

VIDEO VARIATIONS AS LEARNING METHOD OF PHYSICAL EDUCATION

VARIAÇÕES DE VÍDEO COMO MÉTODO DE APRENDIZAGEM DE EDUCAÇÃO FÍSICA

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RESUMO

Conhecer as diferenças na influência dos métodos de aprendizagem da Educação Física (EF) utilizando vídeos de compreensão antes da realização da aprendizagem e vídeos como feedback dado simultaneamente à implementação da aprendizagem nos resultados da aprendizagem desportiva é o objetivo desta investigação. Esta investigação utiliza um método experimental. A amostra deste inquérito foi uma amostra de 40 alunos. A direção desta investigação pretende determinar o efeito das variações na disponibilização de vídeos, nomeadamente antes e durante a aprendizagem, nos resultados da aprendizagem desportiva. Para analisar os dados, é utilizado o teste de diferença ou teste t. Os resultados da investigação mostram que a aprendizagem da EF com variações na apresentação do vídeo e diferenças no tempo de visualização antes e depois da prática é significativa. Os resultados mostram um sig calculado de 0,000 e um T calculado de 5,23, com um df de 38 a um nível de significância de 0,05 ou 5%. O valor médio dos dois tratamentos foi de 12 para as variações do vídeo antes da aprendizagem e média de 5 para as variações do vídeo durante a aprendizagem. A conclusão desta investigação é que o método de aprendizagem que utiliza os vídeos como forma de compreensão antes de iniciar a prática de aprendizagem é mais adequado e pode ser uma recomendação ou novidade no esforço de melhorar os resultados de aprendizagem dos alunos.

Palavras-chave: video. método de aprendizagem. educação física.

ABSTRACT

Knowing the differences in the influence of Physical Education (PE) learning methods using comprehension videos before carrying out learning and videos as feedback given simultaneously with the implementation of learning on sports learning outcomes is the aim of this research. This research is using an experimental method. The sample in this research was a sample of 40 students. The direction of this research is intended to determine the effect of variations in providing videos, namely before and during learning, on sports learning outcomes. To analyze the data, the difference test or t-test is used. The results of the research show that PE learning with variations in video presentation and differences in viewing time before and after practice are significant. The results show a calculated sig of 0.000 and a calculated T of 5.23, with a df of 38 at a significance level of 0.05 or 5%. The mean value of the two treatments was 12 for the video variations before learning and a mean of 5 for the video variations during learning. The conclusion of this research is that the learning method using videos as an understanding before starting learning practice is more suitable and can be a recommendation or novelty in an effort to improve student learning outcomes.

Keywords: video. learning method. physical education.

Introduction

The public's attention, especially in the academic context, is inseparable from the implementation of PE. barrier-free and effective teaching and learning is the responsibility needs to be the attention of various parties concerned, certain strategies in the steps to meet a target. Study teaching in accordance with applicable regulations. Experts in teaching field methods who convey about learning methods so that they can be applied optimally. Learning can run smoothly and effectively if it is supported by several aspects that are directly related and support optimally. The interrelationship between teaching style and teacher character, achievement and student involvement in learning is very important for research related to effectiveness¹. It is an emergency for teachers to always learn new things, especially in terms of teaching methods to give students new things that are very impressive and experience learning experiences. Internal engineering learning has been known by various developing terms.

Optimization of the learning process will run more effectively with the existence of a directed teaching role style through effective implementation, teaching methods that are packaged easily to be applied in an effort to achieve optimal learning outcomes, which have the characteristics of conformity to the subject. For example, PE activities are controlled through teaching instructions and teaching methods. To foster an effective atmosphere in the learning process, teachers must have new ideas that are timeless, especially in the application of the teaching and learning process. The environment where students interact in the learning process is the responsibility of the subject teacher. In addition, the types and models of subject matter become input for teachers to be able to find and adjust conditions through the designed teaching methods. The selection of teaching methods is not only based on one particular thing or material, but on the basis of several elements that are considered, with the aim of being more effective and fun. In addition, determining a learning method is not always based on cultural matters and cultural differences². PE teaching methods in schools are something that must be considered, through cognitive understanding being a very common thing that needs to be supported by a dynamic approach to improve movement understanding³.

learning models in the PE learning process, and are usually called teaching styles. The PE learning process not only focuses on how the content of the learning material is, but also leads to the teacher's strategy in creating an active and interesting atmosphere in the classroom, one of which is with teacher creativity and using learning methods that are in accordance with the characteristics and field conditions, namely student facilities and infrastructure and environment in particular. PE brings the learning process more active. Movement activities with the aim of developing the cognitive, affective and psychomotor domains. Users of different methods can certainly bring or create a more pleasant learning atmosphere and refresh students to be more active and liven up the classroom atmosphere and there are no things that are not ok, such as the process of waiting to do exercises in PE.

