QUALITY IMPROVEMENT OF ATHLETIC LEARNING IN JUNIOR HIGH SCHOOL THROUGH MODIFICATION OF LEARNING

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Abstract:
Physical education is part of a complete education, which has a strategic role to educate. The final goal of physical education and health sports (penjasorkes) lies in its role as a medium of refinement of character and personality form. Changes in behavior of learners, will be achieved through the learning process. In order to achieve good learning outcomes, teacher penjasor Kes need to seek active learning, innovative, creative and fun.
This paper aims to give an idea of the importance of improving the quality of learning through modifications in penjasor Kes athletic. Modification of learning is one of the efforts to improve the quality of penjasor Kes learning. Modifications can be done in a modified form of infrastructure, materials and methods. Modification approach in the form of a method may include play activities and competitions. Learning with a modified approach may be one alternative to creating a fun learning.

Keywords: athletics, modification, penjasorkes

INTRODUCTION
Physical education focuses on physical activity education process that utilizes motion mechanism. Penjasorkes in the learning process, all aspects of students’ growth and development occurs largely through the activities of the motion.

Pangrazi (2004: 4) states that Penjasorkes is the stage of general education courses which contribute to the overall growth and development in children, mainly through movement experiences. Physical education is an educational process which is perfect, because it is through physical education teacher can develop the ability of every student, not only on the physical and psychomotor, but can be developed also cognitive, affective and social together (AAHPERD: 1999).

Physical education has function as a medium to encourage the development of motor skills, physical abilities, knowledge, reasoning, appreciation of the value of (attitude-mental-emotional-spiritual-social), and habituation to a healthy lifestyle is geared to stimulate growth and balanced development, (Nurhasan et al 2005: 6). Thus, Penjasorkes is one of the subjects that must be given to students at all levels of education, from basic education to secondary education.

The final aiming of penjasor Kes lies in its role as a forum for the perfection of character, and as a vehicle to establish a strong personality, good character and noble trait in accordance with national education goals, namely human form faithful and devoted to God Almighty, ethical (civilized and a sound culture of Indonesia, has reason (advanced, intelligent, creative, innovative and responsible), capable of social communication (orderly and litigious, cooperative and competitive, democratize and able-bodied to become human self (Mulyasa. E, 2004) , Penjasorkes taught in schools, providing opportunities for learners to engage directly in a variety of learning experiences through physical activity, sport and health are elected conducted systematically.

Behavioral changes in self-learners, will be achieved through a learning process. Some supporting factors that support the achievement of educational goals, among which is a factor of teachers, students, facilities, and learning methods. In the process of teaching physical education, teachers are expected to teach a variety of basic motor skills, techniques and strategies of games and sports, internalizing the values of sportsmanship, honesty, cooperation, discipline and healthy lifestyle habituation. Attitudes and behavior of students can be formed by increasing active participation in all forms of sport learning activities.

The method should be appropriate and used also in the learning process both for theory and practice. Implementation rather
than through conventional teaching in the classroom that are theoretical study, but involve an element of physical, mental, intellectual, emotional and social. This is reinforced opinion of Nixon and Jewet (1980) that the Physical Education is one phase of the overall educational process are concerned about the development and capabilities of individual voluntary movement as well as meaningful and to the reaction directly related to the mental, emotional and social. Thus, penjasorke learning can be effective.

Learning process can be effective if there is a change in the behavior of students and educational goals can be achieved optimally. Activities are given in the teaching must get a touch didactic-methodical, so that the activities carried out can achieve the expected competencies. Such learning applies in all levels of education, both primary education and secondary education, including learning penjasorke in Junior High School (SMP).

