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Training and Introduction to Physical Education and Sports Modification Media for Physical Education and Sports Teachers in the Village Tembung District of Percut Sei Tuan

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ABSTRACT

This article discusses training and the introduction of modified physical education and sports media for teachers in sports education subjects, while this training was conducted in Tembung Village, Percut Sei Tuan District, in the training process the author found several problems before conducting the training, including several problems there are still teachers who often carry out learning processes that tend to be monotonous, so that students tend to feel bored doing learning in the classroom. The training method used is lectures, then the techniques in the data collection process are supported by descriptive quantitative methods where the process of implementation is carried out by presenting the data that has been analyzed. Then after the training the results were found that the teachers were much more successful and could interpret the training and learning process more pleasantly, meaning that the teachers understood much better how to modify good learning, so that the learning process was much more enjoyable.

Keyword: Training, Modification, Education

Introduction

Sport is a very important thing in everyday life because with it everyone can live a good and healthy life, in addition to health, sport is one of the elements that really has a big influence on everyday life, but can also make a name proud. both the regions where we live, for example in competition movements at the national and international levels (Pappas et al., 2022) . Then sport and health physical education is part of the educational process where the majority often have physical or bodily movement activities in practice (Ajmal et al., 2022) . Because physical education and sports are considered to have a very close relationship and influence on the world of education and for society (Matsiola et al., 2022) . Then the importance of sports education being applied within the scope of society can be seen from its learning objectives, which include various causes and certain factors, for example knowledge of measuring instruments, implemented media and others (Wang & Du, 2022) . So that it can be seen from various factors from the aspect of knowledge and so on, but this includes knowledge and various learning movements in training within the scope of physical education (Tashpulatov, 2022) . Then teachers are also expected to be able to utilize the media within the scope of their activities in conducting teaching within the scope of the school, while the benefits of media in physical education learning are the process of facilitating the course of learning within the scope of the school so that students can easily understand the learning that has been practiced (Breivik, 2022) .

Which is where teachers are expected to be able to understand and understand learning materials that have characteristics and students can easily understand them, by looking at the surrounding situation and how the surrounding conditions are used as learning media which are considered interactive, and can provide the goals to be achieved (Hurwitz et al., 2022) . Then also students or students in the learning process are one of the signs of a form of success (Kharatova & Ismailov, 2022) . At this level of success students can be measured from their understanding and learning outcomes, so the higher the level of success, the higher the level of success that will be achieved (Lee et al., 2022) . In connection with the sports concepts above, the role of each individual is very important in showing and developing the various potentials that each student must have in achieving maximum results (Ortiz et al., 2022) . For

example in managing skills in the aspect of modifying learning media which is one of the important roles for a teacher in the learning process in sports education subjects (Elgendy et al., 2022) . In this setting, teachers are expected to be much more able to take advantage of the surrounding environment to carry out their creativity in sports education learning so that the role of a teacher is far more interested in the ongoing learning process (Bombaerts & Vaessen, 2022) .

But the irony is that there are still many sports teachers who cannot take advantage of the surrounding environment in the learning process of sports education in utilizing the surrounding environment, for example students are not invited to take advantage of the surrounding environment to be used in learning, in fact sports education is a very broad field of study. , so that they can take advantage of the surrounding environment to explore practical and non-practical practices in implementing learning (Morris & Tymowski, 2022) . More specifically, because sport is very closely related and has a very close relationship with human movement, which is interconnected with the development of the physical body and mind and spirit (Mollnar & Bullingham, 2022) . Then again the lack of guidance on physical education or sports education for teachers so that they are less creative in carrying out learning that is carried out within the scope of the school (Perreault & Nolleke, 2022) . So with the existence of learning policies and strategies in physical education it is hoped that there will be changes in physical education patterns in the future, in this case teachers can be expected to provide elaborations for the younger generation, especially prospective physical education teachers about the benefits of modification learning within the scope of the school (Laffey & Whigham, 2022) . Modification of the duration of the game is intended so that students can concentrate and enjoy learning gymnastics as a whole. Students are tired of doing physical exercises for a long time.

For this reason, the teacher must plan carefully in the use of time always referring to the learning model. Game rule modifications are intended to help students develop skills and interest in the sport without compromising the authenticity of the game. Modification of the duration of the game is intended so that students can concentrate and enjoy learning gymnastics as a whole. Students are tired of doing physical exercises for a long time. For this reason, the teacher must plan carefully in the use of time always referring to the learning model. Game rule modifications are intended to help students develop skills and interest in the sport without compromising the authenticity of the game. Therefore this training aims to have a positive impact on changes in the physical education learning process within the scope of the school, so that teachers can already understand how important and efficient the modification process is that takes place in the trainings carried out by teachers in Tembung village, sub-district. fuck off sir.