Student learning outcomes are deemed insufficient to answer the assessment of the learning process from each domain in PE learning. the cognitive domain must be trustworthy, reliable, economical, and effective⁴. Assessment in the learning process has certain guidelines while the cognitive process is an assessment that may be trusted. So that each domain has a relationship and there is a positive interaction from each process between teachers and students. The Education System consists of a number of supporting elements in an effort to facilitate sustainable education. Quality education Being part of the quality of teachers in general in teaching⁵.

Based on the previous description, become an educator specifically in PE subjects, has a lot of demands, to create a learning atmosphere that is comfortable and easy for students to understand. PE teachers must be able to implement learning strategies for the material to be taught. diversity of characteristics of PE learning according to the content of each material in it. Ability to move is the key to student success in studying PE. The level of difficulty of movement in PE varies greatly, for example in certain theories, it requires students to have complex movement abilities, such as flexibility, agility and so on. PE is part of the general physical category and there are underlying types of movement, rotation, rolling, jumping followed by a complete or steady descent to the mat or the ground. Landing the current foot position, the stability will increase with point gravity in a straight line with the landing moment of the base and as low as possible⁶.

PE has a specialty in maintaining balance in every movement. Static and dynamic balance is mandatory in this case. Changing Gestures quickly is determined by speed and agility and the focus should be on the ability to maintain balance, the body⁷. The benefits that exist in sports are maintaining excellent physical condition, maintaining ideal body weight, the benefits of exercise in general are seen from significant results at minimal risk of contracting disease and minimal risk of physical injury. Similar benefits can also be found in physical exercise but certain physical conditions. Physical performance can be improved through consistency in doing exercises⁸.

One of the Theories Required in PE is PE and is taught by teachers in schools. and become a mandatory part of the curriculum⁹. The level of complexity in PE material requires students or educators who study this theory to be more careful, if the movement is done incorrectly or not carefully, there will be a risk of physical injury. The Complexity Theory movement in its application to PE will certainly be at the high school level, but the core material has almost the same resemblance. The difficulty level of PE material is very complex, even the Perfection Movement is very difficult for all students to do, as well as the PE movement that can be done is not as easy as other movements.

The PE learning process often encounters obstacles, including a teacher who is sometimes not clear in delivering the material, or students who sometimes do not take each material seriously. The importance of coordination and collaboration between teachers and students will create a comfortable and effective learning atmosphere. Learning methods as supports that can be used during the learning process will make lessons easier for students to understand and accept. The condition of facilities and infrastructure is also important to ensure the learning process takes place. Teacher creativity in creating a comfortable classroom atmosphere is a mandatory task that must be passed in various ways. More serious students will easily accept every teacher's explanation.

A good impression becomes a label in PE exercises, and it is not uncommon for students to be enthusiastic or enthusiastic in applying this, proving that learning activities in the field, namely body movements are able to increase students' enthusiasm by showing structured movement components and with a more pleasant atmosphere by learning in the environment. open. The demonstration method is still a mainstay for teachers in the learning process and learning with a command and training collaboration style. In the practice of this teaching style, a teacher has full control in the course of the learning process¹⁰.

Teaching styles are needed, especially on teacher centered matters and these things emphasize the type of learning that leads to the involvement of complex motor skills in physical activity, The combination of various learning styles as part of an effort to adapt to student characteristics and learning materials greatly influences the learning process. The level of student saturation will occur more often when the teacher is less varied in applying teaching styles, such as the classical method which seems boring. Especially in the type of superior subject of students' psychomotor abilities. Teaching methods that prioritize approaches to children tend to produce more benefits than focused methods and all control lies with the teacher¹¹.

PE material requires students to be more active and have special movement skills, the teaching role style is very emphasized in this case. Support the learning process and increase student interest in learning. The movements that exist in PE material have a high diversity and level of possible difficulty, so the selection of teaching styles can be considered for this process. Command, training, and inclusive are some teaching styles that can influence the level of student engagement in the learning process.¹² The cheerful atmosphere in the classroom and the role of the homeroom teacher will certainly be more interesting in PE learning applications. the combination of teaching methods with the latest technology such as video elements will add to the impression of being more attractive and able to attract students to be more focused and active in learning certain materials. Through videos that are applied to PE material, it will also increase students' understanding.

