

## **Table of Contents**

## Volume 3 Nomor 1 Juni 2022

PJOK Learning Strategies and Media During the Pandemic Period at SD Negeri 82 Bengkulu City Marco Herwanto, Feby Elra Perdima, Martiani	1–6
Application of the Connect Running Game Method to Improve Physical Education Learning Outcomes in Grade IV Students of SDN 84 Bengkulu City	7–12
Fellby M. Alvionsya, Juwita, Dolly Apriansyah	
The Effect of Zig-Zag Running Training Using Weights on Dribbling Skills in Football Games for Extracurricular Students at Sma Negeri 6 Bengkulu Selatan	13–18
Fedho Frananda, Lina Tri Astuty BS, Martiani	
Application of the Hollow Sprint Method to the Results of the 100 Meter Run for Class X Students at SMAN 9 Seluma Nozi Fitrawan, Feby Elra Perdima, Supriyanto	19–24
Level of Physical Fitness Athletics of SMA Negeri 8 Rejang Lebong During the Covid 19 Pandemic Sunggi Prabowo, Dolly Apriansyah, Citra Dewi	25–28
The Contribution of Limb Muscle Explosive Power To Soccer Heading Skills At The Andeskal Club Of Bengkulu City Dwingki Marta Putra, Deffri Anggara	29–34
Level of Shooting Ability in Football Games at the Long Gathering Club, Padang Guci Hilir, Kaur Regency  Megi Personi, Deffri Anggara	35–38

