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International Seminar of
Sport Culture and Achievement

ISSCA 2014 PROCEEDINGS

*“Global Issues of Sport Science &
Sport Technology Development”*



Diterbitkan Oleh:
Fakultas Ilmu Keolahragaan
Universitas Negeri Yogyakarta



International Seminar of Sport Culture and Achievement
"Global Issues of Sport Science & Sport Technology Development"

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24 April 2014

Preface

Salam Olahraga!

Praise and be grateful to the Lord, so that this proceeding can be issued. The International Seminar of Sport Culture and Achievement with "Global Issues of Sport Science & Technology Sport Development" theme is held on 23rd- 24th April 2014 at Yogyakarta State University Hotel. The seminar is conducted by Faculty of Sport Science, Yogyakarta State University.

The seminar was conducted in order to enliven the 50th anniversary of Yogyakarta State University. The Seminar aims at revealing any growing sport potentials and recent worldwide research results. There are three pillars of sport: recreational sports, physical education/ sports pedagogy, and elite sport that in common have one goal to form characters and support achievement.

Hopefully, the publication of this proceeding can bring benefits to the participants in particular and readers in general. Final words for all those who have helped this seminar, we thank you.



Dean of Faculty of Sport Science
Yogyakarta State University,

Drs. Rumpis Agus Sudarko, M.S.

Preface

Assalamualaikum WarrahMatullahi Wabarakatuh

The honorable speakers, Prof. Dr. Djoko Pekik Irianto, M.Kes. AIFO (Deputy of Achievement Improvement of Sport and Youth Ministry), Dr. Wayne Cotton (Australia), Dr. Jose Vicente Garcia Jimenez (Spain), Dr. Achara Soachalerm (Thailand), Dr. Lim Peng Han (Singapore), and Dr. Gunathevan A/L Elmulai (Malaysia). The distinguished guests.

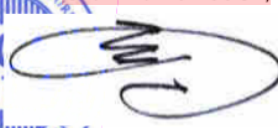
First of all, on behalf of the committee of the International Seminar of Sport Culture and Achievement, let me express great thank to God Allah SWT who gives us opportunity and health, so that we can join this international seminar on sport culture and achievement. It is my pleasure to welcome you to the International Seminar of Sport Culture and Achievement in Faculty of Sport Science Yogyakarta State University.


The international seminar is in order to celebrate the 50th anniversary of Yogyakarta State University. In this opportunity, we invite five speakers from five countries; they are from Spain, Australia, Thailand, Singapore, and Malaysia. The participants of the seminar are 250 participants.

Finally, allow me to express my gratitude to all audiences, especially the honorable speakers and the distinguished guests for paying attention to this seminar. I hope that the seminar will run well and be successful.

Thank you very much.

Wassalamualaikum Warrahmatullahi Wabarakatuh

Yogyakarta, 24th April 2014
Chairman of ISSCA,

Dr. Panggung Sutapa, M.S.



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BIG BALL GAME MODIFICATION FOR LEARNING PHYSICAL EDUCATION

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Yogyakarta State University, Indonesia

Abstract

To anticipate the lack of facilities and infrastructures in elementary school physical education, teachers of physical education are expected to be creative in delivering the learning. This paper is about the basketball game modification for learning physical education in elementary schools. The basketball game consists of football game, basketball game, and volleyball games. Some modified forms of the game of football is half- field football game, four- goal football, and football triangle. Modification of a basketball game is one ring basketball, four- ring basketball, triangular basketball, and volleyball game modification consists of a mini volleyball game, volleyball squats, two- ball volleyball. Physical education facilities and infrastructures that are used are very limited. School yard facilities, as well as the rules are modified to be the game but do not leave their respective characteristics. All students in the class are always involved or included in the study, so that all active children move is expected to achieve their physical fitness. The results obtained is to create a modified model of a football game, basketball game modification model, and the model of modified volleyball game in physical education lessons, but all students must be involved in these activities.

Keywords: modification, learning, basketball game

INTRODUCTION

Physical education is an integral part of the overall education, which aims to develop aspects of physical fitness, movement skills, critical thinking skills, social skills, reasoning, emotional stability, moral behaviour, aspects of a healthy lifestyle through physical activity. Meanwhile, education is a process of human development that lasts over a lifetime. Physical education in schools is very important. Nadisah opinion (1992: 18) states that physical education is part of the overall educational process using physical activity or movement as an educational tool as well as a goal to be achieved to complete the purpose of education itself. Educational goals is set in Indonesia Law No. 2 of 1989 of article 4 of the national education system stating that the national education aims at educating the nation and develops the complete human who is faithful, and devoted to God Almighty and virtuous, has knowledge and skills, physically and spiritually healthy, stable and independent personality as well as social responsibility and nationality of the above opinions that can be concluded that physical education is a medium for achieving educational goals .