Students' understanding can be improved by a combination of collaborative video media with certain teaching methods, such as selecting cases of teaching methods that are in accordance with the characteristics of the material and combined with videos in it, the video is made a tool or media that can facilitate student movement in PE material, affecting the condition of video packaging certain things, making it more interesting and easy to understand, supported by various description images in every movement, students will easily understand various movements by paying attention to the videos.

The method of being the PE teacher's choice is sometimes not appropriate, causing an old and unpleasant impression. Increasing technological advances are sometimes overlooked, based on preliminary studies conducted, this is due to several things. Lack of updating information by the teacher, or from a lack of enthusiasm is the reason for the teacher. Classical methods such as teachers giving directions and students continuing to practice often become boring, so teachers still seem to need updates regarding the development of information technology. The step of optimizing learning technology is the right strategy as part of an effort to create a pleasant atmosphere and improve learning outcomes as well as efforts to optimize educational attainment.

Methods

Sample

In this research, the sampling technique used was purposive sampling with the criteria of students actively participating in learning and based on teacher observations. This psychomotor aspect is carried out by testing basic motor or motor skills by the subject teacher to obtain the specified criteria, as well as direct observation and observation by the teacher regarding the level of student understanding to obtain measurable data or cognitive results, then through direct observation by the teacher during the process. learning process to obtain the level of results of student discipline aspects. From this sampling technique, 40 samples were obtained who were still in the category approaching the minimum threshold and were then given treatment based on a predetermined design.

The 40 samples came from high school categories in the superior school category in East Kalimantan Province. The students sampled were students who actively participated in sports learning activities. Sampling was carried out as a first step through direct observation and testing of learning outcome data for each school. The criteria used are students who are in class X and have low scores in PE subjects and below the minimum completeness criteria.

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Procedures

This research was carried out by arranging learning scenarios without distinguishing between the learning atmosphere and the original and natural impression as students undergo the PE learning process. This study uses an instrument in the form of a performance test in PE learning material for PE. This research was carried out by dividing the sample group into two specific parts, namely 20 samples will receive treatment using learning methods with video variations before learning and 20 samples will receive treatment using learning methods with video variations during learning. Next, provide treatment to sample students. Students are given an initial test before receiving treatment. The initial test in question is using a performance test in PE subjects by compiling various materials in PE learning so that the material is chosen to represent all the test instruments. then the results of the tests are accumulated and an average score is given. After the initial test is carried out, treatment is then given using learning methods with video variations according to the group division of the sample. Both groups that received treatment using learning methods using video variations before learning and learning methods using video variations during learning, this treatment was given with a frequency of two meetings for each learning material.

This research uses samples and direct involvement with humans as research samples, so it requires compliance in terms of ethics and the procedures used. The first is from an ethical perspective, how the sample is obtained through several considerations, one of which is searching

using direct observation assisted by the subject teacher to obtain the most suitable sample. In this process, students who are selected or invited to be samples cannot be separated from the selection aspect which takes into account the physical and mental readiness of students, as well as physical and spiritual health as the basis for selection. Furthermore, secondly, it provides a guarantee for the protection of data from each sample or student as part of complete protection by not providing complete data to anyone, and in presenting research data only by explaining the results of statistical calculations and data distribution without the student's name.

Statistical analysis

The difference test or t test with a significance level of 0.05 or 5% was chosen as an in-depth data analysis study, were analysed with SPSS 21.0.

Results

The results of PE using the video method used before learning began obtained a mean score of 12, with a standard deviation value of 4.13. The results of PE using the supported video method after practice obtained a mean score of 5, with a standard deviation value of 4.68. These results are presented in the table below.

Table 1. Descriptive analysis

Variable	N	Mean	standard deviation
Video Before Learning	20	12	4,13
Videos During Learning	20	5	4,68

Source: authors

To explain the results of the study, the results of data analysis will then be presented through the paired T-test.