Penjasorke learning has been done by the teachers, more emphasis on results and performance skills of the students. Penjasorke learning especially in junior high school athletic shows that the implementation of learning that teachers do more emphasis on the mastery of motor skills, while the mental aspect is neglected. It can be seen from the interest and enthusiasm of the students in learning to follow athletics, it seems there are some things wrong in implementing them. For example, in learning about the shot put, the teacher uses the approach to the style of command and use bullets with standard size. Learning style is appropriate command when used in classical learning, but it will make the students are not interested because students only see and demonstrate the appropriate command or commands of teachers (Riyadi, Slamet, 2012)

Athletic material taught in class VII SMP consists of brisk walking, sprinting and long jump. (Pusbukur; 2013; 27). Athletic movements in the basis and foundation of motion of various human activities in their daily life activities. Almost activities cannot be separated from the element or hiking, running, jumping and throwing. Similarly, the activities of the various sports that other elements in the athletic movements became the backbone of the success of the sport concerned. For example, in a game of basketball, football and branches of other sports. Almost all roads movement, running, jumping and throwing is done in this game. Given the importance of the movement in athletics thus for humans, then it is proper if the material gets attention and taught to students at all educational levels. Many positive values that can be taken from a variety of athletic activities in the material, which can be grown and developed in learning, especially penjasorke learning. Some of the positive values, including high morale, discipline, and confidence, can be instilled early. Various infrastructure to support the achievement of learning goals can be pursued as possible by the school, in order to foster the values of character in students. The fact is that not all schools have the necessary means to achieve competency in subjects penjasorke. However, the limited infrastructure, facilities and instructional penjasorke media this can be overcome if the teacher has the creativity in utilizing everything that can be used to modify the means of learning. Teachers can utilize optimally and creatively means that there are schools and creative to create equipment and field equipment in accordance with the conditions of students and schools through modification of learning.

In order to achieve good learning outcomes in teaching physical education, physical education teacher should seek active learning, innovative, creative and fun. For the physical education teacher should take reasonable steps to influence students in the learning process of physical education, namely by presenting forms of learning motor skills are good and true, to utilize the facilities and instructional media creatively and effectively in order to encourage students to understand, understands and is able to get used to perform a variety of positive character values as well as various competencies specified in the curriculum. However, in practice the learning penjasorke not run as expected. Lazy Children to follow the learning process, not interested in the material presented teachers, many complain and do random motion. Therefore, it
takes creativity of teachers in delivering learning materials, especially athletics, with innovative approaches including through modification approach.

In the process of teaching and learning strategies are needed and specific learning approaches, to assist students in order to maximize the achievement of learning outcomes in accordance with the learning objectives have been determined. The more precise strategies and approaches used by the teacher in the learning process, the more effective the learning objectives can be achieved. The effectiveness of the achievement of learning goals is largely determined by the selected learning approaches of teachers on the basis of the teacher's knowledge of the character values that must be realized and the nature of the skill or task the students will learn movement.

Based on the description above, it is necessary to develop implementation strategies that can improve the quality of learning penjasorkes. One effort to improve learning penjasorkes is using a modified learning. Modification of learning is one of the efforts to improve the quality of learning penjasorkes. Modifications can be done in a modified form of infrastructure, materials and methods. Modification approach in the form of a method may include play activities and competitions. Thus, learning the modification approach may be one alternative to creating a fun learning. This is in line with what is proposed by Yudha M Saputra (2001: 5), states that the approach play and competition, be one approach to learning that can be developed in learning in junior high school athletics. Thus, learning of learning can be done through modification athletic learning approach them with play and competition, because it is through this approach will occur attitude formation and cultivation of character values in students. This paper aims to describe the implementation strategy of learning in junior high school athletic penjasorkes material through the game, modification of infrastructure and competition.

1. Objectives and Benefits of Physical Education and Sport

Physical education is the only learning program that focuses on all domains, namely: psychomotor, cognitive and affective (Pangrazi; 1994). Annarino, et al (1980: 8-11) suggested that the purpose of physical education not only develop the three aspects mentioned above, but includes four aspects, namely organic, neuromuscular, social, and emotional.

Ideal destination physical education program is comprehensive, because it covers not only physical aspects but also other aspects which includes aspects of intellectual, emotional, social and moral with the intention of later the young man into someone who is confident, disciplined, healthy, fit and happy life (Rush Lutan; 2001). While Agus Mahendra (2004) points out that in general, the benefits of physical education and health in schools is as follows: meet the needs of children would move, introduce children to the environment and the potential for herself, instilling the basics of useful skills, channeling excessive energy, and an educational process simultaneously both physically, mentally, and emotionally.