In physical education in schools, the number of motor activity that is done in physical education activities directly or indirectly affects the physical or non- physical of students. Physical education in schools such as athletics, gymnastics games, and aquatic games is as a means to achieve the learning physical education objectives. According to Agus Mahendra (2004:18), learning objectives of physical education include 3 domains, namely cognitive, psychomotor and affective cognitive concepts include motion, sound sense, problem solving, critical, and intelligent. Psychomotor includes children mastering movements and skills, physical and motor abilities , improved organ function , affective covering child like physical activity , feel comfortable about themselves, want to engage in social interaction, self-confident.

To achieve the objectives, the role of teacher is very necessary, although it can be a successful and smooth which is influenced by several things: teachers, students, physical education facilities, and infrastructure, environment, and curriculum. The teacher as the main role should be creative in teaching, because of based field observations, most schools do not have adequate facilities physical education in accordance with the existing number of students in one school, for instance with an average students each class for 30 students only for 1 (one) soccer ball, two (2) volleyball balls, 2 (two) basketball balls and some other infrastructure facilities. Total infrastructure in physical education does not match the number with the number of the students, so the teacher must be creative in learning models, teachers anticipate the lack of existing infrastructure, there are 2 ways to increase the amount of physical education infrastructures by means of creating or modifying infrastructure of physical education. If the number of physical infrastructures means reasonably expected education not to be a queue waiting for a tool that will result in the student to be passive, whereas in teaching physical education in schools, it is expected that children will always be actively engaged in making students fit for the purpose that will be achieved. The second, to create or modify learning activities is appropriate physical education curriculum basic competence 2013 book V class with theme: Healthy That Important.

KD 4.2 practices variations and combinations of the basic motion patterns based on the concept of motion in a large variety of ball games and or traditional sport of the description of the activities to be carried out or practiced by elementary school physical education teacher in accordance with the class and theme. Based on the explanation above, the writer wants to try to make big ball game modifications for learning elementary school physical education. Hopefully, it is useful for teachers of physical education in implementing learning activities and as a reference for physical education of big ball game in elementary school.

Modified Football Game for Football Learning Material in Elementary School

Football is a ball game played by two teams, each team consisting of 11 people. The target of this match is to score the ball into the opposing goal and the winner is the highest ball scorer.

Model 1. Half Field Ball Game.

Facility and Infrastructure

- a) Facility /equipment : a. 1 Football ball
- b. 4 cones
- c. waistcoat for half number of the students

Property: Gate

Facility : Football field

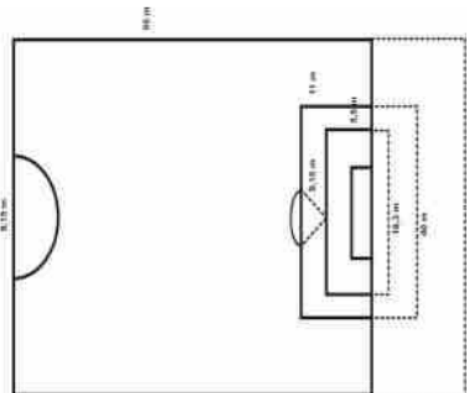


Figure 1. Half field game

How to Play:

A number of students in class are divided into 2 groups: group A and group B. Group A's first 15 minutes as opponent is to put the ball into the goal of group B, while group B, there is one student as a goalkeeper and the other defend, to stop the ball. Offside rule is not enforced. Corner kick does not apply to the defensive team when the ball crosses the goal line after last touched by an opponent [Rud Midgley (2000:195)].