Table 4. results of paired T-test

Learning Outcomes	sig	T _{count}	df	table
Physical Education	0,000	5,23	38	1,686

Source: authors

The table above shows that the test results for the treatment that combines PE videos with videos before practice and variations of videos after practice are different. This result is explained by a calculated sig of 0.000 and a calculated T of 5.23, with a df number of 38 at a significance level of 0.05 or 5%. PE learning videos can provide input and examples that are easier for students to imitate if practiced directly. It is better if lessons are given to students before starting practice. To see the magnitude of the influence of the two variations of PE learning, it is presented in the table below:

Table 5. Differences in Analysis Test Results

Learning Outcomes	Mean	T _{count}	Sig
Video Before Learning	12	13,126	0,000
Videos During Learning	5	4,361	0,000

Furthermore, to explain the research results, the results of data analysis through paired T tests will be presented. The results of the analysis test are explained that the understanding videos or videos given before carrying out learning as students' understanding have a significant influence

with the results of a T count of 12.126 and a sig count of 0.000, then there is a significant influence. significant in reciprocal videos or videos given when carrying out learning as student feedback with a T count of 4.361 and a sig git of 0.000.

Discussion

Any comments and suggestions are welcomed so that we can constantly improve this template to satisfy all authors' research needs. Learning as a strategy in improving the quality of education. Learning methods designed by teachers to be taught to students, specifically for physical education subjects. PE does not only always use the old method and in its implementation the teacher's role is not always the most dominant focus, but there are other supporting factors that make teaching methods more lively and can be accepted easily and pleasantly ¹³. Learning technology designed using electronic media was created to make it easier for teachers and students to carry out the learning process with more optimal and effective goals, structured and achieving educational goals. Teachers have the right and duty to choose teaching methods that are accessible and easy to understand ¹⁴. A teacher must see and pay attention to environmental conditions and material characteristics as a step in the selection of methods as teaching strategies.

The teaching method uses videos that are applied before starting the lesson and videos after carrying out the learning process on PE learning outcomes. From the calculation results obtained a higher score for the average PE learning outcomes using videos that were applied before starting the lesson. Therefore, it can be explained that in sports learning, the video teaching method used before starting the lesson is more effective. The optimization of the learning process was supported by the selection or application of the right teaching style and supported by the right collaboration, but the results of student performance were not always influenced by stress levels ¹⁵.

The application of video media as PE learning technology will certainly add information related to student movements. Where to bring new things and see every movement of the video to improve students' understanding. Management of a performance makes the facilities of each process ¹⁶ a priority in continuous learning. Sports learning methods combined with media such as learning videos will also increase students' positive responses. The role of videos before learning is of course a special strategy for teachers to make sports learning easier because students will more easily imitate the movements shown in videos they have watched before.

Has a significant difference, in this case, video as feedback in PE learning is given during or after completion of learning, students are simply given commands to perform certain movements before and after being given direction by the teacher. correction is done by referring to the video given to students when carrying out learning as feedback and control in carrying out certain movement practices, if students find difficulties it is enough to be given a correction through video as a control and guide to the correctness of the motion, in this case the video is applied to students at the time learning takes place to maintain the consistency of student movement and understanding, not when preparing for the learning process or before studying at school. This includes one of the demands of teacher creativity, PE learning must be done face-to-face to optimize the meaning of learning, while virtual learning has quite dominant problems. This includes one of the demands of teacher creativity, PE learning must be carried out face-to-face to optimize the meaning of learning, while virtual learning has quite dominant problems ¹⁷, because facilities are not available for all schools. For example, in rural settings, teacher challenges vary depending on the family environment involved. ¹⁸.

The teaching style applied to PE learning has advantages and disadvantages, teaching staff must have sensitivity in feeling various conditions and characters of both students and the learning environment, with the hope that the delivery of learning methods containing PE elements can be given optimally and easily understood. The PE learning process is not only led by the teacher, but is related to student activities ¹⁹ So the teacher's role in this case is to facilitate students to build

teaching methods that are suitable for students according to student characteristics. Especially when the virus pandemic is still endemic and still haunts the community, including students and all other learning components. Major changes have occurred in the learning process, influenced by the ease of learning, the nature of teachers in providing material, and advances in technology and intervention.^{20–22}

Real support in an effort to achieve an effective learning process becomes the main strategy that must be designed by teachers, providing increased enthusiasm and increased creativity for students²³. Student achievement is greatly influenced in the use of teaching methods by teachers²⁴. Student achievement is greatly influenced by the use of teaching methods by teachers²⁵. The success of physical education depends on the teacher's creativity in organizing or collaborating with learning activities. The teaching and development of knowledge actually has a very strong correlation²⁶.

