

## EVALUATION OF LEARNING PHYSICAL EDUCATION IN THE NEW NORMAL PERIOD AT SMA NEGERI 1 PADANG, INDONESIA

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### ABSTRACT

*This study focused to work on the problem that the learning process of students which was carried out through offline as well as online mode with a time of 30 minutes per lesson without practical learning during new normal phase of Covid-19 was effective or not? The method used in this study was a qualitative descriptive approach adopting the Kirkpatrick model (reaction, learning, behavior, result). The data of this research were obtained through observation, interviews further documentation. The results of the study found the reaction stage, during physical education learning which was carried out offline and online, the students were not able to understand the material given by the teacher during the learning process. Then in learning, students find the gap between the core material and practical movements. Stages of behavior, experienced by students there was a change in behavior towards interest in learning. In terms of results, what students have obtained, was only a temporary satisfaction. It can be concluded that in SMA Negeri 1 Padang, Physical Education learning which was carried out through offline and online in the new normal period was not as effective as it can. Further, numerous drawbacks were not realized by the school that may be due to the sudden lockdown.*

**Keywords:** Evaluation, learning, physical education, new normal period.

### 1. INTRODUCTION

The Minister of Education, Indonesia issued a circular (no. 116266/A5/HK/2020) regarding face-to-face learning in educational institution that aimed to be carried out with strict health protocols and monitored by the regional government. With the issuance of the letter from the Ministry of Education and Culture, the Governor of West Sumatra also issued a circular numbered 900/1961/Disdik-2020 regarding the implementation of learning in PAUD/RA/SD/MI/SMP/MTs/SMA/MA/SMK/SLB educational units and other educational units. Other non-formal education in the even semester of the 2020/2021 academic year during the COVID-19 pandemic.

From the issuance of regulations related to the learning process of educators and students implementing offline and online learning processes, the face-to-face learning process is divided into two parts so that it is not like face-to-face which is usually done in schools. Of course, events like this require students and also educators to learn and conduct online and offline learning, but with the achievement and goals of education that are still of high quality (Syaharuddin, 2020).

One of the learning components that must be taught in schools is physical education, sports and health. Physical education is a subject in school which is a medium for driving the development of motor skills, physical abilities, knowledge, sportsmanship, habituation of healthy lifestyles and character building (mental, emotional, spiritual and social) in order to achieve the goals of the National education system. In the process of implementing education in schools, school residents want students to be able to have good knowledge, have good personalities, good skills and good health and physical fitness.

Based on initial observations at SMA Negeri 1 Padang in accordance with the circular issued by SMA Negeri 1 Padang regarding Standard Operating Procedures regarding the face-to-face learning process in the new normal, even semester of the 2020/2021 academic year, it can be seen from the sports learning process taught by the teacher to the participants. students, where the learning process of students is carried out offline and online by eliminating practical learning so that it greatly influences student learning outcomes. Then there is a misunderstanding of students in interpreting the learning objectives and theoretical concepts of these sports subjects. So that there is a discrepancy between the cognitive, affective and psychomotor aspects of learning. The problems experienced by teachers are weak in mastering Science Technology, the ability of teachers to manage learning which includes understanding of students only so that character education is neglected. The obstacles experienced by students with unsupported infrastructure such as not all students have Andriod Cellphones, economic limitations in buying internet packages, using one cellphone with their families, students who are constrained using applications, lack of parental attention to guide children in the learning process and There are still many obstacles experienced by teachers and students

Based on the problems stated above, there needs to be an evaluation in learning physical education, sports and health using the Kirkpatrick evaluation model, where this model was taken because it can answer various problem formulations that have been described from the description at the level of this model can help researchers in revealing how to evaluate physical education learning. Sport and Health is in accordance with the curriculum to be achieved, Kirkpatrick's evaluation model includes four levels of evaluation, namely: level 1 – Reaction where we evaluate the reactions of students in learning Physical Education, Sports and Health, level 2 - Learning, which is an evaluation that is carried out to measure the level of understanding of students whether there is a change or improvement in understanding the lessons of Physical Education in Sports and Health, level 3 - Behavior, namely we assess the behavior of students when they leave the learning zone for Physical Education and Sports. Health, level 4 – Result where we see the final results of the Physical Education, Sports and Health learning that students have received.

Evaluation is carried out to obtain an overview or information about the results and learning process of students, as well as to find out the difficulties that arise during the teaching and learning process. Evaluation is also closely related to the assessment process, both assessment of learning outcomes and process assessment at SMA Negeri 1 Padang. So the researchers wanted to evaluate the physical education learning in sports and health in the new normal period at SMA Negeri 1 Padang.

