

THE LEARNING OF PHYSICAL EDUCATION, SPORTS, AND HEALTH THROUGH THE LESSON STUDY APPROACH

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Abstract

This study aim to: 1) investigate the lesson study implementation of the physical education, sports, and health in the Technical Implementation Unit (TIU) of the Teacher Work Group (TWG) of the physical education in South Yogyakarta, 2) find out the effects of the learning process of the physical education, sports, and health through the lesson study approach, and 3) find out the collegial relationship and mutual learning that occur in developing the learning community.

This study was action research involving research subjects consisting of four teachers of physical education, sports, and health in the TIU of the TWG of the physical education in South Yogyakarta. The research were divided into two cycles. Each of cycles consist of three steps. Plan, do, and see are the steps for each cycles. The data were collected through observations, interviews, and documents. The obtained data were analyzed through the steps of: 1) coding, 2) data reduction, 3) data verification, and 4) data interpretation.

The results of the qualitative descriptive analysis showed that 1) lesson study can be applied and performing well on the learning of physical education, sports, and health, 2) The learning of physical education, sports, and health through the lesson study approach give a positive impact to the teachers who were directly involved in this activity and learn to be more passionate and fun, and 3) The learning physical education, sports, and health conducted by the lesson study approach was established to make learning teachers more active, help each other, and the collegial relationship more closely interwoven with.

The lesson study implementation in the physical education, sports, and health education was enthusiastically attended by teachers and provided new experiences in planning, implementing, and evaluating the learning of the physical education, sports, and health useful for the teachers and students. Workshops on the lesson study should be started with teachers in all school levels by involving higher education institutions and schools that have implemented the lesson study. The lesson study activities should be directed to be based on the Subject Matter Teacher Forum (SMTF) or TWG as an association of subject matter teachers in order to make the lesson study implementation more effective and meaningful. It is suggested that further studies should be more comprehensively conducted by