Effective learning of course must pay attention to environmental conditions and infrastructure as a supporting effort. PE learning is very emphasized on movement skills that will provide effective support as one of the efforts to achieve educational goals in general. Efforts to provide teaching methods with several media as means and support are commonplace and can be accepted easily by some people in relation to the educational environment. In other contexts the case method in learning that is applied correctly will help in future achievement efforts²⁷. The learning process carried out in the classroom actually requires several encouragement and supporting factors, one of which is the process of activities that take place either directly or face-to-face and online, of course, it will have a different impact. The COVID-19 pandemic period certainly has a significant influence on the learning process, one of which is the condition of the teacher. Learning should be done face-to-face so as not to lose meaning²⁸.

The application of PE learning methods actually requires several things, including teacher activities in participating in several trainings to support information and novelty of appropriate teaching patterns in accordance with current conditions. Teachers are advised to take part in various training activities on PE related to psychology and so on²⁹. By following technological developments through training, it is hoped that it will have a significant impact. The use of appropriate learning media according to the characteristics of students is certainly important. Adjustment to environmental conditions and infrastructure is certainly part of the things that cannot be abandoned. The use of assistive media and a certain product such as artificial intelligence and certain machines will have a certain impact³⁰. The use of assistive media in the context of optimizing the improvement of learning outcomes in PE is not impossible.

A PE teacher can be in direct contact with his students without any barriers in the realm of academic and learning achievement. Of course, PE teachers must always be more active in placing focus on every movement and every aspect that students do in the implementation of learning at school. PE learning that is carried out certainly refers to a dynamic curriculum so that it requires teachers to be more active in developing learning media and teaching methods to get harmony and consistency from learning outcomes that lead or have success goals. Success in this regard relates to certain aspects and objectives as one of the National goals. Learning technology is a matter that discusses how education can be carried out as well as possible, and optimally, of course with various strategies and ways.

Education in the digital era brings a person to a completely modern realm. Demanding someone or education actors to be more sensitive to technological developments and how to apply them. Applying new technology has advantages and disadvantages, especially in areas where the speed of development must still be considered. The use of digital media in learning can be hampered when it is not accompanied by the readiness of adequate resources. Minimize the intensity of meeting directly so that it will seem monotonous. But from the good side, it can provide encouragement to accelerate the ability to harmonize capabilities and technological developments,

namely the ability to operate or master technology³¹. A review of the application of digital video technology to the evaluation of practical performance was also carried out³².

The development of learning technology brings a variety of impacts or implications on educational outcomes directly. The level of ability and readiness of students and teachers is one that is influenced. School readiness in responding to technological developments is one of the things that should be considered to get optimal results. The use of video media as an aid in understanding every movement in sports practice is commonplace. Conditions or efforts in optimizing learning methods such as supporting laboratories should be neatly designed to create a comfortable and easy-to-understand learning atmosphere for students³³. Based on this explanation, it can be explained that an effective learning process requires several supporting aspects to achieve more optimal educational goals.

Optimization in learning PE involves several underlying components. The aspect of facilities and infrastructure is one of the most important things to review and pay attention to. PE carries several things that must be mastered by students. Components of physical or psychomotor movement is one of them, the ability to move correctly and supported by cognitive and affective aspects to provide effective and efficient results. Various phenomena in the learning process PE have an influence on learning outcomes and the learning process. The current atmosphere that still has to be forced with the pandemic conditions provides various challenges to the PE learning process. Teachers become more challenged by the existence of several changes in the phenomenon. As happened during the pandemic, teachers find it difficult to arrange programs in PE during the COVID-19 pandemic, causing some vulnerabilities and inconveniences and shifting pedagogical influences³⁴.

Aspects of the achievement of a learning can be measured by paying attention to each process and student development during the learning process. Direct observation supported by the ability test of one of the techniques in sports will certainly give more valid results. Learning methods that are always updated following the conditions of the material being taught, as well as following the times, will have an impact on learning outcomes in general. PE subject teachers are part or a principal instrument in the continuity of the learning process and can make a major contribution to the achievement of PE learning outcomes. PE which is closely related to motor activity always gives a new impression in every movement activity. Students are always faced with several demands for physical work where physical activity is very dominant in a PE learning, to obtain harmony between psychomotor abilities and the level of understanding students have.

Through structured movement activities using the right learning media or technology, it will certainly have a positive impact. Technological advances that increasingly show consistency force educators to be more competitive in creating new ideas in an effort to advance and provide learning outcomes that are more interesting and not boring. It focuses on material that is easier for students to understand if the teacher teaches it using the right media or approach. This will make students more active and responsive. This leads to the student's personality, personality formation through activities that lead to physical fitness or other rational activities³⁵. Character building is not only trained or shaped through cognitive aspects with the aim of affective or moral students, but also can and is highly recommended through several forms of activities that lead to psychomotor activity.