Direct free kick (penalty kick) awarded for intended foul and involves a defender in the penalty area:

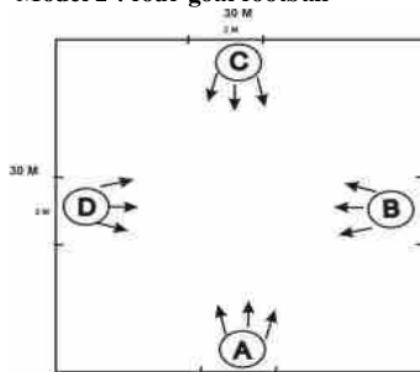
1. Tackling
2. Hold opponents by hand
3. Play the ball with hand (except the goalkeeper)

Indirect free kick:

1. Dangerous play
2. Approach and touch the shoulder when the ball is not played
3. Towards conscious disturbance, an opponent not to try playing the ball temporary.

After the completion of 15 minutes (the second 15 minutes), team B changed as opposing, the winning team is the team scoring the more.

Model 2 : four goal football



Facility and Property:

Facility: a) plastic ball (modified ball : 2 balls)

b) 8 cones for goals

c) small flags for the field

corner

property : -

facility: school field

Figure 2. Four goal football field

3

A number of students of the class are divided into 4 groups: group A, B, C, and D. When ball is ready to be played, two balls held by the referee (teacher) and then throw up for grabs. So all students play with 2 balls, team A tries to put the ball into the goal of team B, C, D. Team B tries to score Team A, C, D. Team C tries to put the ball into the goal of teams A, B, D, while the team D tries to put the ball into the goal of teams A, B, C, after the ball is put into the net of opponent, and then the ball is direct played. 20 minutes is the game time. In general, all the rules of the game in football are generally applied e.g. hand ball, penalties in fouls but no offside and penalty shot. The winning team is the team that is most scoring the ball into the opposing goal.

Model 3 Triangle Football

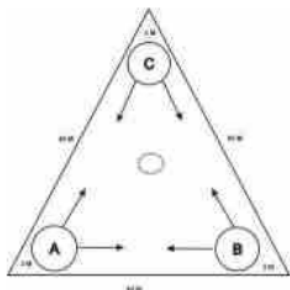


Figure 3. Triangle football field

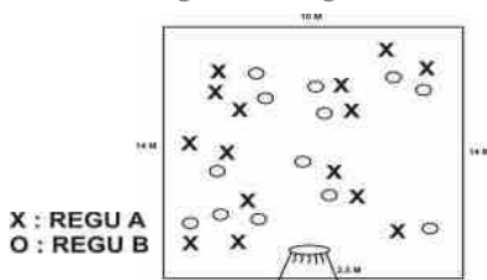
How to Play :

A number of students in the class are then divided into 3 groups: group A, B and C. A group tries to enter the ball into the goal of Team B and C, group B trying to put the ball into the goal A and C, Group C attempts to score the ball into the goal B and A. Handball is applied in the game, every time the game is played started in the middle of the field, there is no penalty kick.

Modified Basketball Game for Football Learning Material in Elementary School

Basketball is a game played by two teams consisting of 5 players; they have the right throw, roll, and hit the ball. The match target is each team trying to insert the ball in the basket of the opponent team.

1. One ring basketball game



Facility and Property:

Facility/equioments: modified football (plastic ball) :1 ball

- Cones for the goal:6 cones
- Waistcoat to differentiate the opponents

Property : -

Facility: School Field

Facility and Property :

Facility/ Equipments : One basketball ball

Waistcoats, 2 cones

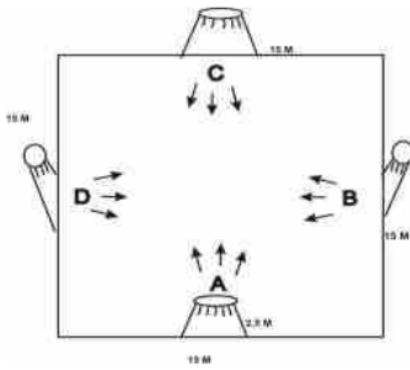
Property : Plastic basket with a post

Facility : school field

Game rule:

A number of student class is divided into 2 teams: Group A and each team try to enter the ball into the basket. Basketball thrown, hit, overthrown, or dropped, but should not be taken / being kicked on purpose. For the team putting the ball into a basketball in the basket is the winning team.

Four Ring Basketball



Facility/ Equipments : Two basketball balls

Waistcoats, 4 cones

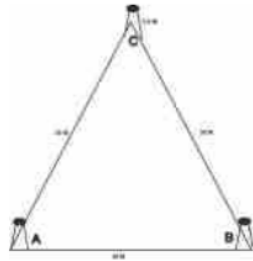
Property : Plastic baskets with four posts

Facility: school field

Game rule:

A number of students in class is divided into 4 teams: Group A, B, C, D and each team tries to put the ball one another into the opponents' basket. Basketball thrown, hit, overthrown, or dropped, but should not be taken / being kicked on purpose. For the team putting the ball into the opponents' basket the most is the winning team.

