

TURNITIN_C9. The Implementation of Modification in Football Learning at Elementary School

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THE IMPLEMENTATION OF MODIFICATION IN FOOTBALL LEARNING AT ELEMENTARY SCHOOL AS AN INJURY PREVENTION EFFORT TO STUDENTS

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Abstract

Introduction: Football is included in the scope of the game and sport in Physical Education lessons in elementary school. The game of football is very exciting for everyone, including children. Learning football in elementary school has the potential for injury to the student, if it is done inappropriate with the growth phase and development of students.

Results: Potential injuries in football play can be minor and serious injury. Minor injury includes: abrasions, bleeding under the skin, strains and sprains, muscle cramps, and muscle bruising. Serious injury includes: muscle tearing, ligament or fracture. The potential for injury to the student in learning football in elementary school can be prevented by applying modifications. Modification is one effort that can be done by teachers in learning to reflect developmentally appropriate practice, which means that a given teaching assignment should pay attention to changes in the ability of children and can help encouraging these changes. Modifications can be made to: (1) the size of the field, (2) the shape, size and amount of equipment used, (3) the type of skill that is used, (4) rule, (5) the number of players, (6) organization of the game and (7) the purpose of the game.

Key Words: Modification, football, injury, elementary school students.

Introduction

The Physical, Sport, and Health Education subject is included as one effort to realize a complete human which is held at school, both from primary to secondary education level. Education as a process of human development lasts a lifetime, Physical Education, Sport and Health taught in school has a very important role, which gives an opportunity to students to be directly involved in a variety of learning experiences through physical activity, sport and health that are selected and performed systematically. The debriefing the learning experience is more intended to foster the growth of physical and psychological development better, as well as forming a healthy and fit lifestyle throughout life.

The achievement of the objectives of the Physical, Sport, and Health Education in Primary Schools should consider the learning objectives, students' abilities, methods, materials, facilities and infrastructures, as well as the pleasure of learning activities of students. The elements mentioned above must be considered, so that the learning process will go well and successful, so that the expected objectives will be achieved. Game sport is one element in curriculum that dominates enough in the subjects of Physical, Sport, and Health Education Elementary School.

Sport games include small ball and large ball games. Small ball games taught in elementary schools include: baseball, kippers, rounders, softball, and baseball, while the big ball games taught in elementary schools include: football, volleyball, and basketball.

The football materials taught in Physical, Sport, and Health Education subject is a medium used in the educational process. The material taught football game in elementary school must be customized to the children stage of growth and development. The material for the football game in elementary school must be given in a different form. The form of football games for elementary school students should be different with the material form of football game for adults. The main purpose of learning the game in elementary school is that children gain the excitement. Sports are used as a medium of learning in school physical education which has the potential injury. Big and little risks of injury caused by the accident depend on the type of exercise performed and the parties involved in the learning, such as teacher and students. The game of football certainly has a greater potential to cause injury to the others like volleyball game.

The efforts to avoid accidents in physical education teaching, especially in football game material are needed. A teacher should understand the dangers and mistakes made in learning the game of football. Factors of accidents in physical education lessons, including: lack of leadership, lack of good equipment are used, the children's behaviour cannot be predicted, inadequate skills, not good physical condition, and the risk that characterizes the type of the activity itself, (Sayarti Soetopo, 2004: 7.5). Basically injury in learning football game can be prevented. One effort that can be done is to modify the implementation of learning the game of football. Modification is one way that can be done by teachers to reflect developmentally learning practice, which means that given teaching assignments should pay attention to changes in the ability of children and can help drive these changes. Therefore, the teaching task should match with the developmental level of students who are learning. Appropriate teaching tasks must be able to accommodate any changes and differences in the characteristics of each individual as well as pushing it in the direction of change for the better.

Results and Discussion

The Injury in Football Game Learning

Injury in football game in school learning can possibly occur in students. Environmental and student pressures received by students at the time of learning the game often cause an accident or injury. Basically, the injury is a result rather than the forces acting on the body or body part than that exceeded the body's ability to cope, these forces can happen quickly or long-term. All kinds of sports injuries are injuries that occur, either at the time of exercise or at the time of exercise (game) or afterwards. Sports injuries are caused due to the pain of exercise, which can cause defects, wounds and damaged muscles or joints as well as other parts of the body, (Andung Sudijandoko, 2000: 7). Injuries that occur in football can be minor and major injury. Minor injury is an injury that is not followed by significant tissue damage in our bodies. In minor injury, it is usually not required

any treatment, and will heal by itself after a break some time. Students, who suffer minor injuries in football play, usually will still be able to continue the game. The examples of minor injuries are: abrasions, hematomas, strains and sprains of the level, muscle cramps, and muscle bruises (contusions). Whereas, major injuries are serious injury, where the injury we find any damage to the body tissues.