According to the behavioral aspects of the objectives and benefits of education, then physical education, sports and health are taught at various levels of the education unit, also refers to the development of these aspects together. Thus, the real goal derived from physical education is the complete development; cover physical and mental; social and moral emotions.

Based on the description above, it can be argued that the advantages of physical education and sport in shaping the character lies in the realization of real values into behaviors. It is a characteristic that is not easy to do at any other substance in the curriculum and the learning that tends teoristik, abstract, and verbalistic. In the process of learning will be a transformation, core values indeed if listened to carefully, that physical education and sport was very rich with potential and opportunities in the formation of students' character.

2. Learning Penjasorkes in SMP

Physical Education in the learning process, teachers are expected to teach a variety of basic motor skills, techniques and strategy games and sports, internalizing the values of sportsmanship, honesty, cooperation,
and others as well as the conditioning of healthy lifestyles. Implementation rather than through conventional teaching in the classroom that are theoretical study, but involve an element of physical, mental, intellectual, emotional and social. Activities are given in the teaching must get a touch didactic-methodical, so that the activities carried out can achieve the expected competencies.

Physical education is part of a thorough education, and also has the strategic potential to educate including the formation of character. Therefore, Physical Education and Health should be implemented as well as possible. Annarino et al (1980) describes the characteristics of a good physical education, which are: 1) is one of the integral part and parcel of the overall business school education; 2) is one process that can provide experience in a balanced manner and will encourage growth and development in the physical domain, and the psychomotor, cognitive, and affective, 3) should be based on the interests, needs, goals, and abilities of students served, 4 ) gives the experience associated with the basic areas of life and adapted to the maturity level of students, 5) provided adequate facilities, allocation of sufficient time, adequate equipment, leadership, encouragement and provide a space of activity based on student’s desired.

3. Modification of learning as an effort to improve learning in junior high Penjasorkes

Vienna Sanjaya (2008) suggested that the learning strategy is a learning activity that must be done so that teachers and students learning objectives can be achieved effectively and efficiently. Further, it is mentioned that the meanings contained learning strategies planning. That is, that the strategy is still basically a conceptual nature of the decisions to be taken in an implementation of learning. Judging from its strategy, learning can be grouped into two parts as well, namely: (1) exposition-discovery learning and (2) group-individual learning. Judging from the manner of presentation and way of processing, learning strategies can be distinguished between strategy inductive learning and deductive learning strategies.

Learning strategies are still conceptual in nature and are used to implement a variety of specific teaching methods. In other words, the strategy is "a plan of operation Achieving something" while the method is "a way in Achieving something". Thus, the learning strategy can be defined as the means used to implement the plan that has been prepared in the form of real and practical activities to achieve learning objectives.

Learning strategies that can be chosen as an alternative to improve the quality of penjasorke learning in junior high school especially in athletics matter is the modification of learning. Implementation of teaching physical education and health sports (Penjasorke) should reflect the characteristics of the physical education program itself, which is "Developmentally Appropriate Practice" (DAP) (Yoyo Bahagia, 2003). Thus, in the implementation of learning must consider the level of development and maturity level of the students. The development in question includes the development of physical, psychological and skills. Learning needs to accommodate the different characteristics of each learner and pushed toward change for the better.

Modification is one way that teachers can do in order to reflect the learning process DAP. Penjasorke learning modification can be seen from the steps of the implementation of learning from early until the end of learning. In penjasorke learning, modification includes the modification of facilities and infrastructure, modification of the learning objectives, subject matter, and the modification of the learning evaluation.

Modifications in the subjects of physical education is required in order: 1) Students gain satisfaction in following the lesson, 2) Increase the likelihood of success in participation, 3) Students can perform motion patterns correctly (Lutan Rush, 1988). The approach is intended to modify existing competencies in the curriculum can be achieved through the presentation of the material in accordance with the developmental stages of cognitive, affective and psychomotor student. Aussie (1996), developed a modification in Australia with the following considerations: 1) children have not had
physical maturity and emotional like adults, 2) exercising with equipment and rules were modified to reduce injuries in children, 3) sports modified to be able to develop children’s skills more quickly compared with the standard equipment for adults, and 4) a modified sport fosters excitement and pleasure to children in competitive situations.

