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## ***Teaching Games for understanding: A learning model that increases student motivation in Physical Education***

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### **Abstract**

Teaching Games for Understanding (TGfU) is a learning model that provides students with game-based knowledge. As research on TGfU continues, attention is focused on student learning motivation. This study contains a literature review related to Teaching Games for Understanding (TGfU) that can increase learning motivation in schools, to support the idea that this model can motivate students in physical education, this study used 10 journals from the data base, namely Google Scholar, Sage journal and Taylor & Francis. With further analysis using synthesis technique. This study aims to pursue Teaching Games for Understanding (TGfU) in student learning motivation in physical education, this study is an updated review of how the application of Teaching Games for Understanding (TGfU) can build student motivation in physical education, including the latest research trends for future research.

**Keywords:** Teaching Games for Understanding (TGfU), Learning Motivation

### **INTRODUCTION**

Physical education is subjects that have been So an integral part of the educational program national (Nopembri et al., 2022) Objectives of Physical Education is For develop student in aspect cognitive, psychomotor, and affective. (Rahman <sup>1</sup> et al., 2020) So the physical education learning process is a learning process For move and learn through movement, here clear that student taught For learn movement base body human, namely walking, running, throwing, catching creeping, crawling, jumping and shapes movement base other Because of that, education physical own performance intellectuals who can create Spirit for somebody For Work same, work in a way effective and integrated with all effort For reach results good learning. (Syamsuar & Zen, 2021) in regulation minister education Minister of Education and Culture Regulation number 65 of 2013 also regulates that the learning process in the unit education must held in a way interactive, inspiring, fun, challenging, motivating participant educate For active participate, and give enough space in matter creativity, independence in accordance talent interest as well as development physical and psychological students. (Alifia et al., 2023).

Throughout history, approach teaching in education physical Keep going develop and transform, Approach teaching new in a way tactical focused on use modified games in the learning process. (Batez et al., 2021) approach in a way tactical This must give improvement in mastery

technique, knowledge tactics and interpretation in play) because That a teacher must Can studying learning models based games that can increase not quite enough answer in the physical education learning process, a learning- centered model to game like Teaching Games for Understanding (TGfU).

Teaching Games for Understanding (TGfU) is a pedagogical model developed by Bunker and Thorpe (1982), (Pizarro et al., 2024) a game-based model. game This aim For produce greater understanding big about all aspect game while increase level activity physical, engagement, motivation, and enjoyment in learning education physical, Approach The TGfU developed by Bunker and Thorpe (1982) places different focus on teaching game compared to with approach traditional in nature technical. (I.Webb et al., 2006). learning model TGfU is student - centered approach, with objective For fulfil need student in a way individual with involving every student in a way holistic (i.e. in a way social, emotional, physical, and cognitive) in the learning process in education physical. TGfU emphasizes the game, where the problem is tactical and strategic submitted in environment modified game, which in the end push student For make decision.. Approach with use TGfU shifting focus from physical education traditional and based skills to understanding - oriented approach (Sholehudin et al., 2025).

Motivation Study is one of the factor the key to success success academic. (Wibowo, This will also influence behavior student in accordance with educational goals in the learning process. So that motivation can also be used For measure success student in reach performance in the world of education (Romadhona et al., 2024) Motivation Study is change energy in self marked students with emergence feelings and reactions For reach objective certain. Motivation This become factor important driving force in the learning process For reach results maximum learning. Motivated students tall can pour out Lots energy in learn, so that motivation play a role important in develop Spirit student in Study a student) However, motivation Study student moment This Still Can said not enough good, and things the can caused by inadequate learning models precise and pattern packaging lack of learning innovative, so that student not enough not enough enthusiastic in Study (Romadhona et al., 2024) phenomenon low motivation student Still Lots happening in the world of Indonesian education. Survey against 4,594 students in Survey Indonesian Youth (2023) found that only 39.5% of students have motivation tall For learning. On the other hand, 60.5% of students have motivation Study low general. because with weakness activity Study student so will also has an impact on results learning gained (Wibowo, 2024).

