

PHYSICAL LITERACY TROUGH GYMNASTIC ACTIVITY IN ELEMENTARY PHYSICAL EDUCATION

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ABSTRACT

This study aims to determine the literacy level of elementary school physical education teachers in learning rhythmic activities with indicators of the cognitive domain, motor competence domain, balance movement ability, control object, and environmental domain. The subjects of this study were 52 PJOK teachers in the Yogyakarta area, Indonesia. The method used in this research is descriptive, namely by describing the percentage level of literacy. The results showed that the understanding of rhythmic activity literacy in the cognitive domain was 53% in the high category, the motor competence domain was 42% in the medium category, the balance movement ability was 39% in the medium category, the control object was 55% in the high category, and the environmental domain was in the 51% with high category.

Kata Kunci: *physical literacy, rhythmic activity, elementary physical education*