

7E's INSTRUCTIONAL MODELS FOR PRIMARY SCHOOLS
GYMNASTICS LEARNING

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ABSTRACT

Analysis of learning that can make gymnastics as a tool to support students' characteristics and growth development needs. Gymnastic activities are designed to improve motor skills, physical fitness, especially coordination, balance and flexibility. Development of alternative learning models for Physical Education, Sports and Health with learning components more integrated instructional activities. Physical activity in school has standards of its application so that the students potential can be developed by its physical, mental and social development. It supports the national youth talent program, DBON Programme towards Indonesia Emas 2045. his study aims to obtain a reference instructional model design to increase the effectiveness of learning gymnastics in elementary schools. The method used is systematic literature review. The main objects in this literature review are analyzing how the needs of learning gymnastics in elementary schools, whether the implementation of physical education learning models is needed, identifying literature in the form of : Conducting an analysis of the literature search results, compiling the results of the research to determine relevant references leading to the development of an activity model for the exploration of basic gymnastics movement skills, Physical Education and Health activities, and exploration of Age Group Development elements of Gymnastics.

Keywords: *7E Instructional Models; Gymnastics; Learning*

INTRODUCTION

Physical Education, Sports and Health (PJOK) is not just about body education, but the whole person. Overall, this is in accordance with the ideals of forming a Pancasila student profile characterized by faith and devotion to God Almighty, creativity, global diversity, critical thinking and independence. The learning outcome of PJOK is to create individuals who physically healthy, appreciate learning and are active in various extracurricular activities and have self-confidence, knowledge, understanding and physical abilities to participate in intracurricular and extracurricular activities responsibly. Cognitive development through physical education, learners are taught game strategies, sports rules, and the importance of health, all of which contribute to improving their thinking and understanding. Character building (affective) through sports activities instills values such as discipline, cooperation, sportsmanship and responsibility, which are essential in shaping the character of the golden generation with integrity and ethics. Motor skills improvement (psychomotor) through physical exercise in physical education improves motor skills, coordination and physical fitness, which are essential for individual health and productivity.

Physical Education Sports and Health is the starting point for the development of sports talent at the national and international levels. With good coaching, Indonesia can produce superior athletes who make the nation proud in the global arena. In Presidential Regulation Number 86 of 2021 concerning the Grand Design of National Sports (DBON) which is a Master Plan containing the Policy Direction for the Development and Development of National Sports, artistic gymnastics is mandated to be developed among 14 sports. In addition, in order to support DBON, one of the roles of the Ministry of Education, Culture, Research and Technology in contributing to the success of sports coaching and development at the school, regional, national and international levels is the implementation of the National Student Sports Olympics in 6 sports including artistic gymnastics, the O2SN program to prepare potential athletes from students who have interests and talents in sports. (Kemdikbudristek, 2024). Sports today have a strategic meaning for nation and character building. In this view, the direction of educational development must be directed to develop all the potential of human intelligence optimally so that it can benefit individuals, society, and support national development, including the formation of national character and identity. Sports today have a strategic meaning for nation and character building.

In school learning, gymnastic activities can be applied with different patterns, besides learning can also be done outside of learning in the form of training sessions with trainers (Potop, et al: 2018). However, the assumption that the process is not optimal can be seen from the level of participation in the National Student Sports Olympiade (O2SN) program. This can be seen in the level of school participation in the O2SN artistic gymnastics selection in 2022 to 2024 which is still minimal, from 15 sub-districts only followed by 4 to 5 sub-districts including Makassar, Ujung Pandang, Biringkanayya, Rappocini, and Sangkarrang sub-districts. Talent identification requires a big role for physical education teachers. Seeing conditions like this, it is certainly necessary to examine the factors that cause the lack of maximum Physical Education, Sports and Health teachers in fostering the potential of elementary school students. The success of the process of transforming science and technology is basically determined by the efforts of educators in empowering students to learn effectively in order to achieve results in accordance with the expected goals. Often, learning that is considered less interesting by students emerges as a major challenge in various educational situations.

To achieve this, it is necessary to transform so that it can support the development of learner-centered learning patterns, interactive learning patterns, networked learning patterns, active learning patterns, multimedia tool-based learning patterns, multidisciplinary science learning patterns, and active-critical learning patterns (Muhajir & Gunawan; 2022). This is closely related to the unique characteristics of each student in meeting their respective learning needs. In this context, teachers as facilitators and executors of the curriculum have a crucial role in designing and implementing relevant and efficient learning, tailored to the diversity of learning characteristics of students. The success of the transformation process of science and technology is basically determined by the efforts of educators in empowering students to learn effectively in order to achieve results in accordance with the expected goals. Often, learning that students find uninteresting emerges as a major challenge in many educational settings. This is closely related to the unique characteristics of each student in meeting their respective learning needs. Rumini & Sulaiman (2022) Teachers must understand students' interests and develop motivation in learning gymnastics. In this context, teachers as facilitators and executors of the curriculum have a crucial role in designing and implementing relevant and efficient learning, tailored to the diversity of students' learning

characteristics. Regardless of how technology is integrated into subjects, digital learning plays an important role in education, teachers must have the experience, skills and creativity to use educational media to achieve maximum efficiency in classroom teaching. In addition to using available materials, teachers can create and design materials based on the characteristics of the material (Saleh, M.S, et al: 2023). The importance of accommodating how children know the concept first before performing motion tasks will certainly make students become more aware of their own body's motion potential. A student-oriented learning approach changes the teacher's role from simply determining “what to learn” to “how to provide and enrich students' learning experiences”.