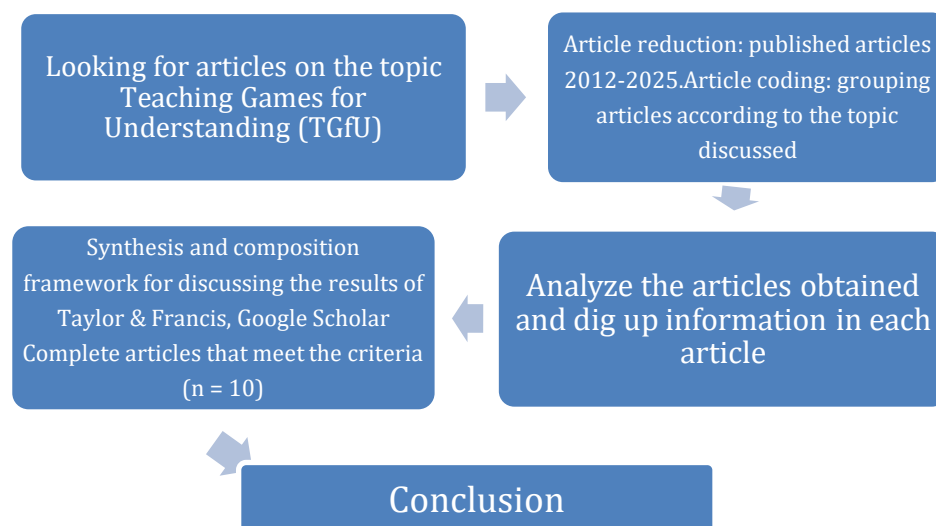
Contents of physical education own great influence to whether student develop perception positive or negative to physical education. For many students, however, learning sport or game in physical education is not positive experiences and things This often causes student No interested with physical education. This is especially happen If the curriculum part big based game, if game

taught in a way repeatedly from year to year so that physical education tend as something boring. (Bracco et al., 2019) Therefore those are the educators or must Can packing or make fun learning , so must know importance a learning model For increase motivation learning. learning model TGfU is very positively carried out by physical education teachers in increase motivation Study students, so that researchers want to strengthen in this literature review that learning model TGfU can increase motivation student in the learning process in Physical Education.

## METHOD

Research methods used is *literature review* Review library covering reviews, summaries, and opinions writers on various documents (articles, books, slides, websites, etc.). This data analysis aim For explore the use of *the Teaching Games for Understanding (TGfU) Sports Education Model* in class education physical. The analysis used in *literature review* This covering four steps that must be taken followed in a way sequentially For give answer to the question research. Steps For verify information This is as following. 1) Research and collect data with content TGfU For motivation 2) Reducing and giving code, filter, and classify data according to with discussion ; 3) Analysis and connecting information about information received, research, and investigation ; 4) Stage end that is stage presentation conclusion and explanation novelty from study (Schiff & Supriady, 2023)

Study get information in study This from a number of study in articles research published in journals national and international. Data collected online via *Google Scholar, Sage journal and Taylor & Francis*. Then researchers reading and selecting article one by one until 10 articles are obtained research that is a sample in *literature review*. The criteria selected For choose article.



**Figure 1. Research flow method**

## RESULTS AND DISCUSSION

### Result

Review literature This will study how the learning model TGfU influence motivation study inside class. Review literature This summarize and compare TGfU model articles to improvement motivation, there are 10 articles that discuss study about the TGU model against improvement motivation.