Research Methodology

As many as 25 teachers from Tembung village, Percut Sei Tuan participated in the transformation of sport into physical education. The training materials include: The nature of physical education in elementary schools, The nature of sports adaptation in physical education, Analysis of physical education documents (modules and CDs), Evaluation of learning CDs, Physical education learning models, Physical education teaching practices. Presentation of material using the lecture method, question and answer, discussion and demonstration of the material being studied, teaching practice is still limited. Instructor in this training Muhammad Noer Fadlan, M.Pd Operational deployment will be held on 25, 26, 27 November 2022.

Results and Discussion

Based on the implementation of the implementation of the training entitled : Training and Introduction to Media Modification of Physical Education and Sports for Physical Education and Sports Teachers in Tembung Village, Percut Sei Tuan District. A total of 25 physical education teachers can be described as follows: 3 people got grades 48-52 (16%), scores 53-57 were not found (0%), scores 58-62 only found 1 person (6%), scores 63-67 as many as two people (10%), value 68-71 four people (20%), value 73-77 six people (31%) value 78-82 three people (16%), value 83-87 one person (5%) physical education teachers therefore the writer can also present these data in the table as follows.

Table 1. The value of teacher training in Percut Sei Tuan Tembung District can be look at the table as follows:

Interval Value	Frequency	Presentation
48-52	3	15
53-56	0	0
58-62	1	5
63-67	2	10
68-72	4	20
73-76	6	31
78-82	4	16
83-87	1	5
Amount	21	100

So it can be seen that based on the results of training and practice in modifying what is applied, there is a role for modifying sports physical education on the competence of every teacher in the Percut Sei Tuan sub-district, which is related to the implementation of physical education learning. From the results of teacher training on Training and Introduction to Physical Education and Sports Modification Media for Physical and Sports Education Teachers in Tembung Village, Percut Sei Tuan District, it is hoped that this will increase the level of knowledge, skills, attitudes of teachers in carrying out teaching and learning process activities within the scope of the school because from this process teachers can certainly change and provide important information about the results of learning within the scope of the class, especially in physical education in schools. This according to (Schloss, 2022) greatly influences the learning outcomes and interest of students in participating in the learning process in their school environment. This achievement affects the performance of each teacher in the future in carrying out their learning in classrooms and in the field. Teacher performance is the teacher's knowledge in managing, implementing, and evaluating work related to learning. So the teacher's performance is closely related to his knowledge in carrying out teaching and learning activities within the scope of the school, so that the learning process is also considered good if the teacher can carry out governance optimally which adapts to the competencies expected for a pleasant learning process (Moraga, 2022) . Then it doesn't end there that the teacher is also expected to be able to take responsibility in the implementation of learning in the scope of the class when the students are getting ready to do learning practice, then the teacher should provide tools and materials that can be used during the implementation of learning it lasts.

According to Miller (2022) says that the contribution of teachers also plays an important role in carrying out practices in learning in order to maximize results as expected by teachers and students feel happy in the ongoing learning process. Likewise what was conveyed by (Collins, 2022) said that physical education must also have a close relationship with the way teachers are able to modify it in improving learning. Likewise, according to (Kasing, 2022) states that the situation of each individual and the situation of the surrounding environment is a situation of factors that can affect an increase in physical education learning outcomes by students. Likewise, according to (Peng et al., 2022) states that modifying physical education in practice can also increase the enthusiasm of students in carrying out learning in the school environment and have an interest in carrying out fun learning activities in the classroom environment. Furthermore (Varghese & Kumar , 2020) states that a teacher in carrying out his duties will be seen from his expertise in various performances in carrying out the tasks and responsibilities that have been given by teachers within the scope of the school. Thus the success of a teacher in carrying out his duties properly will not be possible without good performance as well. Meanwhile, according to (Young, 2020) reveals that no matter how good the curriculum, media and learning methods are provided if the facilities and infrastructure are available, the achievement of an education is still attached to a teacher, so it cannot be denied that a teacher is the center of the model and source knowledge expected by students (Lawless & Magrath, 2021) . Likewise the opinion above is in line with the statement that the quality of an education is seen to be achieved if it is supported by an increase in the performance of teachers in carrying out governance within the scope of the class and discipline in carrying out their duties, so that effective and efficient education can be achieved in a progressive educational setting. in the future (August, 2021) . Teacher activities are very important to improve the quality of education in schools.