## **2. METHODS AND MATERIALS**

This was evaluative research and the process adopted in this evaluative research was focused on the Kirkpatrick model (reaction, learning, behavior and result). Here, reaction evaluation was used to identify the motivation and interest of students in learning Physical Education, Sports and Health in the New Normal. Learning evaluation was carried out to identify learning materials for Physical Education in Sports and Health in accordance with the 2013

curriculum and apply 3 aspects (cognitive, affective and psychomotor) in learning Physical Education in Sports and Health in the New Normal period.

Behavior evaluation is carried out to help implement the extent to which the attitudes applied by students in the learning process of Physical Education, Sports and Health in the New Normal period.

The result evaluation seeks to answer the statement of whether learning physical education, sports and health in this new normal period has been effective or not. This evaluation seeks to identify the benefits and processes that have been carried out well or not and show that the learning outcomes of students were in accordance with the learning objectives of Physical Education, Sports, Health.

The data collection techniques in this study were interviews, documentation, and observation.

This study uses a qualitative analysis method, where the components of data reduction and presentation were carried out simultaneously with the data collection process, after which the three components of analysis (data reduction, data presentation and conclusion drawing) interact. The outline of the data stages according to Miles & Huberman translated by Sudarwan (2002) is as follows:

## **2.1 Data Reduction**

Data obtained in the field through interviews, observations from the documentation, researchers conducted data classification in a simpler form. First the researcher selects the data according to its nature and type, second the researchers classify the data that has been obtained according to its shape and nature according to the research objectives.

## **2.2 Data Presentation**

The presentation of data here was limited to the collection of information that gives the possibility of drawing conclusions and taking action. The presentation of the data in this research was a description of all information about how to evaluate the learning of Physical Education, Sports and Health at SMA Negeri 1 Padang. The data in this study were presented based on data obtained in the field and have been classified by type and nature, then presented based on the objectives of this study.

## **2.3 Withdrawal of Conclusion**

The researchers try to find the essence of each theme presented in the narrative text in the form of a research focus. The researchers should be able to conclude the results of the study and answer the formulation of the problem that has been set by the author. The analytical method used in this research is descriptive-qualitative analysis method where an analysis can be described in one-sentence words separated by category to get a conclusion.

## **3. RESULTS**

In this study, the researcher used a qualitative method with the Kickpatrick evaluation model which included four levels (reaction, learning, behavior, result). This study conducted initial observations with school principals and teachers of Physical Education, Sports and Health, then conducted interviews with Principals, Supervisors, Teachers. and Class XI students then included documentation by the researcher. The results of the study evaluation of Physical Education, Sports and Health during the new normal period at SMA Negeri 1 Padang are as follows:

### 3.1 Observation

After the researchers made observations at SMA Negeri 1 Padang there were ten classes X, nine classes XI and nine classes XII and each child in the class consisted of 36 students, then the learning process for Physical Education, Sports and Health was carried out offline and online for 30 minutes, without any practice at school as a whole, but teachers were required to put extra efforts in teaching so that the learning process can run properly, as for the teachers who teach consisting of three teachers.

The Learning Process for Physical Education in Sports and Health is more effective when learning offline (face to face) than online learning (learning at home) because when studying online there are many obstacles, such as network disturbances, reduced student focus and the media used during learning is using WhatsApp, Zoom Meeting, Google Classroom, and what is often used is the WhatsApp application, then when the teacher teaches the students understand the material given by the teacher, but there were some students who don't understand then the teacher explains in practice, judging from the attitudes and grades of the students overall, they were good.

### 3.2 Interviews

#### 3.2.1 Principal Interview

Researchers conducted interviews with the principal of SMA Negeri 1 Padang to coincide on March 20, 2021 at SMA Negeri 1 Padang, as the supporting informant of this research. The transcription of interviews conducted with the principal, the first of which the researchers asked about the program implemented by the school principal during the covid-19 pandemic. First Respondent said:

*"I implemented a learning system during the pandemic with online and offline learning processes, meaning half-online and offline, or you could say 50%. Where students are divided into two groups according to even and odd attendance. For the learning process on Monday, students who study in class with odd attendances and students who study at home with even attendances. Meanwhile, on Tuesdays, students who study at school have even attendance and odd attendances for students who study at home. For the learning process of Physical Education, Sports, Health, teachers are required to use a platform system, which means the teacher must do it live/zoom in learning for students who are at home/online"*