**Table 1. Literature on the Teaching Games for Understanding (TGfU) model motivation**

Author, year, country and journal Publisher	Research methods	Title	Objective	Research result
Alexander Gil-Arias, 2020, Spain, EPER (European Physical Education Review), SAGE (Gil-Arias et al., 2020)	quasi-experimental design	<i>Effect of a hybrid teaching games for understanding/sports education unit on elementary students' self-determined motivation in physical education</i>	The purpose of study This is For investigate results motivation child men and women school base moment they participate in invasion through two pedagogical models : hybrid units TGfU /SE or instruction unit direct.	Study This give proof beginning that hybrid unit TGfU /SE can implemented in context elementary school physical education for trigger improvement significant in motivation independent student If compared to with instruction unit direct use of hybrid units TGfU /SE encourages environment Study supporting physical education autonomy, inclusiveness, and fairness where all students, without look at type gender, have chance For increase engagement, enjoyment, and interaction social they in lesson education physical.
David Hortigüela Alcalá, 2017, Spain, Journal of Human Kinetics, (Hortigüela Alcalá & Hernando Garijo, 2017)	mixed-method research design with quantitative (questionnaire) and qualitative (interview)	<i>Teaching Games for Understanding: A Comprehensive Approach to Promote Student's Motivation in Physical Education</i>	Study This research perception student about motivation and achievement in physical education after experience three sports units in a way sequentially.	show that group A shows greater motivation and achievement big in education physical than group B. Significant difference found in matter achievement. Participants with results more academic good in group A is more positive in participation sports. Meanwhile that, students who do more Lots sport extracurricular activities in group B are more active involved in sport.
Syamsuar, 2019, Indonesia, Atlantis Press (Syamsuar et al., 2020)	This research used quantitative research with a quasi-experimental	<i>Effect of the Teaching Games for Understanding (TGfU) Method in Improving Students' Motivation And Physical Fitness</i>	The purpose of study This is For know effectiveness Teaching Games for Understanding (TGfU) method towards motivation and fitness physical student Class V of State Elementary School 11 Sungai Sariak.	Research result show that 1) there is significant differences in motivation student between class between class TGfU and class conventional, and 2) exists significant difference on fitness physical between class TGfU and class conventional method TGfU make student proficient in sports, believe self, and able Work The same with Friend One his group and is able control all technique game

Author, year, country and journal Publisher	Research methods	Title	Objective	Research result
Vicente Gaspar, 2021, Spain, International journal of environmental research and public health (Gaspar et al., 2021)	Quasi-experimental design	<i>How Does TGfU Influence on Students' Motivational Outcomes in Physical Education? A Study in Elementary School Context</i>	The purpose of study This is For implement a comprehensive teaching program based on the principles of the Teaching Games for Understanding (TGfU) model and questions, and to evaluate For satisfaction student to need psychological basis, motivation, perception ability and intention For active in a way physique during Physical Education lessons at school base	Research result show that group control only report higher average score tall in a way significant in variables For active in a way physical, also on both type gender. Research results show the need implementing the didactic units below approach comprehensive pedagogical For increase motivation and intention For develop habit style life healthy in students women and men. Research more carry on required For support proof This.
Yi-Hsiang Pan 2023, Taiwan, frontiers in physiology (Pan et al., 2023)	Quasi-experimental design	<i>A comparison of the learning effects between TGfU -SE and TGfU on learning motivation, sports enjoyment, responsibility, and game performance in physics education</i>	The purpose of study This is For compare difference learning between the TGfU -SE model and the TGfU model in learning student in improvement motivation learning, fun sports, responsibility and performance games.	Research result This show that the TGfU -SE model has effect positive learning to motivation Study students, fun sport not quite enough responsibility and performance game than the TGfU model
Mujria 2024, Indonesia, Journal of Sports Education (Mujriah & Susilawati, 2024)	Experiment with pretest-posttest design	Effectiveness Use of the Teaching Games for Understanding Learning Model in Increase Motivation Study Jump Far	The purpose of research This For evaluate the influence of the Teaching Games For Understanding (TGfU) learning model on motivation Study jump Far students of Petak Praya Barat Elementary School.	From the results study This is a Teaching Games for Understanding learning model significant influence motivation Study jump Far students at Petak Praya Barat Elementary School. Based on descriptive data show improvement the average value from pretest (103.0256) to posttest (1129.4871), which confirms the effectiveness of the Teaching Games for Understanding learning model in increase motivation Study jump Far student.
Moh Fakhori Rizal Zunairi 2022, Indonesia, Tambusai Education Journal (Zunairi et al., 2022)	Classroom Action Research (CAR)	Efforts to Improve Learning Outcomes Through the Teaching Game For Understanding (TGfU) Model for Soccer Material (Dribble) for Class V at MI Tarbiyatul Islam for the 2020/2021 Academic Year	The purpose of study This For know improvement results Study student with using learning models <i>teaching games for understanding</i> (TGfU).	results study This is : (1) The application of the TGfU model can made one of choice in learning Because can increase results Study students. (2) Implementation of the TGfU learning model expected more active in learn and more understand what was learned. (3) The TGfU model can made one of choice learning at MI Tarbiyatul Islam so can increase quality education.