The importance of teacher performance is one of the efforts so that the implementation of school-based management is fully realized, besides that achieving educational goals effectively and efficiently is also important to be easier. Furthermore, he said that the determining factor that greatly influences a teacher's performance is the number of reading sources from a teacher, meaning that the teacher must be capable and qualified in various fields and aspects of knowledge, both psychologically and intellectually (Rowe, 2020) . This means that a teacher who has extensive knowledge has a great impact and influence on the world of education, that is why teachers are also increasingly required to be great and skilled in carrying out their duties when the teaching process takes place in the classroom. It doesn't stop there that the demands of a teacher must be able to various fields, the teacher must also be skilled and creative in carrying out his duties as an educator in order to produce fun learning in teaching and learning activities within the scope of the school. So motivation plays an important role for a teacher because one of the determinants of the results of all of that is to move teachers who are more focused on achieving better school goals. Therefore, mental attitude is a condition that becomes a driving factor for the teacher to try to achieve the maximum. A person's work performance is influenced by many factors which can be grouped into 3 (three) groups, according to (Bell, 2021) , namely: (1) individual skills, such as knowledge, motivation, discipline and work ethic; (2) organizational support, such as providing advice and infrastructure, as well as a comfortable work environment; and (3) management support, such as leadership skills, safe and harmonious relationships (organizational environment), and career development. Elemental factors that captivate capabilities are work contributions, wages/income received, work stimulants, vacancies and work environment. (Serazio & Thorson, 2020) confirms that the factors that influence a person's performance are attractive jobs, good pay, security and protection at work, respect for the purpose and meaning of work, good work environment or atmosphere, promotion and personal development , feeling involved in organizational activities, leadership loyalty and hard work discipline.

Therefore, physical education teachers must have professional competence so that good and maximum implementation is established in the learning process that is within the scope of the school. From the several opinions above, it can also be concluded that the determinants that affect a teacher's performance in general can be caused by several internal and external factors, as well as the performance of physical education teachers. Factors from the internal of a teacher, for example, in terms of intelligence, work motivation, discipline in carrying out tasks, obedience to leaders. Then from the external side, for example leaders, facilities and infrastructure contained within the scope of the school, a qualified salary that must be received by a teacher and the last is the approach process in quality learning that will be given by the teacher to his students. Then from a different point of view, a physical education teacher must also have good and maximum physical endurance in carrying out the practice so that when carrying out the practice no one feels tired anymore.

1. Definition of Modification of Physical Education

Physical education learning facilities are still inadequate, and physical education teachers are required to optimize and strengthen the use of educational facilities according to the situation of students and schools, as well as think about ways to increase student motivation to participate in learning activities. According to (Hofstetter & Robles, 2019) said that physical learning with modification helps remove learning barriers because it can provide an effective solution by changing the size of the field that is actually used for learning. The change process is carried out because in urban areas there may not be many schools that have parks and large fields, the essence of modding is to develop and analyze optimal items so that the need for modding helps minimize constraints (Bowes et al., 2020) . This modified approach aims to present what is taught in the curriculum according to the child's developmental stage. The media is considered an intermediary. According to (Staunton et al., 2020) the following are some warnings regarding the importance of media, according to several experts: (1) The National Education Association (NEA) conveys a warning that media is media that is used as a communication tool in audiovisual and print form (2). According to (Luther & Davidson, 2020) argues that the media is a tool used as a facilitator to inspire students. (4) that there are several types of educational elements in an environment that can motivate students. The media basically has elements such as equipment and hardware as well as elements of news in the media. So media applications need tools to help convey information in the form of messages, but basically the most important thing is not the tool but how good the quality of the message or learning information in the media is. bring benefits. From the various descriptions of the media above, the media is deliberately designed as an intermediary tool that is deliberately designed to help achieve learning according to the curriculum that can be used to convey messages and manage information on teacher-student interactions.

