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Process of learning physical education, sports and health in basic education during distance learning in the pandemic COVID-19

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Abstract---The COVID-19 pandemic causes learning to be carried out remotely. The study aims to describe the implementation of sports learning to students at SD Bias Kaliurang Yogyakarta. The research data were obtained from observations of the implementation of sports learning and interviews with the principal and three teachers of SD Bias Kaliurang Yogyakarta. Respondents were selected by purposive sampling technique. The results showed that the implementation of sports learning over long distances had obstacles that occurred in the field, namely limited devices, limited student internet quota, insufficient network signals, and teachers could not coordinate students directly such as face to face.

Keywords---COVID-19, learning, sport, distance learning, primary education.

1. Introduction

Education is currently experiencing quite complex problems due to the covid-19 pandemic. Many media report that a vaccine for the corona virus has not been found, so this has an impact on various lines of life, including education. On January 30, 2020, WHO has declared a public health emergency, it was worrying the world. Then on 2 March 2020 it was confirmed that in Indonesia there were 2 cases of COVID-19. Until March 16, 2020, 10 people were found who tested positive for corona 19 (Yurianto, Ahmad, Bambang Wibowo, 2020). The existence of COVID-19 in Indonesia, the government adopted a policy to learn from home or online learning at all levels of formal education is also a real effort made by the government to break the chain of spreading COVID-19 (Ministry of Education and Culture of the Republic of Indonesia 2020). UNESCO agreed with the implementation of large-scale distance learning

programs and recommends applications, platforms, open education that can be accessed by students and teachers for distance learning. UNESCO seeks to utilize technology for learning to reduce disruption to education (UNESCO, 2020).

At universities and high schools it is familiar and easier to understand technology. In other hand to elementary schools, which often experience problems in online learning. Mustofa, et al (2019) online learning is one of the online learning methods or is done via the internet network. Even though it looks easy, there are four obstacles faced by the world of education today, including 1) limited internet mastery by teachers and students; 2) insufficient facilities and infrastructure; 3) limited internet access; 4) not ready for funds in an emergency (Shah 2020).

Many interesting things happened during the online learning process. such as adjustment of educators, the role and involvement of parents to assist children to learn at home. especially for elementary school students, they need assistance from their parents and family when studying. This does not only occur in general subjects, including sports subjects. Sports teachers have to change the rules from offline or face-to-face learning to online learning. Sports learning which is identically applied in the open field or practice, is now carried out via a distance. The method for sports education is the deductive method or command method, with a variety of tasks, demonstrations and a little explanation.

In fact, the implementation of online learning had many obstacles, especially access to the internet, and the operational capabilities of online features. Physical education by itself encounters various obstacles and obstacles in the process of implementing learning. In line with Hadisi & Muna's (2015: 131) opinion, online learning results in a lack of interaction between teachers and students and even between students themselves. This lack of interaction can slow down the formation of values in the teaching and learning process. Online learning that is currently being implemented is a new thing for teachers and students alike.

From these obstacles, however, there are advantages, according to Ambarsari (2015: 27-28) the advantages of online learning are to build a new learning atmosphere, online learning will bring a new atmosphere for students, who usually learn in class. This new atmosphere can foster the enthusiasm of students in learning. Judging from the overall content and subjects taught by teachers in schools during the pandemic, there are two groups. The first group is a group of subjects that are dominated by theory and little practice. While the second group is dominated by practice and a little theory. Obviously, these two groups will have different platforms in online learning. Physical education is a discipline that falls into the second category, where practice dominates more than theory.

Physical education is an educational process through physical activities that aim to improve physical fitness, develop physical skills, develop motor skills, sportsmanship, emotional intelligence, knowledge and healthy living behaviors

(Sumbodo P, 2016). The goal is slightly different from the current condition, where learning is done over a distance. Based on the above problems, the researcher wants to conduct a study about how the online learning process is in learning sports.

2. Method

This study aims to describe the process of implementing online sports learning activities. This research used descriptive qualitative approach. The data presented is natural data that occurred in the field (Ahmadi, 2016; Prastowo, 2016). Observations and interviews were conducted with the principal and several sports teachers at Bias Kaliurang Elementary school, Yogyakarta. Respondents were selected by purposive sampling. Purposive sampling is a sampling technique with certain considerations (Sugiyono, 2015: 124). The choice of the subject was motivated by the researcher's goal, which was to see how the learning process was online. A good instrument will produce good data too. The instruments used in this study were observations and interviews with respondents to sports teachers and primary school principals. The research analysis technique used the Miles and Huberman model. This model consists of several analysis techniques, first reduction, display data, and conclusion (Sugiyono, 2016). The data validation technique used consists of 4 types of tests, namely: credibility test, transferability test, and dependability test and confirmability test.

3. Results

Interviews can be conducted in a structured or unstructured manner, and can be carried out face-to-face or by using the telephone or the internet (Sugiyono 2019; 211). After the researcher made observations and interviews with respondents at school, the following results were obtained:

1. Interview

The interview technique used in this study was semi-structured interviews with teachers and principals of SD Bias Kaliurang, Yogyakarta. Interviews were conducted to obtain data from respondents.

a) What corner materials are taught during online learning?

