments that compare the effectiveness and efficiency of old working system with new.

### 2.4 Data Collection Instruments

This research researcher conducted direct observation to the field accompanied by interviews or interviews with respondents as well as providing questionnaires and perform documentation analysis. The supporting instruments are:

- 1) Observation guidelines in the form of observation sheets;
- 2) interview guide in the form of questionnaire;
- 3) Questionnaire guide in the form of a list of questions and statements;
- 4) Guidelines for assessment and analysis of documentation in the form of assessment and analysis of student test results in conducting trials of basic soccer learning model based on the 2013 curriculum.

### 2.5 Data Analysis Techniques

Validation results from the validator to all aspects assessed on the validation instrument sheet are presented in tabular form. The validation sheet given to the expert in the form of Likert scale. Scores obtained from expert expert judgments are searched average by using the formula:

$$Ni = \frac{N}{Nmax}$$

Information :

Ni = Value questionnaire

Xi = Total score obtained

Nmax = Maximum Score

Sugiyono (2014: 93) Likert scale used to classify five categories, namely: Very Good (SB), Good (B), Not Good (TB), Very Not Good (STB) as shown in table 2.1 below:

**Table 2.1 Category Validation Value**

Answer	SB	B	TB	STB
Statement	4	3	2	1

Validation results from validator to all aspects assessed are presented in tabular form. then the average is searched, then the average is confirmed by the specified criteria. How to get the criteria are as follows:

- 1) Span of scores ranging from 1 to 4
- 2) Criteria is divided into four levels. The term used is adapted to the respective aspects
- 3) The average span is divided into four into five interval classes
- 4) The five interval classes are then grouped into the five categories described in Table 2.2 below:

**Table 2.2 Category Validation Value**

Average	Category
3,41 – 4,00	Very Good
2,81 – 3,40	Good
2,21 – 2,80	Enough
1,61 – 2,20	Not good
1,00 – 1,60	Very Not good

### **3 Results and Discussion**

#### **3.1 Research Results**

Exercise is one that is needed by the body. In addition to healthy sports body can also train togetherness, making the players more happy or happy and able to nurture kesompakan in a team. There are different types of sports one of them is a sports game. Especially for elementary school children must require a high creative power in order to create a fun game. Students generally like games that are not heavy but can train their cohesiveness, agility and creative power. Therefore it is necessary to develop a learning model for elementary school students.

The development was conducted in the form of a basic soccer learning model based on the 2013 curriculum on physical and sports physical health education in grade IV (four) primary schools. The development was carried out in 3 primary schools namely SD Negeri 120, SD Negeri 156 and SD Negeri 230. The problem that existed during this time is that the basic soccer technique of the students still has not achieved satisfactory results. Some students look ignorant, do not pay attention to the teacher and even students do not want to go to exercise. The advantage of using this learning model is that it can be applied in any school or venue, basic football technique training is more effective and efficient, more quality learning. With the results of research and designing products in the form of learning models of basic soccer techniques based on the 2013 curriculum on physical education of sports and health for grade IV elementary school students.

The development of this research is aimed to give thought contribution in the form of learning model of basic soccer technique based on the 2013 curriculum on physical and sports physical education for grade 4 students of elementary school which is arranged and designed based on the learning needs of student soccer. And contribute knowledge to the Department of Education and Culture, teachers of physical education of sports and health in order to be used as a reference model for learning elementary school students basic soccer techniques.

#### **3.2 Discussion**

This study aims to determine whether there is a significant Development of the basic soccer learning model based on the 2013 curriculum on physical education of sports and health in elementary school. Based on research conducted on the development of the basic soccer learning model based on the 2013 curriculum on physical and sports physical education at SD Negeri 120, SD Negeri 156 and SD Negeri 230 good. Students pay more attention to learning, do the exercises with passion, and proactively work on the direction given by the researcher. Nevertheless there are some things that researchers need to

improve on learning management, and providing assistance to students who have learning difficulties.

