

ABSTRAK

TINJAUAN PENGGUNAAN METODE PEMBELAJARAN PENJASORKES DI MASA *PANDEMIC* COVID-19

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Latar belakang: Pembelajaran Pendidikan Jasmani Olahraga dan Kesehatan dapat berjalan sukses dan lancar sangat ditentukan oleh beberapa unsur antara lain: guru, siswa, kurikulum, sarana dan prasarana, tujuan, metode, lingkungan yang mendukung, dan penilaian. Dalam proses pembelajaran seorang guru dapat menggunakan bermacam-macam metode pembelajaran yang dapat disesuaikan dengan situasi dan kondisi yang sedang dihadapinya.

Tujuan penelitian: Untuk mengetahui penggunaan metode pembelajaran penjasorkes di masa *pandemic* covid-19 di SMPS Adhyaksa 2 Kupang.

Metode penelitian: Metode yang digunakan dalam penelitian ini adalah deskriptif kualitatif dengan teknik pengumpulan data yang digunakan melalui observasi, wawancara dan dokumentasi serta teknik analisis data dalam penelitian ini yaitu reduksi data, display data, dan penarikan kesimpulan.

Hasil dan pembahasan: Kegiatan pembelajaran penjasorkes dilaksanakan sesuai dengan tahapan pembelajaran yaitu kegiatan pendahuluan atau pemanasan, kegiatan inti dan penutup atau pendinginan baik secara daring dan luring di lingkungan sekolah SMPS Adhyaksa 2 Kupang. Kegiatan pembelajaran daring dilaksanakan melalui aplikasi *zoom* dengan menggunakan metode ceramah, latihan dan penugasan sedangkan, pembelajaran luring dilaksanakan secara tatap muka terbatas dengan menggunakan metode komando, metode demonstrasi, metode tanya jawab, dan metode penugasan.

Simpulan: Penggunaan metode pembelajaran guru dalam pembelajaran penjasorkes secara daring di SMPS Adhyaksa 2 kupang sudah berjalan dengan baik seperti pembelajaran di sekolah. Dengan berpartisipasinya siswa dalam pembelajaran daring sehingga proses pembelajaran tetap berjalan dengan baik.

Katakunci: *Pembelajaran di masa Pandemic; Metode daring; Metode luring*

ABSTRACT

OVERVIEW OF THE USE OF PHYSICAL EDUCATION LEARNING METHODS DURING THE COVID-19 PANDEMIC.

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Background: Learning Physical Education, Sports and Health can run successfully and smoothly is largely determined by several elements, including: teachers, students, curriculum, facilities and infrastructure, objectives, methods, a supportive environment, and assessment. In the learning process, a teacher can use a variety of learning methods that can be adapted to the situation and conditions he or she is facing

Research objective: To find out the use of physical education learning methods during the covid-19 pandemic at SMPS Adhyaksa 2 Kupang.

Research methods: The method used in this research is descriptive qualitative with data collection techniques used through observation, interviews and documentation as well as data analysis techniques in this study, namely data reduction, data display, and drawing conclusions.

Result and discussion: Physical education learning activities are carried out according to the learning stages, namely preliminary or warm-up activities, core activities and closing or cooling off both online and offline in the school environment of SMPS Adhyaksa 2 Kupang. Online learning activities are carried out through the zoom application using the lecture, exercise and assignment methods, while offline learning is carried out face-to-face limited by using the command method, demonstration method, question and answer method, and assignment method.

Conclusion: The use of teacher learning methods in online physical education learning at SMPS Adhyaksa 2 Kupang has been going well like learning at school. With the participation of students in online learning so that the learning process continues to run well.

Keyword: *Learning during a pandemic; Online method, Offline method.*