METHOD

The method used is literature review. It aims to find literature data and draw conclusions from the results of literature analysis to answer problems validly and efficiently. Systematic literature review is defined as the process of identifying relevant literature, extracting data, analyzing and synthesizing the results to obtain theoretical constructions related to the variables studied, (Van Dinter et al, 2021). The steps taken are planning and identifying questions related to research variables, identifying sources of primary and secondary data sources, study selection, quality assessment, data extraction and the structure of reporting the final review (Muhammad, K., Rahmat, A., & Carsiwan, C.2024). The main object in this literature review is learning gymnastics in elementary schools. As for what researchers apply to this research process, including: 1) Formulating Problems: How are the learning needs of gymnastics in elementary schools? Is the implementation of a learning model needed? 2) Identifying literature in the form of: research results that have been published, the year of publication of the article is at most 2019, the subject of research related to physical education learning. 3) Establish google scholar as a tool for searching the research data base. 4) Analyze the literature search results, 5) Compile research results.

RESULTS

Based on the described in the systematic literature review method section, the following results were obtained:

- a. Todd, E. L., Begoña, C. R., & Carol, C. I. (2016) Teachers are allowed to determine their teaching model based on teaching experience or peer teacher references, teachers have the opportunity to implement a variety of Instructional Models in their Physical Education learning program.
- b. Ganyaupfu (2018) Instructional Model and adopt teaching methods as expressed in the model Classroom instruction is an important factor that impacts student achievement, specific instruction is needed for different levels of students.
- c. Hubbel & Goodwin (2019) The application of the Instructional Model with five phases of engagement, exploration, explanation, elaboration, and evaluation is stated to bring coherence to various teaching strategies and provide connections between learning activities,
- d. Kurniawan, A. W. (2019) Media in learning can facilitate communication related to teaching materials to stimulate student interest and involvement in basic gymnastics learning activities in Physical Education.
- e. Halawa, S., et al (2020) The results showed that student centered learning strategies were most often used to achieve improved learning achievement.
- f. Palmizal, A., Pujianto, D., & Nurkadri, A. A. N. P. L. (2020) The gymnastics learning model can be modified to improve basic locomotor movements and can be developed into several forms of varied learning models so as to make students more enthusiastic about learning.
- g. Khan, F., S., & Islam (2020) 7E's Instructional Model with the stages of elicit, engage, explore, explain, elaboration, evaluation and extend with the results of a significant effect on student learning achievement in physical education learning,
- h. Maartanti & Winarni (2020) Multimedia in learning basic and intermediate level gymnastics helps improve students' cognitive and psychomotor abilities.
- i. Colin (2020) Research on the application of the Instructional Model in physical education shows active participation in student movement and is able to reach the stage of virgorous physical activity
- j. Eleupanovna, Z., Nurlanbekovna, U. A., Bakirovna, A. A., & Mukhtaruly, K. S. (2021) The application of model development can help the development of general movement

- skills and enable teachers to reflect on their professional aspects through technology-based learning in physical education.
- k. Suhairi, et al (2021) The development of a learning model for multimedia-based gymnastic activities provides efficiency and has several presentation options (text, images, video, audio).
 - l. Lee et al., 2021 The organization of extracurricular activities, or the selection of learning models, should all adhere to the basic philosophy of student-centeredness. When determining learning content, it is important to pay attention to students' interests and talents to help meet students' learning needs.
 - m. Kotiash, I et al (2022) The use of technology such as multimedia can have a positive impact on several aspects of learning, namely stimulating cognitive aspects such as perception and awareness of the importance of information; increasing student motivation; helping psychomotor improvement.
 - n. Luo, C. (2023). In learning, it is necessary to analyze the stages with a multimedia sports learning platform so as to evaluate student satisfaction and apply multimedia learning platforms and influencing factors to a more effective learning system.
 - o. Jhanke, I (2023) analysis related to the effectiveness, efficiency and attractiveness of digital learning is very significant in student learning achievement involving digital tools, paedagogical elements of activities and assessments.

DISCUSSIONS

Based on the results of the exposure of the articles listed above, researchers have analyzed most researchers identify the problem of ineffective learning without the involvement of technology, 2) Need to identify the need to use multimedia, 3) There has been no implementation of a special model in learning gymnastics that is comprehensively researched. In the reference, a description of the advantages and disadvantages of implementing instructional models specifically in learning gymnastics is obtained. Therefore, it provides an opportunity for researchers to make it the basis for efforts to develop an integrated instructional model according to the needs of teacher teaching and student movement skills.

CONCLUSION

Based on the results of the research and discussion that has been described, it can be concluded that learning gymnastics in elementary schools can be improved through an integrated instructional model. Integrated instructional models can be followed up through research and development studies.

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