Students, who suffer major injuries in football play, usually cannot continue playing. The examples of serious injury are: injury to the head (concussion or injury that causes fainting, and a broken nose), injury to the knee (contusions, sprains, strains, dislocations of the patella, and the tear meniscus), injury to the ankle (the medial malleolus fractures of the tibia , talokruralis dislocations, muscle tears and ligament, haemarthrosis), injury to the spine (vertebral fracture and dislocation of the spine), and injury to the shoulder (luksasio (subluksasio) of the shoulder joint and joints akroioklavikularis), (Hardianto Wibowo, 2007: 108).

Causes of Sport Injury

Learning of physical education in schools has the potential for injury to the student. Watson (1992) cited by Santosa Giriwijoyo (2013: 99) states that the teaching of physical education in schools, accounted for around a quarter of all cases of sports injuries, and the incident in the boys much bigger in sports outside of school, with the largest number occurs during exercise. Factors that could cause sports injuries in children include: (1) carelessness, (2) fraud or illegal game of opposing players, (3) field or a bad play equipment, (4) body size or strength is not appropriate the activities carried out or not in accordance with the opponent to be faced, (5) inadequate level of fitness or any postural problems, (6) the absence or not good protective equipment, (7) shoes or sports equipment that is not appropriate, (8) rudimentary healing injury, (9) monitoring or refereeing is not good, and (10) lack of sufficient heating, (Santosa Giriwijoyo, 2013: 99). Further Andun Sudijandoko (2000: 18-21) explains that the cause of injury, among others: (1) factors sportsmen, including: age, personal factors, experience, level of exercise, technique, warming up, recovery period, body condition, and balance nutrients, (2) the equipment and facilities, and (3) the character of the sport factor.

Dunkin (2004), quoted by Yustinus Sukarmin (2005: 15) says that the injury occur at exercise is caused by several things, namely: (1) accident, (2) implementation of poor training, (3) equipment that does not comply , (4) lack of physical condition preparation, and (5) inadequate warming and stretching. The factors of accidents or injuries in physical education lessons, include lack of leadership, lack of good equipment is used, the children's behavior that cannot be predicted, inadequate skills, good physical condition, and the risk characteristics of the types of activities itself, (Sayarti Soetopo, 2004: 7.5). Hardianto Wibowo (2007: 13) explains that the causes of sports injuries, among others are: (1) external violence (the causes of which are from outside), for example: the presence of body contact, as sport equipments, and state of the field that does not meet requirements, (2) internal violence (causes originating from inside), for example: coordinating the muscles and joints that are less than perfect, the size of the feet or legs of unequal length, the

strength of the muscles that are antagonistic unbalanced, and the lack of heating, and (3) over-use (continuous usage or too tired), for example: the use of excessive muscle or too tired.

Prevention of Sport Injury

To prevent is better than to cure, it is still a rule that must be made and adhered to. Prevention of sports injuries can be done by: (1) changing the rules, (2) modification of equipment adjusted to the size, strength and skill level, (3) the right shoes, the use of protective equipments required, (4) the selection of appropriate exercise and in particular children through a special assessment, and (5) improvements in training techniques and exercise programs, including proper warming up, strength, and flexibility exercises, appropriate loading portion, and step by step intensity, (Santosa Giriwijoyo, 2013: 102). Congeni (2002), quoted by Yustinus Sukarmin (2005: 16) explains that injury prevention measures can be done through: (1) having a good physical condition at the time of exercise, (2) determine and implement the rules of the game, (3) use of appropriate and good protective equipment, (4) knowing how to use gym equipments, (5) warming up before exercise, and (6) do not exercise at the time of having fatigue or sickness.

The prevention of sports injuries can also be done in several ways, such as: (1) prevention through improved skills, (2) prevention through fitness, (3) warming up, (4) consider to the environment is used, (5) using appropriate equipments, (6) using the appropriate sport apparels, (7) prevention through aids, and (8) sportsmanship and responsibilities of coach, official, medical personnel and athletes, (Andun Sudijandoko, 2000: 22).

Injury Prevention in Learning of Football Game in Elementary School through Modification

Football is very attractive to children. The flexibility to do a variety of movements, such as jumping into the air, twisting body, and rotates once, a movement that has the potential to cause injury. Heading a ball from a powerful kick from close range is to children, especially if the ball is a ball that is used standard. The use of modified balls is by soft materials, such as synthetic rubber in several sizes (large or small) is very suitable for primary school children, (Rusli Lutan, 2001: 139). The prevention of injury to student in learning the game of football in elementary school can be done in various ways. One of the ways that can be used for injury prevention is by the application of learning through a modification football. A football game is done by a child, who cannot create a sense of fun and joy and cause inactive children to move, there should be an evaluation of the game.