For the second question, the researcher asked about the efficiency of offline and online learning in the new normal, responded commented:

*"When asked which was more efficient offline or online, of course it is more efficient offline because students can directly ask what they don't understand. It's just that when studying Physical Education, Sports, Health can't be applied as a whole because of the practice that can't be done directly"*

For the next question, the researcher asked about your role in facilitating the facilities and infrastructure of Physical Education, Sports, Health, and 1<sup>st</sup> responded said:

*"In this new normal period, of course we facilitate special facilities which mainly provide supplies for teachers about knowledge of IT, then by holding several workshops which means helping teachers use IT during the learning process because our world is currently always involved with technology"*

The fourth question, the researcher asked about the motivation of Respondent as the Principal of the teachers and students who received academic and non-academic awards. Respondent replied:

*“Usually, we give awards to students who excel academically or not. When this student takes part in the competition, we give good support for these students”*

For the fifth question, the researcher asked the process that you did if the teacher or student made a deviation outside the learning process. Respondent responded:

*“There are a lot of deviations, what kind of deviant was in the past, when it comes to disciplinary deviations, a school discipline team is provided here who will handle deviations committed by students. When the deviation is minor, it is handled by the homeroom teacher, if the deviation is being called by the parents and for the severe deviation, it is handled by the curriculum representative and returned to the principal”*

The next question, the researcher asked about the effectiveness of learning in the new normal, which was only done 3 times face to face and 3 times online in one week. Respondent replied:

*“This is if the target of the Ministry of Education and Culture itself is not required to fulfill all learning competency objectives, but there are core materials that must be delivered. However, in my opinion as the principal here, I see that the learning objectives at this school have been completed because the online and offline systems have helped students in the learning process”.*

Next, the researcher asked about the suitability of the students' final results with the school curriculum standards, Respondent responded:

*“After several assessments that the teacher entered into the report card scores, I think the results that have been obtained by students have exceeded the standard, but every class there must be one student who is not able to achieve the standard criteria of your curriculum”*

The last question the researcher asked about the evaluation of the assessment of physical education and sports teachers, Respondent gave opinion:

*“The term for this evaluation does not exist, but it is necessary to emphasize to every teacher that every material according to the existing curriculum is properly mastered so that the level of professionalism of a teacher with students gets very impressive feedback”.*

### 3.2.2 Supervisor Interview

Researchers conducted interviews with Supervisor on March 31, 2021 at SMA Negeri 1 Padang as a supporting informant for this research. As for the results of interviews conducted with **Supervisor** through several questions, the first one was the researcher asked, in the new normal the teaching method was divided into two, there were students learning face-to-face and there were students learning online as teachers who teach, according to what you have observed whether there is any input to the teacher. who teaches it? **Supervisor** responded:

*“First of all, we must refer to the SKB 4 Ministerial regulations which must emphasize the learning process, of course with reference to the Ministerial Decree 4 offline and online learning processes are allowed by the ministry, in this case related to the learning process must comply with very strict probes be it teachers, students must obey these rules”*

For the second question, the researcher asked about according to a circular from the Ministry of Education and Culture that sports learning cannot be carried out in practice, while students asked to practice in learning, even exercising is a form of increasing body immunity. In your opinion, what is the solution in this new normal period so that students can increase their immunity. **Supervisor** gave a statement:

*“Sport in the form of practice, I don't think it justifies a current learning process, at least for the implementation of learning the teacher makes videos as learning media in the learning process, then the children make videos related to the learning material*



*and then give it to the teacher as feedback to be corrected. repeat so that the video that is made is in accordance with the actual or not”.*

For the third question, the researcher asked in your opinion, how important is sport in each individual **Supervisor** replied:

*“Yes, it’s clear that sports activities at school are definitely achievements, for schools they know their fitness first and foremost then they know what the basic forms of sports are, namely the basics of sports about athletics and aquatics, two of which need to be mastered by students. I think in the learning process a teacher provides an understanding of the Prophet’s hadith where the sports that need to be understood are archery, hunting and horse riding, because basically sports are running, jumping, and throwing”.*

For the fourth question, the researcher asked about whether you have seen any irregularities in the learning of Physical Health and Sports Education during this new normal, and what needs to be improved from the learning process or is it related to the teacher teaching.

