

Survey On The Implementation Of Physical Education Health And Recreation Learning After The Covid 19 Pandemic At Smp Negeri 4 Pelalawan

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Abstract

Objective Research conducted is for know Implementation learning corner After the Covid-19 Pandemic in SMP Negeri 4 Pelalawan. Type study This is descriptive purposive qualitative give description systematic about moderate condition taking place on object study after the Covid-19 pandemic at SMP Negeri 4 Pelalawan. Population on study This is student senior high school country 4, numbering 40 people. Determination sample in study This done with total sampling that is technique taking sample where all over its population made sample all . Difficult instrument respondents as many as 40 questions. After the questionnaire created, questionnaire moreover formerly validated by 3 validators, namely language validator, psychology validator, and educational validator physical. After validation by 3 validators, carried out test Try the instrument at a school that has it the same characteristics with sample study namely SMP Negeri 4 Pelalawan . Based on results study so obtained conclusion that is Survey Implementation Learning Corner After the Covid-19 Pandemic in SMA Negeri 4 Pelalawan classified tall with an average of 73.97% located on range percentage between 61-80% which means in a way whole in implementation learning corner after covid-19 pandemic in SMP Negeri 4 Pelalawan Already own good interest.

Keywords: Covid19; Learning ; PJOK

INTRODUCTION

Education in schools is very important in the subjects that students must study and one of them is Physical Education, Sports, Health. According to (Akhmad, 2016), the Physical education, sports and health learning process emphasizes overall individual development, in the sense of development that includes physical, mental, intellectual development and social development. all direct learning activities will be closed from 2019 until the end of 2021. The learning process has now improved and is being carried out face to face again.

According to Law no. 20 of 2003 article 37 concerning the National education system. (RI Law No. 20 of 2003, nd) Physical Education, Sports, Health aims to improve physical fitness and motor skills in students but also to develop knowledge, skills and emotions in students. Physical education, sports and health has an important role in students' integral education programs. By utilizing various physical activities arranged organically, neuromuscularly, perceptually, cognitively and emotionally. According to (Paramitha & Anggara, 2018) Physical Education, Sports, Health is an inseparable part of national education which aims to develop students' abilities through physical activity. Learning (Zaluchu, 2021). Distance learning is learning that uses an internet network with accessibility, connectivity, flexibility, and the ability to create various types of learning interactions.

Next (Marheni et al., 2020) Physical Education, Sports, Health is an educational sport that is synonymous with physical education, sports and health activities carried out at every level of education. Basically, Physical Education, Sports, Health is an integral part of the overall education system, which aims to develop aspects of health, physical fitness, thinking skills, emotional stability, social skills, reasoning and moral action through physical activity. Through Physical Education, Sports, Health, students are able to improve and develop the three domains of knowledge, attitudes and skills.

According to (Hasanah, 2020) the development of information and communication technology has brought enormous changes to the progress of the world of education. Technological developments have also brought major changes in all aspects of human life. Not a few people believe that now is the era of modern technology. The implementation of Physical Education, Sports, Health learning is face-to-face learning, directly between teachers and students, but online using the internet network. According to (Jayul & Irwanto, 2020). Physical Education, Sports, Health learning is learning that runs effectively and efficiently, so there is a need for learning media to facilitate communication between teachers and students, basically an integral part of the overall education system, aimed at developing aspects of health, physical fitness, critical thinking skills, emotional stability, social skills, reasoning and moral action through physical activity and sports. Based on the opinion above, Physical Education, Sports, Health is an integral part of developing all aspects of physical, mental and emotional activity which are presented as activities in the educational process. Furthermore, (Suryobroto, 2017) that physical education learning can run successfully and smoothly is largely determined by several elements, including: teachers, students, curriculum, infrastructure, objectives, methods, supporting environment, and assessment.