Modification of the game is one of the alternative ways that can be used to improve the shape of the game. As what was said by Pangrazi (1989: 488) that a game can be modified and created in the form of new variations that can be done by the teacher or the child and even both. According Yoyo Bahagia (2000: 1), it is stated that in a study of learning, especially in physical education in schools, can be done by using a modification. Modification is one effort that can be done by teachers to reflect developmentally learning practice, which means that a given teaching assignments should pay attention to changes in the ability of children and can help drive these changes. Therefore, the teaching task should match the developmental level of students who are

learning. Appropriate teaching task must be able to accommodate any changes and differences in the characteristics of each individual as well as pushing it in the direction of change for the better.

Modification of the game has some very important benefits, one of which for the prevention of injury to the student. Further, Yoyo Bahagia (2000: 1) states that the modification has to analyze the essence of the subject matter as well as developing the learning materials form of learning activities that can potentially facilitate students in learning. This method is intended to guide, direct, and learning students who cannot otherwise be able to, from a level that was lower to have a higher level. In connection with the modification of sport or game that is applied in the teaching of physical education in schools, Gusril (2004: 46-48) states that the modification has advantages and effectiveness, which includes: (1) Improve Students' Motivation and Joy in Learning Physical Education. Sport learning orientation and modified game into physical education, namely: to motivate children's pleasure. Children who follow the pleasure of learning will encourage the motivation to participate in the following study physical education. Eventually children will have the opportunity to actively move, so the goal of learning to improve the fitness of the children will be achieved; (2) Increase Student Learning Activity. The principle of sport and game modification is learning activities. Therefore, in the teaching of physical education, it needs to be stressed the time to take advantage of motion activity. According to Jones (1995) quoted by Yoyo Bahagia (2000: 47) that states that in teaching physical education teacher should be able to utilize 50% of the time available to the motion activity. In this regard, the teacher should be required to design learning physical education in such a way, good materials, methods, and effective learning organization; (3) Increase Learning Outcome of Student Physical Education. As has been stated above, that the principle of using a modified learning is learning and fun activities, giving students the chance to experience high activity and provide a lot of motion. According to Toho Cholik Mutohir (2000: 108), the modification of sport is to encourage children to perform motion tasks with a higher success rate than the traditional approach. If the child has a lot of movement experience will certainly contribute to the improvement of physical fitness. Physical fitness is one aspect that is very important for the basic capital gain optimal learning results.

Overcome the Lack of Facilities and Infrastructures

One of supports of the learning process of physical education is the availability of existing infrastructure. Facility is a tool that is used in physical education, while infrastructure covers the place used in the field of physical education. To create the learning process of physical education of good quality, it is necessary to have adequate facilities and infrastructure. If the availability of infrastructure is inadequate, then the teacher needs to be adjusted for creativity or create some form of modification to overcome the problem of infrastructure.

The Principles of Modifying Football Game

The game of football is essentially included as invasion game and team game, because in this game each team tries to do an attack that aims to score goals against the opposing team. Learning the game of football in elementary school, should be tailored to the stage of growth and

development of students. Students should not be taught the game of football like adults. Further, Pangrazi (1989: 597) states that the game of football 11 people 11 people opposed, not exactly taught to elementary school age children. A football game is given to elementary school age children, must be modified in accordance with the stage of growth and development of children. To create a modified game of football, there are considerations that need attention. The main purpose of learning the game of football is the children so that children gain the excitement. The form of football games as a result of modifications made simple real game. Modifications can be made to reduce the size of the field, the width of the goal, the number of players, and shorten time to play, (Soendoro, 2004: 14). Modifying a game should not change the challenges in the game. Modifications game should also provide an opportunity to the players to perform technical and tactical exercises. Modification of the game also includes changes related to the size, weight equipment used, play areas, old games, the rules are used, the number of players in a team, the size of the wicket, a net height, players position shift, or how to score goals or numbers , (Siedentop: 2004: 59).

