



## SEAMEO-ACC SPORTS EDUCATION INNOVATION AWARD

### FIRST PRIZE (SECONDARY SCHOOL CATEGORY)

SMP N 4 Juwana

### *Traditional Sports to Cultivate Sustainable Good Character*

#### A. Summary

*International Conference on Sport Education*, which was proclaimed by the UNESCO in Bangkok, Thailand, confirms that sports education is an educational process that utilizes physical activity to produce changes in individual quality both in terms of physical, mental and emotional. Many traditional sports in Indonesia, which is protected by UNESCO, include Pencak Silat and Kasti Games. Preservation of traditional sports as asset of the world is very important for younger generation, so as not to become extinct. Preservation of traditional sports should be included in the school curriculum.

Many traditional sports in Indonesia which is recognized by UNESCO include Pencak Silat, Cow Races, Kasti Games, Bentenga, Enggarang and others. For school programs, the focus is on Pencak Silat and Kasti. Pencak Silat is traditional sports from Central Java that has become a national sport and being proposed to be included in international competitions.

Traditional sports also improve physical skills and foster excellent character:

Traditional Sports	Physical Skills	Character Development
Pencak Silat	Agility, dexterity, strength	1. Development of mental and spiritual aspects, devotion to God, tolerance, self-confidence, discipline, patriotism, brotherhood, self-control, social solidarity; 2. Development aspects such as resilience, toughness and responsiveness, responsibility; 3. Development aspects of art – creativity, overcoming negative cultural impact
Kasti game	Strength, motion base, running, skills on hitting the ball	Friendship, cooperation, strategy, sportmanship

Implementation strategy of the program includes planning, implementation and evaluation. Planning stage includes drafting of program and development of curriculum programs. Implementation phase includes active learning, class competitions and performances at the end of the year. The evaluation stage includes assessment of student skills and development of students' character. If there is a gap between the skills of the students with the competencies to be achieved, the program should be evaluated. The evaluation determines provision of remedial learning to students.

#### B. Objectives

The purposes of the *Traditional Sports to Cultivate Good Character Program* include:

1. Raise awareness that sports education not only focuses on physical skills;
2. Preserve traditional sports as world sports assets protected by UNESCO; and
3. Develop good character and social awareness through traditional sports.

#### C. Results/Outcomes

Impact to students: improve Pencak Silat skills and Kasti game and improve character and social awareness

Impact to teachers: Contribute to preservation of traditional sports and character development of students.

Impact to schools: increased skills and student character foster public confidence in the school

Impact to society: Promote preservation of traditional sports for the next generation