Schools have been closed by the government since 2019 until the end of 2021, learning will be carried out online. (Pringsewu et al., 2020), in maintaining personal health to increase body immunity and strengthen the body's immunity, every student must be diligent in doing exercise at home or outside the home because there are many benefits in exercising where doing physical activity is also known to reduce depression and stress. and anxiety, and improve self-confidence, energy levels, sleep quality and ability to concentrate. According to (Bilfaqih, 2015) Covid -19 is an infectious disease, the infection spreads from one person to another through the respiratory tract which is often produced when coughing or sneezing. Since the spread of the pandemic with the spread of the Covid-19 pandemic which has had such an impact on the implementation of the teaching and learning process in schools and universities, teachers, lecturers, pupils and university students inevitably struggle with this situation. A situation where previously the learning process took place face-to-face has now become something that cannot be carried out directly any more.

The results of observations at SMP Negeri 4 Pelalawan that have been carried out by researchers, face-to-face learning has been carried out by means of students entering 100% of the total students at SMP Negeti 4 Pelalawan. Face-to-face learning has been implemented from the start of the new school year 2022-2023. In observing the school, I got data on the number of class IX students at SMP Negeri 4 Pelalawan, which I found, including the teacher's learning process only giving assignments to students without modeling movements, lack of student interest in participating in Physical Education, Sports, Health learning, limited time between students and teachers in carrying out Sports physical Education and health learning, incomplete facilities and infrastructure for conducting learning. Based on the background of the problem above, the researcher wishes to conduct a study with the title "Survey of the implementation of Physical Education, Sports, Health learning after the Covid-19 pandemic at SMP Negeri 4 Pelalawan ".

RESEARCH METHODS

This research is a quantitative descriptive type or is intended to get an overview the effectiveness of Physical Education, Sports, Health learning, with another aim that this research is to look at the situation when the research is being carried out, and without proposing a hypothesis, where the data collection technique is in the form of a questionnaire distributed to

students. According to (Sugiyono, 2013) descriptive is a research method based on postpositivist philosophy which is usually used to examine the condition of natural objects, where research acts as a key instrument and conducts a situation objectively or based on what is visible. Population on study This is student senior SMP Negeri 4, numbering 40 people. Determination sample in study This done with *total sampling* that is technique taking sample where all over its population made sample all. Difficult instrument respondents as many as 40 questions. After the questionnaire created, questionnaire moreover formerly validated by 3 validators, namely language validator, psychology validator, and educational validator physical.

RESULT AND DISCUSSION

Required data in study got this through spread questionnaire. Before spread to respondents actually, questionnaire the tested validity. Before done test validity , number of question items totaling 40, divided into 4 sub -indicators, namely: 1) feelings pleasure, 2) involvement, 3) understanding, and 4) motivation. Researcher do test validity questionnaire at SMP Negeri 4 Pelalawan. Amount respondents involved in test validity questionnaire This totaling 40 students. Once done test validity dida get 1 drop question item or must be deleted from the list of questions questionnaire. For know every item valid question or No that is with condition:

- a. If $r \text{ count} \geq r \text{ table}$ (0.3494) with significant 00.05% then the instrument declared valid.
- b. If $r \text{ count} \leq r \text{ table}$ (0.3494) with significant 00.05% then the instrument stated invalid.

Table 1. Recapitulation Test Validity Questionnaire

Variable	Number of Items	Test Validity	
		Valid Items	Invalid Item _
Interest Study	40 Items	29 Items	11 Items
Information	Invalid item numbers 1, 5, 15, 19 , 20, 30, 31, 32, 33, 35, And 37 .		

Based on results Validity data test (attached) shows that there are 29 valid items. Invalid items later will deleted or removed. After that the remaining items arranged return To use shared to sample actually For get interest data student to learning physical education on moment covid-19 pandemic.

1. Research result

a. Interest Level Class IX Students In Learning Physical education On Moment Pandemi covid-19 In SMP Negeri 4 Pelalawan Viewed From Feelings of Joy.