Author, year, country and journal Publisher	Research methods	Title	Objective	Research result
Esty Alifia 2024, Indonesia, EduInovasi : Journal of Basic Educational Studies. (Alifia et al., 2024)	Experimental method (Quasi experiment) with design or design study This using Randomized Control group pretest posttest Design	Implementation of the TGT (Teams Games Tournament) and TGfU (Teaching Games for Understanding) Learning Models on Motivation Learning on Skills Material Fitness Physical	Research purposes This is analyzing the TGT and TGfU learning models to level motivation students on the material skills fitness physical, in students 4th grade of SDN Suko 2 Sidoarjo.	The research results obtained is There is significant difference between the TGT and TGfU learning models in its influence to results motivation learning PJOK material skills fitness physical for participant educate Class VI of SDN Suko 2, Sidoarjo. Learning model TGfU assessed more effective compared to with the TGT learning model,
Elizabeth Bracco 2019, Canada, Curriculum Studies In Health And Physical Education (Bracco et al., 2019)	qualitative case study	<i>A case study of disengaged adolescent girls' experiences with teaching games for understanding in physical education</i>	The purpose of study This For know experience identified students not enough involved in education physical with using the Teaching Games for Understanding (TGfU) unit model in support involvement student in physical education	The research results obtained show existence improvement knowledge about How child women who don't involved can involved more Good in physical education through use TGfU. Findings main including that experience child women who don't involved with TGfU more tall increase participation and effort they Because they feel captivated, trying hard, and pushing self they Alone in lesson
Holy Novita Romadhona 2024, Indonesia, Edu Sportivo Indonesia Journal Of Physical Education. (Romadhona et al., 2024)	Experimental method with use class control and class experiments , with design study using a randomized control group pre-test and post-test.	<i>Investigating the effect of Teaching Games for Understanding (TGfU) models on motivation and academic learning time in physical education</i>	Study This aim For know the influence of learning models TGfU to motivation and time Study student academic (ALT)	Study This show significant difference between class control and class experiment in motivation learning, especially in motivation intrinsic, regulation identified, and motivated, with approach TGfU give significant influence. Learning model TGfU can push participation active student.

## Discussion

TGfU interesting attention all sports teachers. TGfU is a teaching model that focuses on development ability students. from a number of experiences experienced by students with using the TGfU model that the students in a way general after experiencing a learning process with using the TGfU model feeling (pleasure, involvement and comfort) and motivation (perceived competence, interest and values in education) physical). with using a learning model TGfU for students always move and have fun with using the TGfU model This student more like than previous physical education experience. With apply learning TGfU, participants educate experience improvement in various aspects, including taking decision, implementation technical,

mutual support, performance games, engagement, fun, perception competence and intention For active in a way physique after follow the learning unit TGfU. Implementation TGfU bring impact positive feelings felt by participants students and teachers. TGfU influence positive to improvement motivation in learning Where with method This student can increase motivation learning PJOK. (Alifia et al., 2024)