Psychomotor activities that are more emphasized in learning PE will have various impacts. If it is drawn on the element of character building, it will provide many explanations, one of which is the responsibility that will be formed as the learning of PE goes on to specifically physical components. It can be explained that the selection of media or learning methods PE will be the key to some changes for students. Not only in an effort to achieve the goals of PE as a whole. The formation of character and personality is also an influential thing directly. Teachers who are creative in developing learning models will get various results, of course leading to positive and efficient changes to achieve specific educational and learning goals. PE learning using video media

is believed to be able to improve learning outcomes as well as increase motivation and make the learning process more conducive and effective³⁶.

the use of learning methods, whether general in nature or in the form of products and applications, is able to make a positive contribution. Augmented Reality is used in PE learning to provide convenience teachers and students to understand teaching material in an interesting way³⁷. Basically, every learning method has a positive side that is useful for various improvements in the realm of student success, but every method certainly has shortcomings that must still be corrected with the target of an effective and efficient product³⁸. Based on previous theories which explain many contributions regarding teaching methods, it turns out that it is important to pay attention to several things related to the development of learning models that lead to optimal learning outcomes. So this research can explain the novelty of learning methods using a combination of video media which is very effective in increasing students' understanding and the process of student movement practice in PE. Students can acquire knowledge from their teachers if the methods they employ to teach them match certain conditions. Instructors use videos that are intended to serve as feedback to organize their lesson plans. The content also directly encourages students to participate more in class. This is consistent with human nature in general, where social interaction has the most power. An example of this would be a teacher, who possesses the highest level of social dominance³⁹.

The PE learning process is specific compared to other subjects. The dominance of physical movement activities provides always interesting ideas for a teacher to adapt to the conditions of infrastructure and the type of material to be taught. Apart from that, student characteristics are also a part that cannot be forgotten. This proves that a teacher should have several abilities and competencies such as self-confidence and teacher teaching experience⁴⁰. Apart from that, a teacher's academic level is also an inseparable part of efforts to increase learning competence. Like a professor at a university who can have a positive social and cultural impact in the area and school environment⁴¹. Furthermore, in schools that still have at least one teacher who is new in terms of knowledge, they can be given encouragement to take part in workshops or training activities to provide a motivational boost for teachers and students. Without a doubt, the purpose of many training programs is to give educators the support and knowledge they need to create more engaging lessons⁴². One study's findings addresses the use of self-control movies in PE as a way to promote learning and raise situational participation⁴³.

In the end, based on literature studies and studies from previous researchers, the novelty of this research can be explained. Namely, PE teaching methods can and should be developed through several teaching variations to get more optimal results. The learning method using a variety of videos given to students before learning is a very good recommendation because students will learn from what they see, and imitate various movements easily through the guidance of a PE teacher. Apart from that, variations in teacher teaching with videos can be created to suit learning characteristics to obtain a suitable teaching atmosphere and climate for teachers

Research Limitations

This research has limitations related to the treatment given to students, including: 1). The sample only received treatment regarding teaching style feedback in collaboration with the use of video as a support for learning variations, 2). The videos used are limited to feedback videos given after learning and understanding videos given before learning, 3). This research is limited to students who are in high school. 4). This research does not focus on one material so that the teaching methods or styles provided are general in nature.

Implications

Furthermore, the implications of this research are: 1). The treatment carried out is limited to a feedback teaching style and this is expected to increase student sensitivity and activeness in order to understand and improve student abilities. 2) limitations in the variations used are expected to be able to become a focal point for students in order to achieve optimization of learning outcomes, 3) High school students are expected to receive quick responses from teachers and other supporting media in physical education learning, 4). PE subjects are an important part that must be paid attention to, focusing on one material is highly recommended as an effort to get a more optimal treatment impact, 5). Practically, the implications of the results of this research are expected to be able to make a positive contribution to the implementation of PE learning in high schools as part of an effort to obtain a learning process that is effective and efficient, interesting and produces extraordinary learning achievements.

Conclusion

In an effort to improve students' abilities, a collaborative teaching style with a variety of videos to increase students' information and understanding and provided before learning which includes techniques and procedures can provide optimal physical education learning outcomes for students. Teachers must create these techniques and then publish them in video form.

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