Aspect feeling like is one indicator of level interest student. Researcher Enter 4 question items To use For know level Minata Study from facet feeling like. 40 respondents answer Very Happy 15 (37.5%), answered Happy 22 (55%), respondents answer No Happy 3 (7.5%) and No there is respondents Very No Like. Following explanation in a way detailed answer respondents about Interest Level Class IX Students In Learning Physical education On Moment Pandemi covid-19 In SMP Negeri 4 Pelalawan Viewed From Feelings of Joy. As stated in the following table:

Table 2. Recapitulation of Indicator Data Feeling Like

No	Answer	Amount	Average
1	Very Like	15	37.5%
2	Like	3	55%
3	No Like	22	7.5 %
4	Very No Like	-	-

Processed Data Research 2023

Data stated in the table above about indicator feeling like so can be described in chart under This:

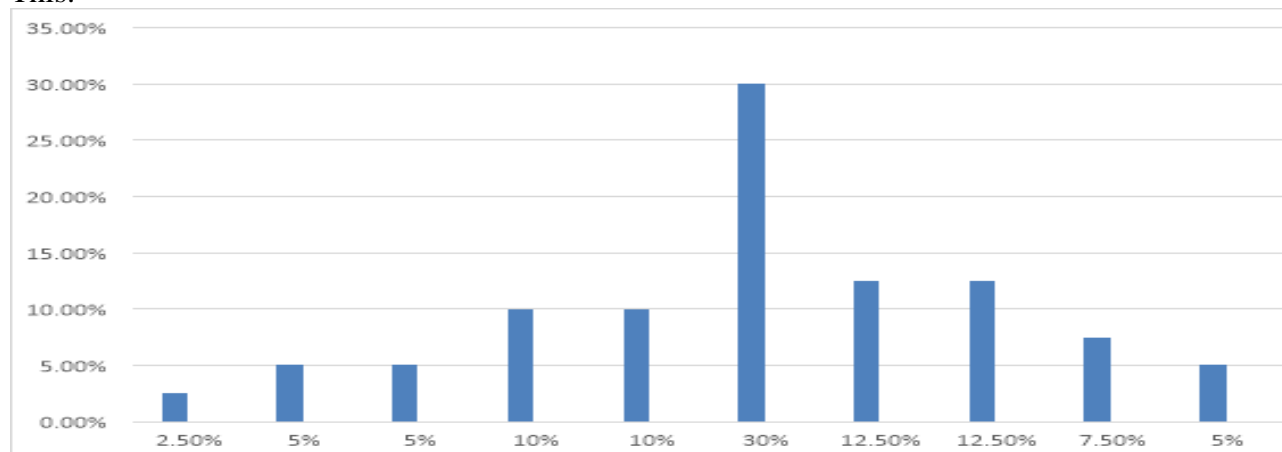


Chart 1 : Histograms Sub Indicator Feeling happy

Based on results calculations that have been made done, the average answer is known respondent Interest Level Class IX Students In Learning Physical education On Moment Pandemic Covid-19 In SMP Negeri 4 Pelalawan Judging From Feelings of Happiness in terms of feelings of happiness amounting to (68.8.8 %) located on percentage between 61%-80% with High criteria . With thereby can is known that respondents own very interested tall Physical Education, Sports, Health learning .

b. Interest Level Class IX Students In Learning Physical education On Moment Pandemic Covid-19 In SMP Negeri 4 Pelalawan Reviewed From Student Interest

Interest is sub survey indicators for implementing Physical Education, Sports, Health learning after the pandemic. Researcher include 9 statement items For know survey on implementing Physical Education, Sports, Health learning after the pandemic. 40 respondents answer with involvement very happy 7 (17.5%) respondents answer happy 25 (62.5%) respondents answer No happy 7 (17.5%) and answer very No happy 1 (2.5%). Following office in a way detailed answer respondents calm Interest Level Class IX Students In Learning Physical education On Moment Pandemic Covid-19 In SMP Negeri 4 Pelalawan is reviewed from student involvement as shown in the following table:

Table 3. Recapitulation of Indicator Data Interest

No	Answer	Amount	Average
1	Very Like	7	17.5%
2	Like	25	62.5%
3	No Like	7	17.5%
4	Very No Like	1	2.5%

Processed Data Research 2023

Data stated in the table above about indicator involvement so can be described in chart under This:

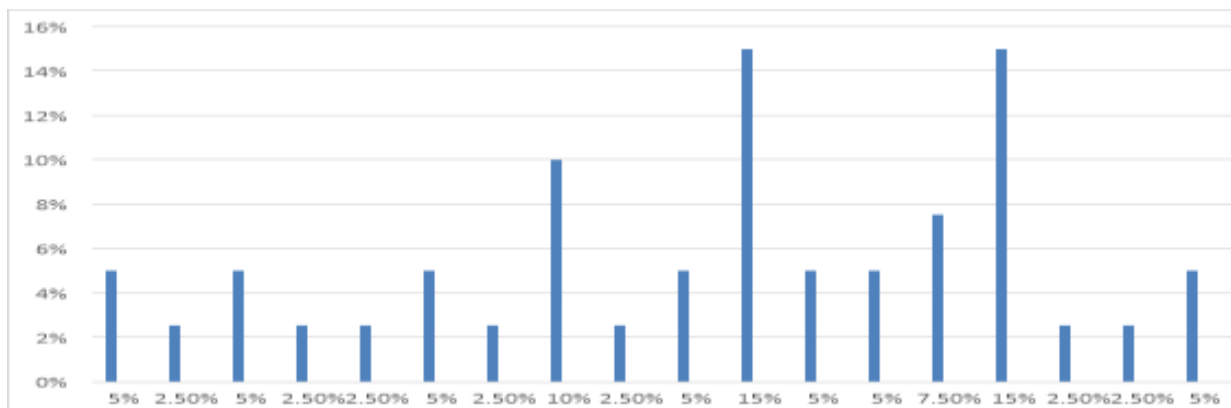


Chart 2 : Histograms Sub Indicator interest n

Based on results calculations that have been made done , the average answer is known respondents about Interest Level Class IX Students In Learning Physical education On Moment Pandemic Covid-19 In SMP Negeri 4 Pelalawan In Viewed From Number of Involvement respondents 61, 1% located on percentage between 61%-80% with High criteria. So survey on the implementation of Sports physical Education and health learning after the pandemic with sub indicators interest get criteria tall.

c. Interest Level Class IX Students In Learning Physical education On Moment Pandemic Covid-19 In SMP Negeri 4 Pelalawan From the Aspect of Understanding

Aspect understanding is one indicator of interest Study. Researcher enter 9 statement items For know survey on implementing Physical Education, Sports, Health learning after the pandemic. 40 respondents answered understanding very happy 2 (5%) respondents answer happy 20 (50%) respondents answer No happy 18 (45%) and No can respondents very No like. Following explanation in a way detailed answer respondents about Interest Level Class IX Students In Learning Physical education On Moment Pandemic Covid-19 In SMP Negeri 4 Pelalawan Reviewed from the Aspect of Understanding. As stated in the following table:

Table 4. Recapitulation of Indicator Data Understanding

No	Answer	Amount	Average
1	Very Like	2	5%
2	Like	20	50%
3	No Like	18	45%
4	Very No Like	-	-

Processed Data Research 2023

Data stated in the table above about indicator understanding so can be described in chart under This :