In accordance with Siedentop (2004: 60-64), there are some keys or strategies to modify a fun and challenging game that can make children attracted to do, they are: (1) How to Score Easily, children will love a game that aims to form scores or numbers. Scoring is a way to describe success in a game. Children will feel bored and frustrated, when doing a hard or difficult game scores / numbers. For example, children will feel bored or not happy, when playing football rarely or too difficult to score against opponent. Therefore, the game of football can be modified to increase the amount of the goal, so that the children will have a frequency to score more. Another possible way is to increase the height and width of the goal; (2) Slow Down the Move of A Ball or Object, Slow down the movement of the ball or the object used in the game will help children. This will facilitate the children in anticipation of the ball or the object used in the game. For example, in the game of tennis, the children will find it difficult to anticipate or hit the ball, if the ball is hard to use (standard or normal size). The ball movement can be slowed down by using a ball that is not hard (soft), so that the children will be easier to anticipate or hit the ball. Similarly, football game, children will be easier to kick the ball, if the ball is not hard to use or use a ball made of plastic, rather than using a hard ball (standard ball); (3) Increase the Opportunity to Train Technique and Tactic, one of the key strategies for modifying the game is trying to improve the technical and tactical training opportunities to children. This effort can be done by reducing the number of participants involved in a game. In the game of football is played 11 vs. 11, will make children have the opportunity to practice the techniques and tactics. Opportunity training techniques and tactics in the game of football can be done by reducing the number of participants, for example, a football game 7 vs. 7; (4) Possibly to Perform the Game Systematically to Emerge Tactic Learning. Attacking game (invasion games) presents many complex and difficult tactics when studied by beginner students. Small-sides games (small game) is one way that can be used to solve the problem and improve the tactics students with a sense of comfort, while playing an attacking game

form (invasion games). Examples of small game-sides soccer games in the game for primary school children can get through the competition 1 Vs 1 who played on the basketball court are only using half of the field. In this game students have to do dribble and shooting when attacked and the student must maintain the area and tried to snatch the ball when defending or attacked. The size and shape of the field of play will also help to determine how the tactics learned. Form of a large field provides an opportunity for students to conduct long-range shot, otherwise when using small or short field allows students to frequently use the short pass; (5) Change the Rules in the Scoring, game modifications can be done by changing the way of scoring rules. It is very important to do, because the goal or objective in the game is to produce a score against opponents. Modification of the scoring can be done in accordance with the objectives and the needs of the game.

Aussie Sport (1993) cited by Gusril (2004: 45-46) argues that there are four elements that need to be considered in modifying exercise in teaching physical education, namely: (1) Field Size Modification, modifying the field size and the time aims to reduce student expectations of physical abilities. Modifications to the size of the field can be adjusted to the situation and conditions that are available on the school field; (2) Modifying the Equipments, modifying equipments includes equipment needed for learning. In the game of football for elementary school students, the equipment used should be adjusted to the growth and development of students. This will make students feel more comfortable doing and avoid the possibility of injury. A football game is done by students in elementary schools using an adult size football field and will make the students feel happy and less enthusiastic in following the game. Students will feel pain and can lead to injury, since it uses the ball for adult or standard size; (3) Modifying the Game Time, modifying the duration of the game aims to give full concentration and fun for students to follow the learning of physical education. A long time will make the bored students to perform movement tasks. Determination of time spent used is adjusted to the existing needs, (4) Rules Modification, modification of the rules aims to help students develop the skills and enjoyment in performing the game without breaking the original rule of the game. Regulations are made in the game is done and agreed collectively or teacher sets it first, then notify to the students.

According Yoyo Bahagia (2000: 31-32), modification of a sport game can be done by reducing the structure of the game. These structures include: (1) the size of the field, (2) the shape, size, and amount of equipment used, (3) the type of skill that is used, (4) rules, (5) the number of players, (6) the organization of the game and (7) the purpose of the game. Furthermore, Knut Dietrich (1984: 12-13) explains that football game can be done in a modified form. The modification can be applied in terms of: (1) changes in the number of players who play, (2) changes in the size of the field and equipment, and (3) changes in the rules of the game. Football International Federation Association or called FIFA explains that the existing rules of football can be modified for children under the age of 16 years old, female players, veteran players (over the age of 35 years), and players who suffer disability. According to FIFA (2007: 3), it is explained that the points can be modified regulations in the football game include: (1) the size of the field used for play, (2) the size,

weight and materials used ball, (3) the height and the width of the goal, (4) the length of the game, and (5) substitutions.

Closing

Injury in learning football game in elementary school is something that is not expected by anyone. To that end, all parties involved must always seek to avoid and prevent it. The main actions must be taken to prevent injury. We must first know and understand the factors that lead to injury and then try to minimize the factors. One of the efforts that can be done by physical education teachers is to avoid injury in learning the game of football in elementary schools by implementing a modification.

Modification is one effort that can be done by teachers in order to make the learning reflect developmentally which means that a given teaching assignment should consider changes in the ability of children and can help drive these changes. In order to create a modified form, especially in football game, then the modification can be done in terms of: (1) the size of the field, (2) the shape, size, and amount of equipment used, (3) the type of skill that is used, (4) the rules, (5) the number of players, (6) the organization of the game and (7) the purpose of the game.

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