

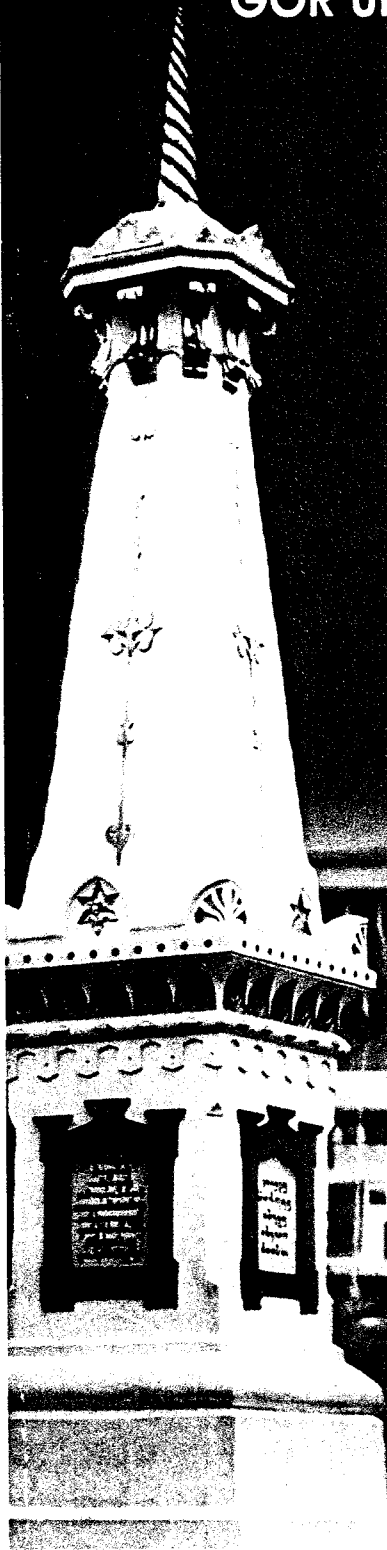
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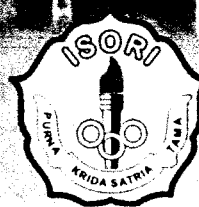
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PHYSICAL EDUCATION BLOG FOR INSTRUCTIONAL MEDIA IN DIGITAL ERA

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ABSTRACT

In today's digital era of information flows so fast. How to teach physical education teachers also changed in accordance with the demands of the Digital Age. Changes in the way learning and teaching materials in constructing the digital era will be different. Physical Education is a subject which contains a lot of interactive and motion requires the appropriate learning media. Digital era supported by Internet technology and advanced digital hardware will change the concept of teaching in physical education teachers. Blog is a medium for effective learning and easy on the set by physical education teachers. Blog is short for web log is a web application form which resembles the writings (published as a post) on a public web page. These writings are often published in reverse order (the latest content first and then followed the older content), although not always so. This web site can usually be accessed by all Internet users according to topic and purpose of the user's blog is (<http://id.wikipedia.org/wiki/Blog>, 2009). The blog is a medium of learning can be filled text, photographs, graphics, sound files and video files. Thus, the blog can be used as a medium of learning complete. Many physical education movement menampilkan material that can be recorded in video form can also be displayed in the blog are created by physical education teachers. Blog in the learning of physical education is an effective learning medium and efficient in the current digital era.