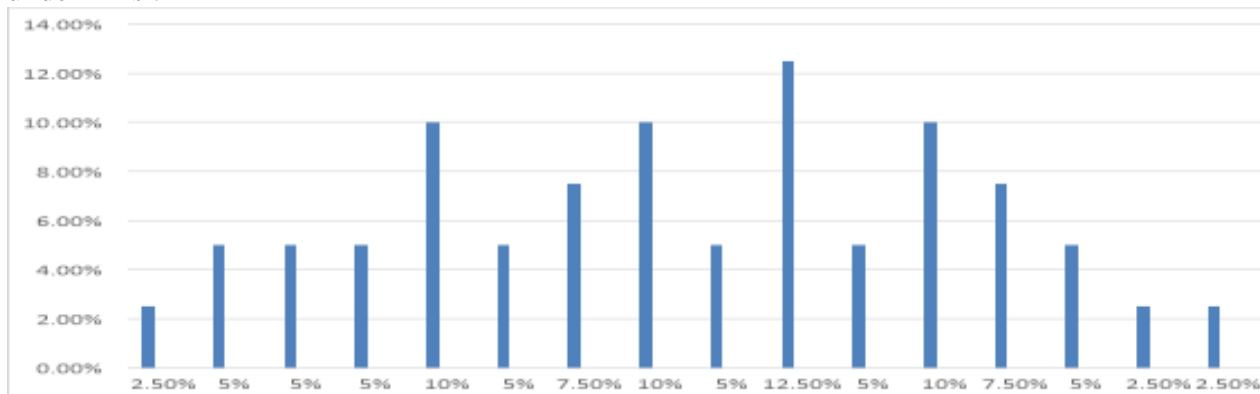


Chart 3 : Histograms Sub Indicator Understanding

Based on results calculations that have been made done, the average answer is known respondents about Interest Level Class IX Students In Learning Physical education On Moment Pandemic Covid-19 In SMP Negeri 4 Pelalawan In Viewed From Understanding the numbers respondents 70,94% of it located on percentage mark between 61%-80% with High criteria. So survey on the implementation of Physical Education, Sports, Health learning after the pandemic with sub indicator understanding get criteria tall.

d. Interest Level Class IX Students In Learning Physical education On Moment Pandemic Covid-19 In SMP Negeri 4 Pelalawan From the Motivational Aspect

Aspect understanding is one indicator of interest Study. Researcher enter 5 statement items For know survey on implementing Physical Education, Sports, Health learning after the pandemic. 40 respondents answered very happy 9 (22.5%) respondents answer happy 28 (70%) respondents answer No happy 3 (7.5%) and No there is respondents very No like. Following explanation in a way detailed answer respondents about Interest Level Class IX Students In Learning Physical education On Moment Pandemic Covid-19 In SMP Negeri 4 Pelalawan Reviewed from the Motivational Aspect. As stated in the following table.

Table 5. Recapitulation of Indicator Data Motivation

No	Answer	Amount	Average
1	Very Like	9	22.5%
2	Like	28	70%
3	No Like	3	7.5%
4	Very No Like	-	-

Processed Data Research 2023

Data stated in the table above about indicator understanding so can be described in chart under This :