**Supervisor** responded:

*“The oddity is certainly not, it just needs to be improved from the innovation of the learning process, the most important thing is that a teacher starts with referring to the curriculum, it is necessary to improve the implementation of the process that the material provided by the teacher must be authoritative to the material provided”.*

For the fifth question, the researcher asked about What will you do if the teacher or student makes a deviation outside the learning process. **Supervisor** responded:

*“For SMA 1 God willing, until now there has not been because the students and teachers and parents help with the implementation of the process, so there is a guidance process with children where the teacher pays attention to students as a whole, meaning that the teacher builds bridges of heart with students through a process”.*

The last question the researcher asked about the need for an evaluation of sports and health physical education teachers, **Supervisor** gave an opinion:

*“I don’t think there is an evaluation, but there is a need to emphasize that the teacher must be ready with all existing conditions. No matter what the conditions, the performance of a teacher must be clearly visible”.*

### 3.2.3 Teacher Interview

Researchers conducted interviews with several teachers, each teacher had a different view of learning Physical Education, Sports and Health in the new normal era. The following is a description of the results of the research that the researchers did:

Overall, the researchers concluded that the results of interviews with Sports and Health Physical Education Teachers at SMA Negeri Padang were seen from the learning process provided by offline and online teachers to students that students were able to understand the learning but the problem with the physical education learning process was sports and health, namely The reciprocal attitude of students obtained from school cannot be implemented properly when students apply it at home, for example, the practice that has been taught conceptually by the teacher, and students practice it at home, but there are still wrong movements made by students. The attitude of students after getting learning at school, students are also required to implement it when students are outside the school, that attitude is what supports students to maintain character inside or outside the school environment. From the learning results obtained, students are able to adjust their final grades well.

### 3.2.4 Class XI Student Interview

Student interviews were conducted from several class XI students resulting in several opinions which can be described as follows:

Researchers conducted interviews with students, researchers asked several questions related to learning Physical Health Sport Education in the new normal using the Kickpatrick model, with the first stage of reaction, as follows:

*"The online and offline learning of Physical Health Sport Education that is currently being carried out makes it difficult for them to understand the lesson, indeed he is able to conclude the learning material, but not in its entirety because of the limited time in learning that makes it difficult for me to adjust the material points with practice points. While the practice cannot be implemented in schools as a whole".*

The second stage in the Kickpatrick model is learning as follows:

*"The PBM process that I feel without any practice at school makes me unmotivated in learning this sport, because when I hear about sports, I only think about playing ball, racket or something else. Even so, I am now trying to get good grades in order to graduate from this sports subject by increasing my knowledge via the internet, so that the grades I get can match my current efforts, at least I can still understand the purpose of learning sports".*

The third stage is behavior, in which researchers see the level of changes in student behavior in learning Physical Education, Sports and Health in the new normal period as follows:

*"From learning this sport, I get a sense of togetherness in achieving a desire to move forward, I have never had an achievement from this sport, but at least I feel the plus value of learning this sport".*

The final stage is the result, the final score of students in learning physical education, sports and health during the new normal, as follows:

*"By God Grace, my sports scores have increased from each semester, I am satisfied with the scores obtained".*

## 4. DISCUSSION

Research has found a description of the need to evaluate the learning of Physical Education, Sports and Health in the New Normal at SMA Negeri 1 Padang. The results of the study using the Kirkpatrick Model is a training evaluation model that has advantages because it is comprehensive, simple, and can be applied in various training situations. Comprehensive in the sense that this evaluation model is able to reach all sides of a training program. It is said to be simple because this model has a simple and easy to understand logic flow and clear and uncomplicated categorization.

### 4.1 Reaction

Researchers conducted interviews with school principals, supervisors, teachers and students to see the attitudes that students had obtained during the learning of Physical Education, Sports and Health which was carried out in this new normal period. Here, the researcher draws a general conclusion how the attitude that after the implementation of the Physical Education and Sports Health learning offline and online at school, they feel a lot of irregularities with the lack of practice that they used to do before COVID-19.

Here they feel that learning this sport is incomplete without direct practice. Even though all sports activities are motivated by teachers, supervisors and school principals who help to provide facilities, support to continue to carry out learning as a whole, it still makes

them feel deprived while learning Physical Education for Sports and Health is not carried out as a whole.

Indeed, from the school side, all these activities have been fulfilled, both technical and non-technical, but what is called sports learning for students is entertainment, a movement that helps them stay healthy and fresh while participating in other lessons. With this change in the learning of Physical Education in Sports and Health, their attitude in dealing with sports learning decreases, they understand more of the material without any direct practice activities at school.