Modification is needed in learning penjasorkes according Aip Syarifudin (2004) are (i) children are not adults in the form of small, physical maturity and mental child does not complete as adults, (ii) learning approach penjasorkes far less effective, merely lateral and monotonous, and (iii) penjasorkes learning infrastructure that is now almost all of them are designed for adults. He further added that the modifications in subjects penjasorkes required in order for the student to obtain satisfaction in participating subjects, increases the chances of success in participating and students can perform motion patterns correctly. The essence of the modification is to analyze and develop the subject matter in a way to arrange the potential of learning activities so as to facilitate students in learning.

The creativity of teachers in teaching not just modify the means of learning, but the learning process needs to be designed and implemented an active, innovative, creative, effective and fun. One attempt to improve the quality of learning in junior high penjasorkes and able to instill character values, teachers should be able to choose appropriate learning approaches.

Based on these descriptions, modification penjasorkes learning can be used as an alternative in penjasorkes learning in junior high school, because this approach considering the stages of development and characteristics of the child, so that students will follow the lesson with a happy, joyful and intense. By doing these modifications, the teacher will be easier penjasorkes present a difficult subject matter will become easier and simplified without having to fear loss of meaning, thus increasing competence in the subjects penjasorkes in Junior High School. Moreover, education must be able to instill character values students need in their life at school and at community. Scopes can be modified in learning penjasorkes according Yoyo Bahagia (2003) include: modification of learning materials, modification of the learning infrastructure and facilities, and athletic instructional modifications.

4.1 Modification Learning Materials

In carrying out the modification of the subject matter is to reduce or increase the difficulty level by analyzing and dividing the overall skills into components, then train every component. It can also be done by classifying skills. Teachers should give an overall picture of the first through demonstration. Teachers can also modify the material in a way to reduce or increase the level of complexity and difficulty. For example, high and low speeds, high and low strength, conduct in place or move, forward or in any direction, reduced or increased regulations. Usually, these examples are often encountered in such manipulative motion of throwing, catching or hitting and game.

In modifying these materials, teachers can modify the learning with the increase or decrease the amount of skill that the students by combining and modifying movement or skill with how to organize the space for students in its activities. In addition to the above, the material modification can be done by reducing or adding a level of complexity and difficulty of the task of teaching by reducing or increasing the number of students involved in performing the task of teaching. For example: under the fitting learn alone, in pairs, triple, quad and so forth. Important components that can be modified related to the learning environment according Aussie (1996), include: 1) the size, weight or shape of the equipment used, 2) the field of play, 3) playing time or duration of the game, and 4) the rules of the game.

4.2. Modifications Infrastructure Learning

Anything that can simplify and facilitate the activities of physical education that is relatively permanent or difficult to moveable referred to as infrastructure or facilities. Each penjasorkes divided into two existing facilities in the room and facilities are outside the room. Infrastructure indoor hall for example space or room to room for sports such as gymnastics, badminton, table tennis, basketball, volleyball,
martial arts, and others. Infrastructures are outdoors for example sports grounds, yard, garden, hallway, gardens, rivers, roads and others that are all around the school.

Physical education activity does not necessarily have to be done in the field or space appropriate to the type of sport and the size of the branch and rules. But in the place or field and any room where these activities can be done by considering the essential elements that the safety and health of students (Yoyo Bahagia, 2003). Existing facilities in the school environment can be exploited and optimized for implementing penjasorkes learning. Everything is a learning tool that can be used or utilized in teaching physical education, for example: Swedish benches, mats for high jump, and other equipment used to complement the needs such as flag, boundary lines, and so forth.

4.3. Learning modification Athletics

Athletic learning material consists of run, jump, and throw. Learning athletics in junior high school does not always have to use the athletic field and a standard tool. Facilities available in the school environment as the existing sports field, pitch ceremony, school grounds, parks, gardens, trenches, ditches, vacant land, or the space can be used for learning activities athletics. Teachers must be creative to select and use the appropriate facilities and characteristics of students still give priority to the safety of students. Learning run should not always be done on the athletic field as the track with standard size. Modifications can be done by manipulating the infrastructure, materials and learning environment.