Based on the assessment of the validation level of the initial product in a small-scale questionnaire study to 18 students. Overall result obtained by value of questionnaire with amount 3,28 hence based on data obtained at test of initial product usage designed with value 3,28 is "good" level and feasible test or valid with revision refers to focus validation and suggestion validator.

Based on the assessment of the validation level of the final product in a large-scale questionnaire trial study to 54 students. Then the overall results obtained by the questionnaire value of the amount of 3.00 then based on the data obtained on the final product use test designed with a value of 3.00 is "good" with the revision refers to the focus of validation and suggestion validator. Based on the validation test results, it can be concluded that the basic learning model of soccer based on the 2013 curriculum on physical and sports education in elementary school that has been designed has become good and can be done further production.

The result of the researcher about the development of learning model in accordance with Aqib theory (2013: 70) Learning model is the way used by the teacher, who in carrying out its function is a tool to achieve learning objectives. According to Joyce and Weil in Rusman, (2012: 133) The learning model is a plan or pattern that can be used to form a curriculum (long-term learning plan), designing learning materials, and guiding classroom learning or any other appropriate learning used, for the purpose of the learning process can be achieved. Furthermore, the results of the research analysis are in line with those conducted by Hepta Bungsu, et al (2015) entitled Development of Hypnoteaching Learning Model to Improve the Motivation and Results of Biology of High School Students / MA Students. The results of the study were as follows: (1) Hypnoteaching learning model and its tools, empirically valid and reliable with the category of "Very Good". (2) Hypnoteaching learning model has a significant influence on the improvement of learning motivation of grade XI SMAN 2 Banguntapan and MAN Yogyakarta III, as evidenced by MANOVA test with significance value (Sig.) = 0.000 at 95% confidence level. (3) The hypnoteaching learning model has a significant influence on the improvement of students' learning result of class XI SMAN 2 Banguntapan and MAN Yogyakarta III, as evidenced by MANOVA test with significance value (Sig.) = 0.000 at 95% confidence level.

### **3.3. Result of Model End Product**

The final product creation is a basic soccer learning model based on the 2013 curriculum after the initial product draft and small-scale trials, large group trials. So the final product making is done and can be used.

- 1). Excess Products
  - a) Products can be implemented in certain schools that have adequate facilities and infrastructure.
  - b) Basic soccer training exercises given by physical and health education teachers in primary school are more effective and efficient.
  - c) Student learning is more qualified.

- d) The results of the development of basic soccer learning model based on the 2013 curriculum for these students can be disseminated to all elementary school physical education teachers in Indonesia.
- 2). Product Weakness
- a) Products can not be implemented en masse because they need to consider the situation, condition and facilities of infrastructure.
  - b) Packaging and the content of the learning model needs further development.

### 3). Limitations of Research

Implementation of this research has been meticulously based on methods or procedures appropriate to this type of research, but the perfection of the results is something that is not easy to be realized. This is the best result right now, despite the limitations and weaknesses encountered during the research process. The sources of limitations and weaknesses in this study are among others:

- a) It is difficult to strictly control the sample of the study not to undertake technical exercises outside of research activities.
- b) This study only uses samples at a certain age, therefore can not be generalized to other age samples.
- c) This research is only conducted in three places, namely SD Negeri 120, SD Negeri 156 and SD Negeri 230.

### 4. Conclusion

The results of the research by way of questionnaire dissemination conducted by researchers on 54 students can be concluded as follows:

- 1) The development of the basic soccer learning model based on the 2013 curriculum on physical and sporting physical education in elementary schools developed is validated so that it can be used in a wide scope.
- 2) From the data analysis proves that the results of this research hypothesis reads that there is a significant development of the basic soccer learning model based on the 2013 curriculum on physical and sports education of health in elementary school is acceptable.
- 3) The basic learning model of soccer based on the 2013 curriculum developed more effectively in physical education of sports and health in elementary schools. This means that the better the development of the basic soccer learning model based on the 2013 curriculum implemented, the better the results obtained in physical education of sports and health in elementary schools for students.

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