## **4.2 Learning**

Learning Physical Education, Sports and Health is a general subject that must be studied by every student at the elementary to high school level later. Indeed, the material from learning sports is not far from getting to know big, small balls, swimming, athletics and so on.

While the learning of Physical Education on Sports and Health at this school is said to be good, judging by the development of the school, teachers and supervisors who are trying to meet every need of students in the learning of Physical Education for Sport and Health is taking place. Indeed, at this time the learning of Physical Education, Sports and Health in this new normal period is not carried out with direct practical activities, but the teacher has given the best for the students.

The role of principals, teachers and supervisors is very important in motivating students in this learning, such as teachers who try to provide material with different models, with available media and modifying tools that can be used in learning materials for Physical Education, Sports, Health. The role of the principal who provides facilities and infrastructure to help achieve the learning objectives of Physical Education, Sports and Health should be. This new normal period makes teachers have to work extra in finding core points to convey material without any practical activities at school, the teachers here are as good as possible to give the best so that students can understand the material taught in this Health Sports Physical Education.

## **4.3 Behavior**

The attitude and behavior of students at SMA Negeri 1 Padang is very good. The role of school principals, supervisors and teachers is very influential in shaping the character of students during the learning of Physical Education, Sports and Health at this school

Indeed, the learning of Physical Education, Sports and Health is not fully implemented at the practical level, but the attitudes and knowledge of the students here can be categorized as good for the online and offline learning process.

Timeliness can help students to respect each other in the online learning that is carried out. Students also try to continue to accept online learning both from ready and unprepared attitudes because of circumstances that force them to continue to follow online and offline Physical Education, Sports and Health lessons in this new normal period.

## **4.4 Result**

Overall, the results obtained by students from learning Physical Education, Sports and Health online and offline are indeed quite good, but there is still a shortage of students to achieve a very good level due to the limitations of movement carried out at school.

Simply understanding the material makes them unable to carry out the practice directly. This is what makes the learning of Physical Education, Sports and Health incomplete in this new normal period.



In this new normal period, schools are also trying to continue to provide the best for learning Physical Education, Sports and Health. It's just that circumstances forced to reduce sports activities at school.

From the description above, the researcher can conclude that there is a need to evaluate the learning of Physical Education, Sports and Health at SMA Negeri 1 Padang. We can see from the results of interviews that researchers have conducted with students, teachers, supervisors and principals. There is still a very visible lack of teacher ability in managing online and offline classes, even though there have been trainings provided by school principals related to online learning so that learning remains efficient, there are still teachers who feel that their students do not understand the learning of Physical Education, Sports and Health. this is complete. The researcher also saw the number of student complaints against the learning of Physical Education, Sports and Health which was carried out offline without any direct practice at school.

Thus, the researcher concludes at SMA Negeri 1 Padang, although learning Physical Education, Sports and Health is carried out online and offline by trying to maximize the activities of teachers and students so that there are no shortages in the face of this new normal, they still have their own shortcomings that cannot be avoided. recognized by the school. So that it has its own compulsion for students to continue to accept the situation in learning that is carried out online and offline until now.

## 5. CONCLUSION

Based on the results of research through observations, interviews and documentation conducted with school principals, supervisors, teachers and students, it can be concluded that there is still a need for evaluation in learning Physical Health Sports Education in the new normal period, because it is seen from the model that researchers use, namely the Kickpatrick model which is divided into of 4 levels. The reaction of students who no longer get strong motivation for learning physical education, sports and health, which is carried out without any practice at school and only gets complete grades. Learning where the process that has been taught by the teacher in improving the cognitive, affective and psychomotor aspects of students in achieving the learning objectives of physical education in sports and health. The behavior of students here is able to get positive things from learning Physical Education in Sports and Health, and are able to implement the behavior and knowledge gained after studying Physical Education in Sports and Health. Result, the achievement of students here is not in accordance with the needs that should be when learning offline. The achievement felt during online and offline learning is only limited to the ability to complete the value of the school's demands in order to achieve the goal of going to class at school. the achievement of students here is not in accordance with the needs that should be when learning offline. The achievement felt during online and offline learning is only limited to the ability to complete the value of the school's demands in order to achieve the goal of going to class at school. the achievement of students here is not in accordance with the needs that should be when learning offline. The achievement felt during online and offline learning is only limited to the ability to complete the value of the school's demands in order to achieve the goal of going to class at school.

From the explanation that the researchers have conveyed above, it can be concluded that there is a need for an evaluation of Physical Education Learning in Sport and Health in the new normal period at SMA Negeri 1 Padang.

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