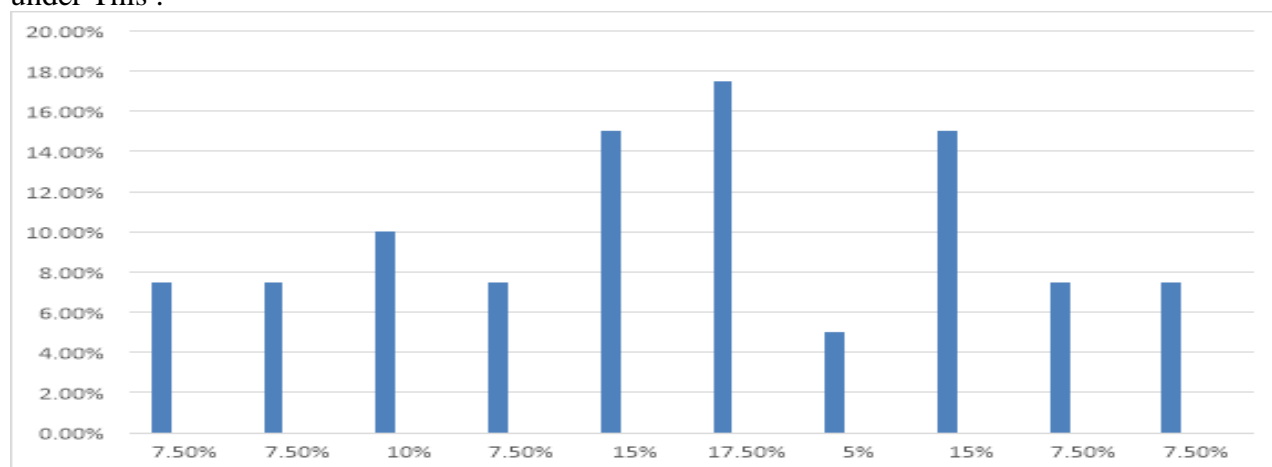


Chart 4 : Histograms Sub Indicator Motivation

Based on results calculations that have been made done , the average answer is known respondents about Interest Level Class IX Students In Learning Physical education On Moment Pandemic Covid-19 In SMP Negeri 4 Pelalawan In Viewed From Number Motivation amount respondents (82.40%). located on percentage mark between 61%-80% with criteria Tall. So survey on the implementation of Physical Education, Sports, Healthlearning after the pandemic with sub indicator understanding get criteria tall.

e. Recapitulation Answer Respondent About Interest Level Class IX Students In Learning Physical education On Moment Pandemic Covid-19 In SMP Negeri 4 Pelalawan Reviewed From All Indicators

After explaining in detail each Interest Level indicator Class IX Students In Learning Physical education On Moment Pandemic Covid-19 In SMP Negeri 4 Pelalawan , then the

researcher summarized the respondents' answers to each indicator. On the indicator of feelings of happiness which consists of 4 statements, there were 38 answers that stated they were very happy or 95%. There were 78 answers stating they were happy or 195%. There were 40 answers stating they were not happy or 100%. There were 4 answers that stated they were very unhappy or 10%. In the interest indicator which consists of 9 questions, there were 40 answers that stated they were very happy or 100%. There were 167 answers stating they were happy or 417.5%. There were 138 answers stating they were not happy or 345%. There were 15 answers who said they were very unhappy or 37.5%. In the understanding indicator consisting of 9 questions, there were 15 answers that stated they were very happy or 37.5%. There were 93 answers stating they were happy or 232.5%. There were 188 answers stating they were not happy or 470%. There were 39 answers that stated they were very unhappy or 97.5%.

In the motivation indicator which consists of 5 questions, there were 28 answers that stated they were very happy or 70%. There were 58 answers stating they were happy or 145%. There were 75 answers stating they were not happy or 187.5%. There were 38 answers that stated they were very unhappy or 95%. The following is a detailed explanation of respondents' answers regarding Level of Interest Class IX Students In Learning Physical education On Moment Pandemic Covid-19 In Pelalawan 4 Public Middle School.

Data analysis

Based on description data Which Already explained previously, so Next, to carry out data analysis in conducting survey data analysis of the implementation of Physical Education, Sports, Health learning after the Covid pandemic - 19 at Pelalawan 4 Public Middle School. Is divided into 4 sub-indicators with variables of interest discussed in this research.

Table 6. Average Recapitulation _ Respondent About Survey implementation learning PJOK after the Covid 19 pandemic at SMP Negeri 4 Pelalawan.

Sub Indicator	Average %	Criteria
Feeling happy	68.88	Tall
Interest	61.11	Tall
Attention	70.94	Tall
Motivation	82.4	Tall
Average %	71.48	Tall

Description on show on researcher that 4 sub indicators on has fulfil criteria tall in a survey of the implementation of Physical Education, Sports, Health learning after the Covid 19 pandemic at SMP Negeri 4 Pelalawan. In matter This learning on moment pandemic covid-19 can help studentmore increase Physical Education, Sports, Health learning Which quality .

