



## Development of PJBL based Rhythmic Gymnastics Learning using the Padlet Platform in Physical Education

Angga Teja Permana\* <sup>1</sup>, Resty Gustiawati <sup>2</sup>, Ega Trisna Rahayu <sup>3</sup>, Ruslan Abdul Ghani <sup>4</sup>, Rolly Afrinaldi <sup>5</sup>

<sup>1,2,3,4,5</sup> Physical Education, Universitas Singaperbangsa Karawang, Karawang, Indonesia

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### Abstract

In this modern era, education has become a basic need for every individual. In fact, the government requires that its citizens have the right to receive education for 12 years and it is recommended that more than that. Development of PjBL based rhythmic gymnastics learning using the Padlet Digital Platform in physical education which has been systematically structured according to the ability level and characteristics of vocational school students based on the results of needs analysis in the field. Therefore, the development of PjBL-based rhythmic gymnastics learning using the Padlet Digital Platform in physical education learning for Kajuruan Middle School students can be declared very feasible to be applied in physical education, sports and health learning in middle schools to better achieve the predetermined learning goals. effectively. From the results of the frequency distribution value of the Implementation suitability assessment with a percentage of 88.4%, it can be concluded that the Implementation value received a "Decent" assessment and it can be concluded that the implementation of the PjBL-based rhythmic gymnastics learning development product with the use of the Padlet Digital Platform in physical education for students and can used for learning in vocational high schools.



\*Appropriate email: [angatejapermana19@gmail.com](mailto:angatejapermana19@gmail.com)

## INTRODUCTION

Physical education basically aims to carry out an educational process, where each student learns from their experiences in each activity in the form of games developed in the physical learning program. (Fadhilah, 2024) In this modern era, education has become a basic need for every individual. In fact, the government requires that its citizens have the right to receive education for 12 years and it is recommended that more than that. In simple terms, education can be a means for individuals to avoid misunderstandings. The higher the education, the higher the knowledge gained (Tri Setyo Guntoro, Sutoro, 2022).

In the Karawang Regency Education Unit, once a week on Friday mornings a joint healthy activity program is held, namely rhythmic gymnastics. In this activity, some students felt bored in the joint healthy program activities (Lismana et al., 2022), because the students felt bored in learning rhythmic gymnastics with the same gymnastic movements. So students are less creative/developed, therefore the joint healthy activity program in 2022 is canceled. Therefore, I want to organize and develop these rhythmic gymnastics movements again (Darmawan, 2017). Students are more accustomed to memorizing concepts or material so that when the teacher asks questions either orally or in writing, students are not able to provide answers based on their own understanding and language. In the learning process, students are still fixated on the text and are not able to develop their ideas or concepts in solving a problem given by the teacher (Hasmarita, 2018). So this is where the innovation model for developing Rhythmic Gymnastics learning materials based on Project based learning emerged with the use of the Padlet Platform for student

creativity in creating better rhythmic gymnastics movements, so that students feel more enthusiastic and creative. Therefore, a learning model is needed that can improve students' creative abilities. One learning model that can be used to improve students' creative abilities is the Project Based Learning (PjBL) model. According to (Latuapo, 2023), the Project Based Learning model directs students to problems directly, places responsibility on students, then during the project completion process involves group work which indirectly makes students active in producing creative ideas and trained to act. (Fahlevi, 2022).

Education is currently a very important asset in developing and improving the quality of human resources. As an effort to improve the quality of education, new breakthroughs are needed, namely curriculum development, learning methods, teaching materials and learning media. Teaching and learning activities in the world of education have a role in determining student learning success. The development of the world of education requires a lot of innovation in the learning process. Educators are required to be able to create an interesting learning atmosphere and of course easy for students to understand (Shalehah, 2023). Physical education is an educational process through providing learning experiences to students in the form of physical activities, play and sports which are planned systematically to stimulate physical, motoric, thinking, emotional, social and moral growth and development (Agustina et al., 2022).

One of the effective learning methods used for learning, especially when students first enter the world of Project Based Learning, is that mastery of language skills is required to develop because students are exposed to and directly experience the application of the

learning they have acquired. in schools and applied in the field, this requires capital. basic movement skills in rhythmic gymnastics (Abdullah et al., 2020). Gymnastics is a form of physical activity to optimize children's growth and development, apart from that, gymnastics can also develop physical and mental-emotional components through physical activity. Gymnastics was created deliberately and with a plan that was prepared systematically with the aim of developing and forming the person harmoniously (H. Hakim, 2020). Students' movement skills in rhythmic gymnastics cannot develop by themselves, therefore the role of teachers is needed who is able to direct, guide and facilitate students so that movement skills can develop optimally. In this case the Project Based Learning Teacher (Qoyyum & Rahayu, 2023). Where in this research the role in the school is the teacher. Considering that teachers have many very important roles in schools that have an impact on the industrial world, in this case their role is to develop language skills as a skill that students must have to support the success of Project Based Learning (Aliriad, 2021).