Findings research conducted by (Ghorbanzadeh, Kirazci, & Badicu, 2024) which shows that implementation active Teaching Games for Understanding supports effective teaching and improving motivation student to learning. This model No only increase involvement student in activity physique moderate and intense. (Mujriah & Susilawati, 2024) Other research has found that that improvement motivation with use TGfU more increase to motivation intrinsic compared to category other motivations. Motivation intrinsic is a natural process that occurs within self participant educate, which allows they For set objective they Alone (Romadhona et al., 2024) Other research has found with using the TGfU model that student show attitude positive to physical education learning, because with the TGfU model student will feel happy and joyful so that increasing motivation student in the learning process. (Ferraz et al., 2024)

Teaching Games for Understanding (TGfU) is a learning model that can be used increase motivation Study students in class, TGfU show the effectiveness of this model in context education physical. With TGfU, learning become more interesting and interactive, so student more motivated For participate and learn. This is show that TGfU is effective approach For increase motivation and engagement student in learning sports, which in the end can increase results Study they in a way overall.. TGfU impact wide in increase motivation in the learning process in class. Some literature says students at school elementary school medium first and school secondary / vocational own motivation in the learning process after being given Teaching Games for Understanding (TGfU) model intervention. So the learning model TGfU can be recommended to physical education teachers throughout school especially in Indonesia. (Syamsuar et al., 2020)

TGfU in the learning process covers all circles at school Good That man both men and women, the difficulties of sports teachers in prepare learning When there is students who have no involvement in the learning process physical education, teenagers Woman tend consider physical education as something boring and very vulnerable to level motivation and participation in activity physical, sports and physical education, Bracco in his research research identified women not enough involved in the learning process education physical. Research results with using the TGfU model Women's involvement in physical education increased, in terms of No direct with use TGfU learning process alluring them and push they participate in a way holistic.. So that the

learning model TGfU This give effect positive in children men and women in increase motivation in physical education (Gil-Arias et al., 2021)

TGfU is very proven in increase motivation Study students in class, research TGfU Keep going develop so that Lots once that combines learning models TGfU with other learning models, the goal combine or often called with *Hybrid* learning model so that produce results maximum in increase motivation student in the learning process. In Garcia's research which combines *Teaching Games for Understanding* with *Sports Education* can become an effective pedagogical model in Physical Education For increase motivation students, there are students who demonstrate motivation low start or is at the beginning intervention. Based on matter this, it seems hybridization of student - centered pedagogical models This can push more learning inclusive, which will support acquisition more experience positive by all student in physical education lesson. So that this hybrid learning can become a learning model For increase motivation in students who are lacking motivated in Physical Education lessons. Other studies that compare TGfU with Hybrid TGfU -SEM Where the goal is study This is For compare difference learning between the TGfU -SE model and the TGfU model in learning education physical For see level motivation student in the learning process, pleasure at the time exercise, responsibility answer, and appearance in game so that results in study This is show that the TGfU -SE model has more Lots effect more learning positive to motivation Study students, fun sport not quite enough responsibility and performance game than the TGfU model. Findings from study This is that the TGfU -SE model has effect positive learning to motivation Study students, fun, responsibility answer, and appearance game than the TGfU model only, research This will give contribution to development study For practice model -based in Physical Education with Integrate TGfU with the SE model no only develop awareness tactics and skills motor students, but also develop positive affective for students. (Pan et al., 2023).

## **CONCLUSION**

Small sided game training applied with the pyramid principle is proven effective in increase Power stand aerobics athlete young. method This can made into an attractive and effective alternative even novelty in the training program For increase fitness physique athletes, small side game training with use the pyramid principle can increase ability Power stand aerobics. Research more carry on required For explore other possible variables influential, such as ability anaerobic or improvement technique games and strategies.

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