2. Triangle Basketball



Facility and Property

Facility and Equipments: 1 basketball, waistcoat

Property: 3 basketballs and 3 posts

Facility: school field

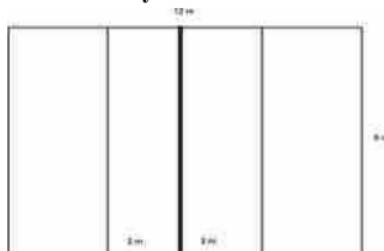
How to Play:

A number of students in class is divided into 3 teams: Group A, B, C, and each team tries to put the ball into the opponents' basket. Basketball thrown, hit, overthrown, or dropped, but should not be taken / being kicked on purpose. For the team putting the ball into the opponents' basket the most is the winning team.

III. Modified Volleyball Game for Football Learning Material in Elementary School

Volleyball is a game with 6 players each team. The target is to send the ball over the net and within the boundaries of the field until the opponent is unable to return the ball or prevent the ball falling to the ground.

Mini Volleyball Model



Facility and Property

Facility and Equipment: 2 modified volleyballs

Property: net and posts

Facility: 6×12 metre mini volleyball field for 2 fields.

How to Play:

Each number of students in the class is ³ divided into 4 groups, Group A, B, C, and D. Group A and B play in the field, groups C and D play in the another side of the field, although each team can be more or less than 6 people. Each team player is allowed to touch the ball up 3 times before throwing to the top of the net, the rest is considered to be off, the winner is that has scores 15 first.

1. Squat Volley Ball Game Model



How to Play:

Students in class are divided into 4 teams that are ⁵ team A, B, C and D team. Team A plays against team B, team C plays against team D. The game play is every student always squats when receiving and passing/ hitting the ball. The players of team B is allowed to touch the ball three times before throwing it over the net, the rest is considered as off, the team is considered winning the game when they have scored 15 earlier.

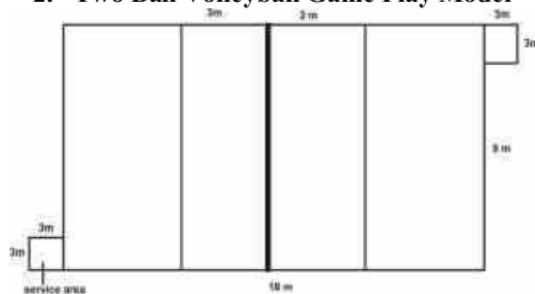
Facility and Property

Facility and Equipment: 2 modified volleyballs

Property: net and the posts

Facility: two field mini volleyball
(the net is lowered to the ground)

2. Two Ball Volleyball Game Play Model



Facility and Property

Facility/ equipment: 2 standard or modified volleyballs

Property: the net and the posts

Facility: Standard volleyball field

How to Play

The students in class are divided into 2 teams; team A and team B, so that the possible number of students per team is more than 6 people (depending on the number of students in a class). Because per team consists of many players for one field, then using two balls for the game is more active when moving and are always ready to wait the ball in a faster frequency. If there is a dead ball, the game waits until another ball is off, if it is served together. The point is obtained when the 2 balls are off, so the possibility to get points from the opponent team. The team scoring 15 first is the winner.

CONCLUSION AND SUGGESTION

Conclusion

The results obtained from the big ball game modification for physical education learning in primary school is a half- field football game, four goal football, triangle football, one ring basketball game, four ring basketball game, triangle basketball, mini volleyball game model, squat volleyball, and two ball volleyball.

Suggestion

To anticipate the lack of facilities and infrastructures of physical education in schools, especially primary schools, the teachers are expected to be more creative in their teaching. Being creative in creating the learning models is very important at all, because not to follow the learning of students in physical education makes students passive in queue waiting in which it will not good for the learning, it is essential to change the way teachers teach students that can be in an atmosphere of joy through approaches / methods which are expected to play actively always moving not feel commanded. So students' democracy is also received as a characterized child who loves to play, but their characteristics are not supposed to leave characteristics such as discipline, respect friend / teacher, sportsmanship, honesty, etc.

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