

ABSTRACT

TRISNA RACHMADANI, "MODEL OF TRAVEL-BASED GAME-BASED ACTIVITY ACTIVITIES FOR BASIC SCHOOL STUDENTS", Thesis: Jakarta, Sports Recreation Science Sports Recreation Concentration Program, Faculty of Sports Science, Jakarta State University.

This study aims to create a traditional fitness-based physical fitness activity model for elementary school students. Time of study for 3 months from May to July 2019.

This research method uses research and development methods (R & D) according to Borg and Gall, where this study uses 10 stages namely potential and problems, data collection, product design, design validation, design revision, product testing, usage testing, design revision, mass production.

The results of this study resulted in 9 models of traditional physical fitness based activity models for elementary school students which had been tested in small groups involving 15 students and a large group test involving 30 students.

Based on the results of the study, it was shown that this traditional game-based physical fitness activity model was feasible to be applied and used in elementary school students. The final result of the traditional fitness-based physical fitness activity model for elementary school students is a physical fitness activity model book.

Keywords: Physical Fitness, Traditional Games, Elementary Students