

The Relationship Between Physical Literacy, Strategies and Approaches in Physical Education



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ABSTRACT: Physical literacy is an idea or concept that has relatively recently developed in the international world, including Indonesia, when compared to other literacy concepts. This new knowledge has an important role when we carry out our teaching duties as physical education, sports and health teachers at school. Schools, through extracurricular physical education, sports and health activities, curricular projects to strengthen the profile of Pancasila students, as well as extracurricular sports activities have an important role in promoting physical literacy. This role should make schools a forum for creating learning that is appropriate to the level of development and characteristics of students. The aim of this research is to determine the relationship between physical literacy and strategies and approaches in physical education. This research uses a literature review method, namely by reviewing the results of previous research based on theories that can be accounted for to produce new, more up-to-date theories. Based on the cause and effect interpretation of 10 articles related to physical literacy with approaches to physical education, a very firm conclusion was drawn from this research, namely that physical literacy carried out in physical education increases physical fitness, potential and academic achievement.

KEYWORDS: Physical Literacy, Strategy, Physical Education

INTRODUCTION

Physical literacy is an idea or concept that is relatively new to develop in the international world, including Indonesia, when compared to other literacy concepts. This new knowledge has an important role when we carry out our teaching duties as teachers of physical education, sports, and health in schools. Aspects contained in physical literacy such as enthusiasm, motivation, confidence, physical competence, knowledge, and understanding need to be developed by everyone in order to maintain or maintain physical exercise carried out according to their level of development.

The scope of physical literacy is much wider than physical education carried out in schools or other structured sports activities. The physical exercises offered are more complex and not related to the abilities that each person has. By using a specific pedagogical approach and adopting a new way of thinking, physical literacy offers an opportunity for each individual to become a more active and motivated person. For a wider population, physical literacy promises a more realistic model of physical competence and physical exercise (Whitehead, 2010).

The concept of physical literacy has basically been introduced earlier in developed countries and even its implications are used as a goal in education. The Independent Curriculum, which wants the development of all aspects, both affective, cognitive, and psychomotor aspects of students, is the main capital of physical education teachers in designing, developing, and implementing learning carried out in various movement contexts according to the level of development and growth of each student.

The application of physical education in schools, which sometimes goes out of the concept that should be carried out, is also the background of the problem in this study. Learning carried out in the classroom with the same performance and competency demands that must be achieved by every student in school regardless of the level of development is the beginning of centralized learning in students who have extraordinary abilities. Students who are not talented in a certain field or students who have not reached the stage of development like other students will feel disappointed, become unconfident, and try to avoid participating in it.

The idea of physical literacy can be used to identify the intrinsic value of physical exercise to be carried out, to justify that physical exercise as a means of achieving certain clear goals and to ensure a school curriculum that contains the value and importance of physical exercise as an effort to develop all aspects of the individual's possession, not as an optional supplement that is only valuable as recreation. Physical exercise is important for all individuals, not just the most capable. So that every individual is willing and able to actively participate in doing physical exercise throughout his life, and identify people who have a role to play as a means to promote physical exercise. Physical literacy is very important to be learned by students, teachers, coaches, policy makers, and everyone involved in physical education, sports, and health.

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Physical education will be quality if it is goal-centered, teaches confidence, knowledge, and skills to students to achieve and maintain the concept of lifelong physical literacy, and is instructional. Government and environmental policies that support physical education, appropriate instructional strategies, a sustainable curriculum aligned with local and national standards, and concrete assessments that provide evidence of student learning processes and outcomes are components of a quality and sustainable physical education program. The goal of effective and quality physical education is committed to the achievement of physical literacy by all students (Fisette & Wuest, 2018).

The internationally developing concept of physical literacy can be defined as the desire, ability, and confidence needed by all people to continue to actively perform physical exercise throughout their lives. Based on this definition, the basic goal of physical literacy is the active participation of everyone to be able to continue to do physical exercise and sports throughout their lives (Bell et al., 2019).