Keywords: *physical education blog, instructional media, digital era*

INTRODUCTION

The development of technology and information so quickly. The world looks to be flat. . One major contribution of human civilization is changing Computer. Computer can help people in all areas. Education sector became one of the most intense use of computer technology. Paradigm shift in oral-based learning and the text book is gradually becoming obsolete. Education major issue, one of which reduce the use of paper as an educational tool to make development of digital technology or Paperless grew rapidly. Education currently can be termed as education in the digital era. Computer assisted education in the digital era, influencing many aspects of education. Physical education as a compulsory subject taught in accordance mandate laws are also affected by changes in computer-based educational paradigm. Physical education in this digital era when the media followed the changes in learning. Ease of access to information from various places and not limited by time to make the learning of physical education can be accessed at any time and anywhere. Physical education is a specific learning and identical to the subject motion. Physical education which aims to educate the student body requires clarity and level of understanding of the material clearly. Material-based physical education is moving more understandable to students with a form of media in the form of pictures and video. Making the media with media images of paper and the purchase of the video a little troublesome to explain the material teachers of physical education during PE lessons. The learning media and video images are in need for students to help the understanding of the learning material. As for teachers of media images and video are also very helpful for teachers who are physically unable to give an example. PE learning media in the digital era is now a critical part of students because students at this time surrounded by digital tools that all sophisticated and easy to use. Mobile and the mini-laptops will dominate the hardware as a learning tool is effective and practical. Internet access is easy and cheap too will become part of life for the students to obtain information and communicate. These technological advances will affect the teacher as one source of information in education. A source of information in the form of teachers' images and videos in physical education certainly needs to be submitted to all students through appropriate learning media. By attending the products of digital devices such as mini-laptops and mobile phones with advanced features with easy Internet access and cheaper than the role of subject information becomes important. Learning media that use digital tools and Internet access will dominate the current digital era. Weblogs as a form of web-based media products by making and management that is easy and free can help teachers in providing learning content through an electronic learning media. Weblog be the right choice and is easy for physical education teachers. Which weblogs can register for free through the company's weblog peyedia easier for users to pour the contents and ideas in the pages of beautiful and interesting. Weblog exactly as the physical education learning media weblog smoothly due to the ability to display the data in the form of text, images, audio and video. Discussion weblogs as an effective learning medium for teaching physical education materials will be peeled in this article.

DISCUSSIONS

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Physical Education

Physical education (often abbreviated Phys. Ed. or P.E.) or gymnastics (gym or gym class) is a course taken during primary and secondary education that encourages psychomotor learning in a play or movement exploration setting. The term physical education is most commonly used to denote they have participated in the subject area rather than studied it. (http://en.wikipedia.org/wiki/Physical_education).

Physically Educated Person A physically educated person HAS learned skills necessary to perform a variety of physical activities; IS physically fit; DOES participate regularly in physical activity; KNOWS implications of and benefits from involvement in physical activities; and VALUES physical activity and its contributions to a healthful lifestyle. (National Association for Sport and Physical Education, AAHPERD, 1992). <http://www.ichpersd.org/index.php/standards/international-standards>.

Instructional Media

New paedagogy in education The use of computers per se cannot make up for poor pedagogy and content. According to some schools of thought, there are two types of pedagogy, namely instruction and construction.

It is essential to acknowledge the difference between instruction and construction. The former is the approach usually followed by traditional classroom teaching, the latter refers to a way of teaching that facilitated full exploitation of the potential of ICT but demands rethinking and a redefinition of the traditional approach in education as well as of the teacher-student relationship.

	Instruction	Construction
Classroom Activity	Teacher centred Didactic	Learner centred Interactive
Teacher Role	Fact teller Always expert	Collaborator Sometimes expert
Student role	Listener Always learner	Collaborator Sometimes expert
Instructional emphasis	Facts Memorization	Relationships Inquiry and Invention
Concept of knowledge	Accumulation of facts	Transformation of facts
Demonstration of success	Quantity	Quality of understanding
Assessment	Norm referenced Multiple-choice items	Criterion referenced
Technology use	Drill and practice	Communication, collaboration, information access, expression

The Construction column of the table above shows many of the terms that have been identified as appropriate for describing the new roles of teachers and learners in the computer age. Teachers become collaborators who centre their activities around the learners which, in turn, are encouraged to inquiry and invention.

(<http://www.unescobkk.org/id/education/ict/themes/teaching-learning>)

The word "media" comes from the Latin word "medium" which means "intermediate" or "introduction". Furthermore, the media is a means of channeling the message or information to learn that the message conveyed by the source to the target or recipient of the message (Rahardjo, 1986:47). In teaching and learning activities, the source of the message is the teacher and the student recipients. In the process of learning, teaching media is an institution and channeling messages from the source of the message, in this case teachers, the recipients of the message, in this case students. In the broader boundaries, Miarso (in Rahardjo, 1986:48) provides teaching of media restrictions as all that can be used to stimulate thoughts, feelings, concerns, and the willingness of students that encourages learning tedadinya students pads themselves. In line with the above opinion, Ely (in Danim, 1994:13) mentions the benefits of media in teaching is as follows:

- Improving educational quality by increasing the speed of learning (rate of learning), helping teachers to use students' learning time as well, reducing the burden of teachers in presenting information and making teachers more focused activities to increase enthusiasm for learning
- Giving the possibility that education is more individually with the way minimize or reduce the traditional teacher control and rigid, giving ample opportunity for children to develop according to his ability and enable them to learn in the way he wanted.
- Giving a more basic scientific teaching by presenting / teaching program planning and systematic logic, to develop teaching activities through research, both as a complement or as applied.

