

ABSTRACT

LEVEL OF JASMANI FITNESS OF CLASSROOM STUDENTS IN SDN MEDDELAN ACADEMIC YEAR 2018-2019: 2019. FAWAID

Keywords: Student Physical Fitness, Elementary School

Many students in Class IV, V and V of SDN Meddelan often feel sleepy when taking part in the learning process, especially when learning theory or in class, so the student's physical fitness level needs to be questioned. Besides that in the current era of globalization technology is increasingly advanced and developing, this is evidenced by the existence of the type of Android phone. Android phone also provides facilities with many features such as social media, games and others. the purpose of this study was to determine the level of physical fitness of upper class students of SDN meddelan academic year 2018-2019.

This research is a type of survey research. Because in this study, we want to describe the facts in the form of results from the physical fitness level of SDN Meddelan. The subjects in this study were all students of Class IV, V and V of SDN Meddelan totaling 20 people.

The results of the physical fitness categorization of upper class students of SDN Meddelan in the 2018-2019 school year are the Excellent Category as much as 0% (0 people), Good Category as much as 0% (0 people), Medium Category as much as 5% (1 person), Less Categories as much as 35 % (7 people), the Very Poor category is 60% (12 people). then it can be concluded that the level of physical fitness of upper class students at SDN Meddelan in the 2018-2019 school year is categorized as less than 60% greater than the percentage in the other categories.