Physical education can be said to be an integral part of national education, so that it is one of the subjects that exist at all levels of education in Indonesia, both from elementary school to tertiary level. The purpose of physical education is education that is carried out in a planned and systematic manner through physical activities to develop all aspects of students, both affective, cognitive, and psychomotor (Anwar, 2020).

Schools through intracurricular activities of physical education, sports, and health; co-curricular project to strengthen the Pancasila student profile; and sports extracurricular activities have an important role in promoting physical literacy. This role should make schools a forum to create learning that is in accordance with the level of development and characteristics of students. The involvement of parents, school committees, the community, the community of practitioners, and even the business world is urgently needed to encourage the achievement of learning success in accordance with the concept of physical literacy. The characteristics of students who like games can be applied in learning by using fun play activities. Fun games have a positive impact as desired by physical literacy, namely increasing children's motoric, cognitive, social, and emotional development.

Physical education is an educational process owned by schools in order to help students learn about attitudes, knowledge, skills, and fitness that contribute to development, healthy lifestyle, welfare, and be active optimally through physical activities. Education is basically to help individual development through a continuous learning process that occurs throughout life. Nowadays teachers are referred to as facilitators, instructors, leaders, or directors, while learners at this point include a learner from a very young age to an adult/old (Fisette & Wuest, 2018)..

Individuals who are physically literate will do physical exercises in accordance with their competencies and confidence in order to achieve optimal healthy development of the whole human being (Balyi et al., 2013).

METHOD

The method used in this study is literature review research. This method was chosen because it is to produce new theories on research topics by conducting a review of previous research results based on theories that can be accounted for.

Research literature review It is carried out to produce a new, more up-to-date understanding, thought, or theory regarding a problem that is being researched through the study of the results of the study or previous research based on a theory that can be accounted for, so it is not an assumption, argument, or idea from the researcher (Hidayatullah, 2022). The purpose of literature review is to provide an explanation of the reader's choice and reasoning by comparing the results of the most powerful research with the other (Harris, 2019).

This research was conducted by conducting Reviews Articles related to the importance of physical literacy in children's physical education. There is no provision regarding the last published date of the article to be used as a research sample, but most previous studies have used the last 3 to 9 years of publication (Hadi et al., 2020).

This research was conducted in Wonogiri by utilizing databases from the internet to search and select suitable articles and publish them from 2018 to 2023. The population of these researchers is 8,719 articles with details from Scopus (676), ScienceDirect (18), MDPI (4), and Springer (8,021). Selection of the population into a sample using the criteria of inclusion, exclusion, and applying Preferred Reporting Items for Systematic Reviews and Meta Analyses (PRISMA). The inclusion criteria, namely the article reviewed, are research articles on physical literacy in children's physical education from 2018 to 2023 which are published in indexed journals in <https://www.scimagojr.com/>. The exclusion criteria are that the article is not relevant to the title; incomplete composition and arrangement of articles; and titles with inappropriate content. Application Preferred Reporting Items for Systematic Reviews and Meta Analyses (PRISMA) to be more transparent, complete, and accurate by making decisions based on evidence (Page et al., 2021). From these criteria, a sample of 10 articles was obtained.

Data collection was carried out using primary data sources in the form of similar articles with research titles and have been published. The data from similar research results are processed through analysis and interpretation to produce conclusions as new theories. The target of this research is similar articles that have been published both nationally and internationally in accordance with the research title "The relationship between physical literacy and strategies and approaches in physical education". Collection techniques and screening data using Digital Library Assignment Keyword, and operationalization Keyword at Digital Library (Hadi et al., 2020). Data analysis uses an analytical method, namely data analysis from existing information, then we provide arguments

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from logical thinking and then a conclusion is drawn (Ulhaq & Rahmayanti, 2018). Data interpretation using cause and effect, if formulated in the form X and Y to X is the result of Y; X causes Y; X cause Y; Because there is an X appearing Y; and There is a cause there must be a consequence (Hidayatullah, 2022)

RESULTS AND DISCUSSION

This study utilizes articles obtained from databases on the internet by entering keywords that match the research title and published from 2015 to 2023. From the population obtained from Scopus (676 articles), ScienceDirect (18 articles), MDPI (4 articles), and Springer (8,021 articles). Through using inclusion criteria using the standard quartile; exclusion; and applying Preferred Reporting Items for Systematic Reviews and Meta Analyses (PRISMA), a sample of 10 articles was obtained. The interpretation of the article is presented in Table 1.

