

# **THE DEVELOPMENT OF THE INSTRUCTIONAL MODEL OF PHYSICAL EDUCATION, SPORT, AND HEALTH PHYSICAL FITNESS MATERIAL FOR SPECIAL NEEDS FOR CHILDREN**

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## **ABSTRACT**

### **THE DEVELOPMENT OF THE INSTRUCTIONAL MODEL OF PHYSICAL EDUCATION, SPORT, AND HEALTH PHYSICAL FITNESS MATERIAL FOR SPECIAL NEEDS FOR CHILDREN**

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The research objective is to develop physical education learning models Physical Fitness Material for Children with Special Needs (ABK). While the objectives of short-term research are (1) for the analysis of the needs of training teachers at Special Schools (SLB) and to incorporate the subject matter learning model for elementary school students in a validated SLB, (2) to find out the effectiveness of implementing the learning model in SLB, (3) socializing the teaching learning model that has been developed in special schools.

This research is a research and development approach. The planning of research activities was carried out in 3 stages (years), namely: the first stage of needs analysis, the preparation of a physical activity draft model, the learning expert model using focus group discussion (FGD) and questionnaire techniques with the Delphi technique. Analysis using content validity ratio (CVR). the second stage for large groups, large group trials and advanced models for learning models and models that have been developed for students in primary school inclusion schools. Research subjects were teachers and school students with special needs.

The results of the first phase of the study were the needs of teachers, from 34 teachers, all teachers stated that they needed physical physical education learning models that varied in SLB. And during the physical learning model preparation phase, physical fitness material has been continuously validated 4 (four) physical material related to health experts, namely: material one "Train running", material to two "wood material" third "Pumping Tire "And the fourt material" Nyiur waved "

Keywords: ABK Fitness Activities

Kata Kunci: *Keywords: ABK, Fitness, Activities*