In PJOK subjects, implementation cannot be separated from the use of information technology in the form of learning innovation. Learning media is also an important form of innovation that can be carried out by teachers. In PJOK subjects, two-dimensional visual or audio-visual media such as pictures and videos can make it easier for students to understand teaching material. Apart from that, the use of digital books (e-books) which are considered more practical can be an inspiration for PJOK teachers in carrying out innovations (Larassary & Wulandari, 2022).

## METHOD

The research carried out is research and development (Research & Development) or R&D. Research and development methods are research methods used to produce certain products and test the effectiveness of these products. Through this research, researchers are trying to develop a product in the form of learning materials and models (Saputra et al., 2020) not to test a theory. The final aim of this development research is to produce a product in the form of Project Based Learning, Development of Rhythmic Gymnastics Learning with the Padlet Platform in Physical Education, so that learning becomes more enjoyable and makes students' learning motivation increase. The research uses the ADDIE development model because the research steps are in accordance with the research development objectives carried out, do not take a long time and have concrete goals (Rohayati et al., 2019). The ADDIE research steps go through 5 stages including Assessment/Analysis, Design, Development, Implementation and Evaluation (Saputra et al., 2020). This model was chosen to help create effective educational programs and has a more systematic process. At the Assessment/Analysis stage, the initial stage is carried out, namely assessing needs in the form of collecting materials and designing learning that can increase students' creativity in creating rhythmic movements.

The data collection technique uses indirect observation. The indirect observation technique is a method of collecting data that is carried out through observing and recording the symptoms that appear on the research object which is carried out after an event or situation occurs. Observations and recording were carried out using checklists and electronic

equipment. The electronic equipment used in this research is a mobile phone. This aims to provide more objective observation of the subject being studied during the process. To use a checklist, you must first describe the research variables completely, including the elements in each symptom. Details of symptoms and their elements are arranged regularly into a list as a sequence of classification of data that will be observed whether or not an event, situation/incident appears or not that is relevant to the research problem. Tools in the form of electronic equipment, if an event or occurrence occurs once or does not occur repeatedly, even if it is carried out briefly, observations are often carried out indirectly. For this reason, auxiliary equipment is needed in the form of electronic devices whose types are adjusted to suit your needs.

## RESULTS

Based on the results of expert validation tests on the initial model draft, many suggestions and input from experts and practitioners were provided to improve the initial model product. After that, the researcher carried out a model revision process to perfect the model draft so that it was ready to be tested. The results of observational assessments in field trials by practitioners became the basis for researchers in improving PjBL-based rhythmic gymnastics learning using the Padlet Digital Platform in physical education. Research and development continues and obtains very good observational assessments from practitioners, so there are no significant revisions, so It can be formulated that PjBL-based rhythmic gymnastics learning using the Padlet Digital Platform in physical education is declared suitable for use in learning and effective for

application in rhythmic gymnastics learning materials .

## DISCUSSION

Discussion Based on the results of expert validation tests on the initial model draft, there were many suggestions and input from experts and practitioners to improve the initial model product. After that, the researcher carried out a model revision process to perfect the model design so that it was ready to be tested. The results of field trial observation assessments by practitioners became the basis for researchers in improving PjBL-based rhythmic gymnastics learning using the Padlet Digital Platform in physical education. Research and development continues to be carried out and obtain very good observation assessments from practitioners so that no significant revisions occur, so it can be formulated that PjBL-based rhythmic gymnastics learning using the Padlet Digital Platform can be used in learning and is effective .

The learning developed aims to make it easier to achieve goals. PjBL-based rhythmic gymnastics learning using the Padlet Digital Platform in physical education. PjBL-based rhythmic gymnastics learning using the Padlet Digital Platform in physical education subjects for SMK students which has been validated and tested, there are several weaknesses that the researchers minimized through revision and it has advantages that provide a different impression in learning, including:

- a) Trigger students' desire to learn Rhythmic Gymnastics
- b) Students learn flexibly and easily accessed on the Padlet digital platform
- c) Study according to ability

- d) Learning is adapted to the characteristics of vocational school students
- e) Clear instructions for learning PjBL-based rhythmic gymnastics using the Padlet Digital Platform in physical education, making it easier for students to learn it
- f) Make it easier for teachers to carry out learning at school, especially in rhythmic gymnastics material.

## CONCLUSION

Based on the research results, the development of PjBL-based rhythmic gymnastics learning using the Padlet Digital Platform in physical education is based on the formulation of research problems, including the following: Development of PjBL-based rhythmic gymnastics learning using the Padlet Digital Platform in physical education which has been systematically structured according to the ability level and characteristics of vocational school students based on the results of needs analysis in the field. Therefore, the development of PjBL-based rhythmic gymnastics learning using the Padlet Digital Platform in the physical education of Menggah Kajuruan School students can be declared very feasible to be applied in physical education, sports and health learning in junior high schools to achieve the specified learning goals more effectively.

Development of PjBL-Based Rhythmic Gymnastics Learning Using the Padlet Digital Platform in Physical Education Learning for Vocational School Students Based on Validation of Expert and Practitioner Test Results It Can Be Declared Worthy of Use in Rhythmic Gymnastics Learning So It Can Be Applied to School Age Vocational Schools.

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