Discussion

Based on the results obtained, it shows that the level of interest of Class IX students in learning physical education during the Covid-19 pandemic was SMP Negeri 4 Pelalawan is in the high category. This situation is influenced by several indicators such as feelings of happiness, involvement, understanding, and motivation. These results show how much interest students have in participating in Physical Education, Sports, Health learning and what factors influence it. Level of Interest of Class IX Students in Physical Education Learning During the Covid-19 Pandemic SMP Negeri 4 Pelalawan is very influential on student success and is the most important part of successful learning. So learning must be packaged in such a way and try to foster student interest so that Sports physical Education and health learning can run optimally. Problems that often arise in Sports physical Education and health learning must be minimized by teachers so that students can be interested in participating in Sports physical Education and

health learning well. The various problems of students and the packaging of learning will influence students' interest in participating in learning.

Interest tends to make individuals interested in a subject or enjoy an object. This shows that how much interest students have in participating in Physical Education, Sports, Health learning is a reflection of how much students are interested in learning Sports physical Education and health. High student interest will be reflected in a high level of student participation in Sports physical Education and health learning. If student interest is low, it can be reflected in low student participation in Physical Education, Sports, Health learning. Sports physical Education and health learning in the new normal era which results in frequent changes in government regulations regarding school policies which are carried out face-to-face, changes to online learning and returns to face-to-face again. This research aims to find out how interested in learning Physical Education, Sports, Health is in the new normal era. The research method used was quantitative descriptive, and the research population was class The data obtained was then analyzed using Axcel. It has a significant influence of $r_{count} 0.57 > r_{table} 0.294$ and the reliability result is 0.819. The results of the research show that class .09%, attraction with 71 respondents got a score of 63.96%, satisfaction with 74 respondents got a score of 66.67%, attraction with 67 respondents got a score of 60.36%, and engagement with 87 respondents got a score of 78 .38%. Showing interest in studying for class

Physical education learning experienced changes during the Covid 19 pandemic period and during the New Normal period, so it is important to know students' interest in participating in physical education learning during the New Normal Covid 19 period. This research aims to find out how students are interested in learning Physical Education, Sports and Health. in the New Normal Period. This type of research is classified as quantitative descriptive research. The method used in this research is by using a questionnaire given to students, consisting of several statements that will be filled in by students. The population in this study was class VIII students at State Middle School 29 Padang, consisting of 264 people. The sample in the research was taken as much as 15% from each class and used a purposive sampling technique so that the sample totaled 40 students. To measure student interest variables, a research instrument in the form of a questionnaire was used, while data analysis in this study used descriptive percentage analysis techniques. The results of this research reveal that students' interest in learning Physical Education, Sports and Health online during the New Normal period at State Junior High School 29 Padang is classified as good with a percentage of interest in learning of 76%. So it can be concluded that students' interest in this research is in the good category (Dewi & Sepriadi, 2021)

The process of implementing Physical Education, Sports, health learning in the New Normal COVID-19 era at SMA Negeri 2 Amlapura for the 2021/2022 academic year which is carried out online and offline (blended learning) is included in the very good category in accordance with the learning implementation process standards. Online learning activities have been running effectively in accordance with learning implementation process standards (Mahendra et al., 2023) .

The Physical Education, Sports and Health process during the Covid-19 pandemic will certainly change many learning patterns which are usually offline to online. This research aims to survey the learning outcomes of Physical Education, Sports and Health at SMK Negeri 1 Suwawa. This research is a qualitative research using observational data collection techniques and also interviews which were carried out in March 2021. The sample of this research was 58 people consisting of 1 Physical Education, Sports and Health teacher and also class X Computer Engineering students. and Network (TKJ) totaling 57 students. The results of this research reveal that learning Physical Education, Sports and Health during the Covid-19 pandemic at SMK Negeri 1 Suwawa was less effective due to several factors such as the environment, internet

network conditions, and also the economic conditions of the students. does not have strings (Dai et al., 2022) .