Learning can be described as all activities that take place in a two-way interaction between the teacher and students to achieve the planned goals. According to (Gorgulu et al., 2019) the characteristics of learning can be explained as follows. (1) carried out in a systematic, conscious and planned manner; (2) the learning process can provide good motivation for students to be more committed in their learning; and (3) carrying out with (4) learning to create a comfortable learning environment. for students (5) learning can prepare students for physical and psychological experiences. Learning is a two-way relationship with interaction between educators and students. According to (Kunert, 2020) the support provided by educators to provide knowledge to students which helps them impart knowledge and feel confident in dealing with students is called learning. (Perez et al., 2019) states that quality learning, namely learning that has indicators of optimal learning quality, with indicators such as fun, challenge, exploration, and encouragement, provides meaningful experiences and improves thinking skills, develops optimally. From some of the explanations above, we can conclude that learning is any activity that takes place and occurs within the individual as the creator of a new, more meaningful experience. Physical education isn't just about bodybuilding, it's about learning about the human being as a whole. It is hoped that this physical education will be able to achieve the goals of physical education through the implementation of directed, systematic and regular physical education. Their goal is to continue to guide the students' own physical and mental growth and development. One of the goals of physical and health education in schools is to improve physical fitness. In learning activities, physical education in the application of learning cannot be separated from other learning fields. This can be proven by the implementation of physical education subjects from elementary to high school.

2. The Nature of Physical Education and Sport

Pintus (2019) said that physical education and health education are educational systems that encourage overall individual growth through the media of physical education, physical activity, games and sports. Physical and health education contains the importance of learning that prioritizes physical activity as a means of achieving learning goals (Powers et al., 2020) . Physical Education, Sports and Health in the same sense are also interpreted as vehicles that encourage physical, psychological and athletic development, knowledge and thinking, as well as balanced and healthy lifestyle habits (Wolcott et al., 2021) . Physical education and sports are a means of helping children in their efforts towards a healthy life and making the best choices, especially in the physical field (Stellefson et al., 2020) . The goals

of sports and health education also support the goals of populist education, besides that physical education and sports are a means to help children in their efforts to live healthily and make the best choices, especially in the physical field, emphasizing that it is an effective learning tool for educational purposes physical education and health education also support national education goals (Sahu, 2020) . Sports and Health Physical Education is one of the subjects taught in elementary schools. Sports education from elementary to high school was introduced, physical learning in sports and health is very different from learning in other subjects (Birch et al., 2019).

By emphasizing the physical aspect, students acquire skills and knowledge, develop aesthetic perception, develop general skills and positive values and attitudes, and develop physical conditions to achieve physical education goals. Physical education and health education have the same interests in the field of learning compared to other subject education programs, the learning domains that are developed cover three main domains: psychomotor, affective, and cognitive (Jorgensen et al., 2019) . Students are assigned to master motor skills in a variety of sports which is the main responsibility of the teacher, many physical and mental health teachers understand that students need to master sports, teaching motor skills is about developing skills to participate in sports activities and helping them perform daily tasks effectively, not preparing them to be good athletes (Metwally et al., 2019) . This relates to the goals of physical education in other words, individuals are family members and members of the physical education community are generally synonymous with improving psychomotor learning or motor performance. Indeed, one of the challenges of physical education is to develop a better understanding of the child's body and its range of motion and the various factors that influence it with respect to the concept of motion. Viewed from the concept of fitness, it is hoped that it can help students understand the effects of sport and physical activity on physical health and live an active lifestyle. According to Levine & Stillman , (2019) states that physical education and health Physical education has different goals in the world of education.

Then (Timmers et al., 2020) explains the goals of sports and health through physical education. (1) Formation of a strong personality base by internalizing values in physical education. (2) Building a strong foundation of personality, social attitudes and tolerance in cultural diversity. (3) Exploring critical thinking skills through four learning tasks. (4) Growing integrity, sportsmanship, discipline, responsibility, cooperation, trust and democracy through physical education, sports and health. (5) Develop motor and technical skills together with strategies in games and sports. (6) Develop self-management skills to develop and maintain physical fitness and a healthy lifestyle through various physical activities. (7) Develop the ability to protect yourself and others. (8) Knowing the concept of physical activity to achieve fitness and a healthy lifestyle. (9) Can fill free time with fun physical activities. Therefore, physical education is expected to be a door to health and kindness between people.



Fig. 1 Process of Providing Training Materials



Fig. 2 The process of viewing modifying physical education learning media

Conclusion

This training is expected to equip teachers, especially physical education teachers, to be even more creative in carrying out the learning process within the scope of the school, then from that the results obtained in the training process by teachers can also be seen as successful and get something satisfying. then what is expected will be able to provide renewal in the learning process within the scope of the school, especially students can be even more creative in participating in the learning process within the scope of the class. Then also this training will continue in the process of subsequent trainings, so that there is good cooperation between school teachers as partners as training participants.

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