"Teacher's answer"

"As long as online learning is implemented in formal schools, of course there will be different materials taught by the teacher from learning online. The materials that were taught online during the COVID-19 pandemic were locomotor, non-locomotor, manipulative, volleyball trading, soccer and gymnastics.

b) What preparations did the teacher make?

"Teacher's answer"

Yes, of course, there are several things that the teacher must prepare before starting online learning. Especially the online lesson plans that the teacher must prepare. Because online learning is a new atmosphere. Then in terms of the infrastructure needed for the purposes of delivering the material, it is adjusted to what material will be delivered on that day. For example, on a soccer pass, what needs to

be prepared is the ball. Meanwhile, technically the learning that will be delivered to students is the zoom application and the whatsapp grup.

- c) What should students prepare for online learning?

"Teacher's answer"

"The tools that need to be prepared by students in the online learning process are adjusting the instructions from the teacher, what tools the students need to prepare. Usually the tools that need it can be modified. As an example for soccer passing, students may use plastic balls, not necessarily real football. As for the technical learning facilities that must be prepared by students, of course, cellphones or laptops. Then install the zoom, googlemeet, and whatsapp applications"

- d) What are the advantages of online learning?

"Teacher's answer"

"Overall, the efforts to prevent the transmission of COVID-19 that are being carried out are as recommended by the government. Meanwhile, the advantages of online learning for teachers are new experiences in teaching online, while for students themselves, they get a new learning atmosphere, they can access more deeply with the help of their parents or families of students. "

- e) What are the obstacles to online learning?

"Teacher's answer"

Before online learning was implemented, everyone had thought about the obstacles of online learning. The obstacle is limited internet access. This is a very important obstacle to pay attention to. Because the name is online learning or in a network there must be a network. If there is no internet network, the learning process cannot be implemented. Furthermore, there is reduced interaction between teachers and students, because online learning is one way. Then make a lack of understanding of the material. Because some children have different levels of understanding. Moreover, this online is conducted for elementary school children, they will be constrained by the instructions received by students. Furthermore, the lack of supervision in learning, which makes students not focus on the learning process

- f) What are the technical assignments given to students?

"Teacher's answer"

The assignments given to students are in the form of videos as well as writing and pictures. The video is in accordance with the instructions given by the teacher, for example following the gymnastic example instructions. There is also a form of a problem being worked on, then draws the field according to its size. Then send it to the class group whatsapp or send it directly to the sports teacher."

- g) How is the evaluation technique used by the teacher?

"Teacher's answer"

For the student's assignment evaluation technique, the teacher will analyze the video that the student has sent, while the questions will match the correct answer key. "

The results of the interviews presented above have been concluded through online interviews with 3 physical education teachers and 1 principal.

4. Discussion

The results of the interviews shown above were concluded through online interviews with 3 sports teachers and 1 school principal, which were related to the limitations of the limited equipment students had, but students could use modification of the tools. As stated by Bahagia and Suherman (2011: 1) modification is an effort that can be made by teachers so that learning reflects DAP. Therefore DAP is included in "body scaling" or student body size must always be the main principle in modifying physical education learning.

During the Covid-19 pandemic, sports teachers are required to prepare learning materials that are different from the previous face-to-face process. However, before entering the material, the teacher must first prepare the lesson plan. Because of course learning planning is the most important part before learning activities are carried out. Dalam (Suryapermana, 2017) said that planning that is not carried out systematically will have an impact on failure in the process of learning activities. After that, then prepare what material to be taught. Of course the material taught is different from face-to-face learning, as for the material, namely, locomotor motion, non-locomotor motion, manipulative motion, volleyball ball fitting, and ball ball fitting. Adjusting to the learning module during / offline primary school physical education (Ruang pendidikan: 2010).

In the process of implementing online learning, other obstacles were also found, such as limited internet access, lack of understanding, and reduced student focus on learning due to ineffective teacher supervision. In online learning, internet access is very important, because without an internet network, online learning cannot be implemented. Many obstacles also arise in the application of online learning. Learning via the internet is difficult to do in certain areas with inadequate networks (Hastini et al, 2020). However, from some of the obstacles found in the field, there are also advantages of online learning such as teachers who do not master technology gradually become accustomed to technology, as well as students get a new learning atmosphere and can access broader insights, and students can be assisted directly by parents and family. The use of online media also allows students to get wider information via the internet (Hastini, Fahmi, & Lukito, 2020).

5. Conclusion

Based on the results of research conducted by researchers, it can be concluded that the online distance learning methodology through various online learning platforms at SD Bias Kaliurang Yogyakarta, is less attractive to students and teachers. Because students prefer offline or face-to-face learning, teachers are more free to convey material and students find it easier to understand the material that is explained directly by the teacher, and they enjoy meeting their friends.

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