The results of the research show that there are 4 high indicators in influencing students' interest in learning Sports physical Education and health, namely feelings of enjoyment toward Sports physical Education and healths subjects which are categorized as high. This indicates that students feel happy and like face-to-face subjects. Other indicators such as student involvement in Physical Education, Sports, Health subjects are categorized as high. This identifies that students are interested and have the willingness to take part in the face-to-face Physical Education, Sports, Health learning process. The understanding indicator is also categorized as high. This identifies that students have a high sense of understanding in participating in face-to-face Physical Education, Sports, Health learning which can be seen in the face-to-face learning process, students will provide great understanding when the teacher explains the material. The final indicator is student motivation which is categorized as high. This means that students have a high sense of motivation towards learning physical education sport and health which is carried out face-to-face which can be seen from student participation during the face-to-face learning process.

The aim of this research is to find out how much arm muscle power, leg muscle power and hand eye coordination contribute to the jump shoot ability of basketball extracurricular students at SMAN 1 Pasir Turtle. This type of research is research using multiple linear regression tests . The multiple linear regression method aims to determine how much influence the independent variable has on the existing dependent variable. In this research, the variable (X_1) is arm muscle power, the variable (X_2) is leg muscle power, the variable (X_3) is hand eye coordination and the dependent variable (Y) is jump shoot ability. The research was carried out at SMAN 1 Turtle Sand on basketball extracurricular students . Sman 1 Turtle Sand is located right in Indragiri Hulu Regency. The time used to carry out this research was two days starting from the 5th of March 2023 And 9th March 202 3. The sampling was carried out by Total Sampling, where the entire population was taken as a sample of 12 basketball extracurricular students at SMAN 1 Turtle Sand . The instruments that will be used in this research are the Two Hand Medicine Ball Chest Pass Test, Vertical Jump Test, Hand Eye Coordination Test and Jump Shoot Ability Test . Based on the calculation results, there is a contribution of arm muscle power, leg muscle power and hand eye coordination to the jump shoot ability of basketball extracurricular students at SMAN 1 Pasir Turtle of 9.4% with a score in the **low category** (Adrian & Candra, 2022) .

The teacher's role in face-to-face learning is very much needed to design learning. This shows that a teacher must be able to create a Sports physical Education and health learning atmosphere by utilizing facilities and controlling students' psychology so that students have high interest. High interest will help students to be active in learning Sports physical Education and health and have the opportunity to master the skills taught and achieve maximum learning achievement. This research is supported by several relevant studies, including research on students' learning interest which is very much needed in learning, so that students have an interest in the material being taught. Student interest in learning is really needed in Sports physical Education and health lessons, so that students have an interest in the material being taught. Apart from interest, students also need encouragement or motivation to achieve their goals or aspirations.

The implication of this research is as input to Sports physical Education and health teachers that the availability of sports facilities, learning media, Sports physical Education and health learning materials, good time management during physical education learning is very important for the success of learning and students' understanding of Sports physical Education and health material, so that students are enthusiastic and have an attitude. Be honest in

participating in learning and answering questions given by the teacher under any circumstances, because honesty can create justice to build dignified education so that it can create a more advanced character for the nation's children. Based on the research that has been carried out, it is hoped that it can help school teachers to increase students' interest in participating in Sports physical Education and health learning both in class and in the field. Then schools should be able to provide complete sports facilities to facilitate the Sports physical Education and health learning process at school.

CONCLUSION

Based on list data analysis _ to Pelalawan 4 Public Middle School student can concluded as following : feeling like (68 .8 8 %), interest (61 , 11 %), understanding (70 , 94 %), and motivation (82 , 40 %). Of allsub indicators that have been obtained about survey of the implementation of Sports physical Education and health learning after the Covid 19 pandemic at SMP Negeri 4 Pelalawan (73.97%) with "High" criteria .

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