Athletics modifications can be done by performing a wide range of basic motion general and basic motion dominant run in different directions, either individually or in groups, or with modification through the game. In learning the jump can be done by presenting various forms of motion base jump. Movement forward, backward, sideways, it can be done individually or in groups. Leap can be done by passing an obstacle created by the teacher, passing ditch, swinging with the help of a cane or wood. Learning throwing can be modified by using a tool such as the throwing motion over their heads, from the sides, from below, with one or two hands, pushed, turned, swung, and dilontar. The tools used can use standard tools as well as other tools such as various types and sizes of balls, pieces of wood, old bicycle tires, a roll of paper or fabric and so on. Teachers need to have creativity and athletics able to package learning in the form of interesting activities, so it is not boring learning activities for students. Modification approach in the form of play and competition, is an alternative that teachers can do to make learning fun. In line with what was stated by Yudha M Saputra (2001; 5), states that "the approach play and competition, be one approach to learning that can be developed in athletics learning in junior high school." The description above, provide athletic confirmation that learning can be delivered via a modified learning approach them play and competition, because it is through this approach will occur attitude formation and cultivation of character values in students.

Various modified forms learning of run, jump and throw can be given by the teacher to the student. Modifications learning run aims to move the limbs, from one place to another is accompanied with a good passing movement run, move and carry a variety of media as a form of motion variations. Skip movement cardboard, old tires, and the rope barrier can be done as an alternative to present learning materials become more attractive jump. Similarly thing with starting learning, the teacher can present learning materials in the form of a game. The throwing motion and rejected the more dominant, to be given to students according to the learning objectives that will be studied. For example, refused ball games such as baseball, tennis ball, paper ball with different variations. Various modifications learning undertaken by teachers aims to help students master the competencies to be achieved and to make learning material penjasorkes particularly athletics is becoming more attractive without the fear of losing the substance of learning.

5. Implementation of Penjasorkes Learning through modification of learning

Penjasorkes learning modification approach athletics intended to competencies in the curriculum can be achieved through the
presentation of the material in accordance with the developmental stages of cognitive, affective and psychomotor student. Implementation penjasorkes learning through learning, especially for material modification of athletics at the junior high school students, can be implemented at all stages of learning. Modifications may include approaches learning to play, competition and infrastructure modifications. Athletic learning stages implemented in three phases: introduction, the core stage and the concluding phase. While learning steps which also integrate athletic character values in the learning penjasorkes, for example learning long jump is performed starting from:

1) Introduction Phase (Heating)

At the preliminary stage but to do elongation / stretching, students can warm up in the form of games (game). Stretching or given game aims to prepare students receive further material is more complex, both physically and psychologically. Various forms of the game in the heating given to foster, nurture and develop the values of the character of the students. Examples deer hunting game.

By utilizing cardboard and scrap tires as a medium of learning, students can do a jumping movement, either individually or jointly. This game can foster togetherness, discipline, obedience, tolerance and various values of other characters.

2) Core Phase

Modification of various kinds infrastructure and competition in learning the jump, become an integral part in supporting the success of learning. With the modification, learning becomes more enjoyable and interesting. At the core stage students are expected to master the learning material, which is a good long jump section by section or in its entirety. Modification of learning will allow students to master the material dannedelulai competition between students and the group will foster the values of honesty, confidence and morale.

3) Closing Phase

Learning ends with providing feedback, rewards, summarizes the results of previous meetings as the teacher effort, advice and follow-up. This stage is carried out jointly between teachers and students.

Closing

Physical education is part of a complete education, which has a strategic role to educate. The final goal of physical education and health sports (penjasorkes) lies in its role as a medium of refinement of character and personality form. Changes in behavior of learners, will be achieved through the learning process. In order to achieve good learning outcomes, penjasorkes teacher need to seek active learning, innovative, creative and fun. Modification of learning is one of the efforts to improve the quality of learning penjasorkes. Penjasorkes learning modification approach athletics intended to competencies in the curriculum can be achieved through the presentation of the material in accordance with the developmental stages of cognitive, affective and psychomotor student. Implementation penjasorkes learning through learning, especially for material modification of athletics at the junior high school students, can be implemented at all stages of learning. Modifications may include approaches learning to play, competition and infrastructure modifications.

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