- d. Teaching can be done steadily due to increasing human capacity to use communication media, information and data in a more concrete and rational.
- e. Increasing realization of the closeness of learning (learning immediacy) as the teaching medium can eliminate or reduce the gap between the reality outside the classroom and in the classroom as well as provide direct knowledge.
- f. Giving the presentation of a broader education, especially through the mass media, by utilizing a common and broader events and rare events → present information that is not too, emphasizes the limits of space and time.

A good learning media must meet several requirements. Media education should increase the motivation of learners. The use of the media has the goal of providing motivation to the learners. Also the media should also encourage learners to remember what you've learned in addition to providing new learning stimuli. A good media will also enable learners to provide feedback, feedback and also encourage students to practice correctly.

There are several criteria to assess the effectiveness of a media. Hubbard proposed nine criteria to judge it (Hubbard, 1983). First criteria is the cost. Costs should be judged by the results to be achieved with the use of the media. Another criterion is the availability of supporting facilities such as electricity, compatibility with class size, brevity, the ability to change, time and effort to prepare, the effect, complexity, and the last is usability. The more learning objectives can be assisted by a media that the media the better. (Ouda Teda Ena)

Weblog

A weblog is, literally, a "log" of the web - a diary-style site, in which the author (a "blogger") links to other web pages he or she finds interesting using entries posted in reverse chronological order. The Guardian [weblog](#) is our variation on the theme: a pick of the best journalism from around the web and the latest news about blogs and their authors. Every weekday we choose a new "blog pick" - a new, timely, intriguing or controversial weblog that has caught our attention. We also provide links to articles on current issues in the news (be it the leader line of the [New York Times](#) or a comment piece in the [Zimbabwe Independent](#)) and discuss the latest trends in weblogging. The linklog - a set of links in the left-hand column - is an ever-changing selection of the stories and websites we like. (<http://www.guardian.co.uk/technology/2004/may/20/weblogs>) Blogs or weblogs are the digital lifestyle trend growing, day after day. On the Internet, blogs are provided free of charge to anyone. Including design, hosting so many additional functions which display sweeten the blog. Free and easy to apply (<http://samuderacinta.blogspot.com>). In the digital era, ICT provide several advantages, such as convenience, increased data channels, and a multitude of opportunities for the integration of physical and virtual dimensions. (From : <http://www.guardian.co.uk/technology/2004/may/20/weblogs>)

Blog is short for weblog, the page on the website that was originally defined as a web personal or noncommercial use time-based log system upload material, but now blogs was developed as a professional website. Blogs can contain text, images / pictures, videos (vlog), animation, photographs (photoblog), audio (podcasting), music (MP3blog), a presentation, simply online diaries, etc.. In doing Andapun management no longer requires syntax html, php, asp etc., all provided by the blog's domain name (website where you create a blog) you just need a little creativity and a little brain-tweaking to beautify or make your blog more useful. Blog comes from web-logs, which means the note on the web. As long as he says, the blog has the main benefit as uniuik media convey information. Both the personal silatnya, such as diaries, or can also be used for promotion. Blogs also can be used to attract minas. The goal is to attract people to write down his experiences. However, the use of blogs in Indonesia is still limited. Still not maksimat. A good blog can actually inspire the reader. A good charge of writing can give a good effect too. An example is the valuable advice or experience. Through blogs, we are also able to capture the network, especially with people who have interests and hobbies are the same. From there we can exchange experiences and information.

CONCLUSION

Thus, the blog can be used as a instructional media complete. Many physical education display materials that can be in motion in the form of video recording can also be displayed in the blog are created by physical education teachers. Blog in the learning of physical education is an effective instructional media and efficient in the current digital era.

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