Table 1. Article Interpretation

t	Article Title and Author	Quartile	X	Y
1.	Physical Literacy and Human Flourishing (Durdan-Myers et al., 2018)	Q1	Physical literacy is a basic concept that has a great contribution to human beings	To explore, maintain, and maximize the potential that exists in him so that he can develop optimally.
2.	The Effect of a 6-Month Physical Literacy Intervention on Preschool Children's Gross and Fine Motor Skill: The Active Early Learning Randomised Controlled Trial (Telford et al., 2022)	Q1	Physical literacy interventions	To achieve the improvement of children's gross and fine motor skills
3.	A Systematic Review of Educator-Led Physical Literacy and Activity Interventions (Buckler et al., 2023)	Q1	Physical literacy uses fun activities and builds confidence	Promotion of physical activity participation
4.	Physical Literacy in the Field of Physical Education - A Challenge and a Possibility (Lundvall, 2015)	Q2	Physical literacy using linear pedagogy	Developing children's basic movements, sports talents, competencies, and performance in physical education
5.	Teachers' perceptions of children's sport learning capacity predicts their fundamental movement skill proficiency (Platvoet et al., 2020)	Q2	Physical literacy interventions from educators with theoretical support, ongoing support, and intervention resilience	Increase physical activity and will be more effective if the three supports go hand in hand
6.	Effects of Intervention Integrating Physical Literacy into Active School Recesses on Physical Fitness and Academic Achievement in Chinese Children (Zhang et al., 2023)	Q2	Physical Literacy Interventions Carried Out by Schools	Improve children's health degrees, especially physical fitness and also improve children's academic achievement
7.	Physical Literacy in Europe: The Current State of Implementation in Research, Practice, and Policy (Carl et al., 2023)	Q2	The concept of physical literacy	It is holistic, quality, and contributes to humans to live physically active throughout life.
8.	Physical Literacy and Teacher Professional Development (Durdan-Myers & Keegan, 2019)	Q3	The implementation of the concept of physical literacy involving physical education teachers and other teachers is very important	Improve the quality of learning and promote a culture of lifelong active living.

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Based on the results of the interpretation of cause and effect data, 10 articles on the importance of physical literacy in children's physical education as presented in table 1, the results were obtained where as many as 6 articles managed to find that the development of physical literacy in physical education plays an important role in the development of physical activity and active lifestyle throughout life owned by children; 2 articles found that physical literacy practiced in physical education improves physical fitness, potential, and academic achievement; and 2 articles found that the development of physical literacy in physical education improves children's motor skills and basic motor development.

The results of this study are in line with the book " Foundations of Physical Education, Exercise Science, and Sport (19th ed.) (Fisette & Wuest, 2018)", where physical education is an educational process in schools to help students learn about attitudes, knowledge, skills, and fitness that contribute to development, healthy lifestyle, welfare, and be active optimally through physical activities.

CONCLUSION

Physical literacy must be operationalized and translated from research into practice by involving physical education teachers and classroom teachers who teach physical education who are knowledgeable and reflective. The development of the teaching profession is very important to research and promote physical literacy. Understanding physical literacy at an early stage and to develop teachers' understanding of the concept of physical literacy requires adequate resources. Teachers and students will need physical literacy throughout their lives. There has been progress and physical literacy continues to increase gaining momentum, resources, factual information, and opportunities to develop more quality professionalism.

Teachers are in control in this transition, the development of physical literacy professionals should empower physical education teachers and other teachers with the aim of developing learning and promoting to be physically active for life. The upcoming research is expected to delve deeper into the perception of physical literacy possessed by physical education teachers, coaches, education practitioners, children, parents, and the community.

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