INTERNATIONAL GRADUATE COLLOQUIUM

i-SPEAK 2026

SPORTS AND PHYSICAL EXERCISE ASSEMBLY OF KNOWLEDGE SHARING



SERIES 1. 2026

COLLOQUIUM PROCEEDINGS

EXTENDED ABSTRACT

Malaysia, 10 February 2026

eISBN 978-629-7989-01-3

Systematic Review: The Use of Traditional Sports Games Based on Local Wisdom in Physical Education, Sports, and Health Learning

Lilih Muslihaturrohman[1*], Adi Rahadian[1], & Taufik Rochman[1]
[1]*Universitas Suryakancana, Cianjur, Indonesia*
[*]*Corresponding Author: lilihoppoa3s@gmail.com*

Keywords: *Traditional Sports Games, Local Wisdom, Learning Outcomes, Physical Education, Sports and Health*

I. INTRODUCTION

Physical Education, Sports, and Health (PJOK) learning in Indonesia faces the challenge of not only developing physical competencies but also fostering character values and cultural identity. Traditional sports games (also known as "traditional games" or "folk games"), steeped in local wisdom, offer great potential as relevant, contextual, and meaningful learning resources and media. Purpose: This systematic review aims to identify, synthesize, and analyse empirical evidence regarding the implementation, impact, challenges, and opportunities of traditional sports games based on local wisdom in PJOK learning at various levels of education.

II. METHODS

The review was conducted using the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) method. The literature search was conducted on Google Scholar, ERIC, DOAJ, ScienceDirect, and Sinta (Science and Technology Index) databases with keywords: traditional games, traditional sports, local wisdom, PJOK, physical education, contextual learning, character values. Inclusion criteria: research articles (qualitative, quantitative, mixed-methods, R&D) published between 2018-2026, focused on the Indonesian context, and available in full text.

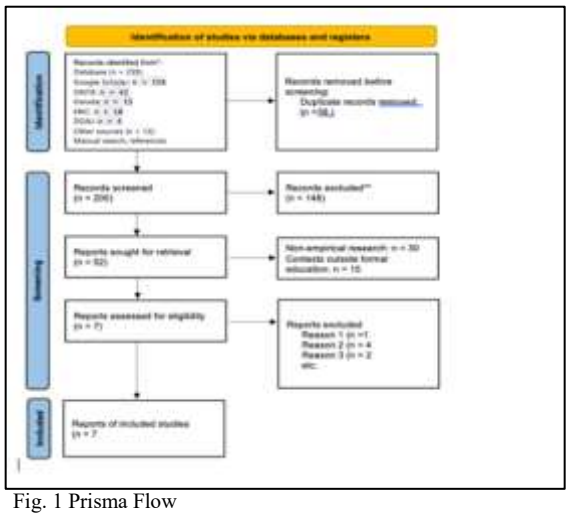


Fig. 1 Prisma Flow

III. RESULTS AND DISCUSSION

Of the 239 studies identified, 7 met the inclusion criteria. The synthesis of findings was grouped into: (1) Game Variations and Characteristics: Studies identified various games such as Gobak Sodor, Bentengan, Egrang, Terompah Panjang, Lari Balok, Patok Lele, and other regional games, each of which contains the values of cooperation, strategy, dexterity, endurance, and honesty. (2) Impact on Learning Outcomes: Many studies reported positive impacts, including increased: student motivation and engagement (enjoyment), gross and fine motor skills, physical fitness (especially components of agility, balance, coordination), social skills (cooperation, communication, leadership), and internalization of character values such as sportsmanship, honesty, discipline, and respect for culture. (3) Implementation Models and Strategies: Various approaches were found, such as modifying rules/equipment to suit age and facilities, integration in warm-up/core/cool-down, project-based learning (documenting games), and thematic-integrated approaches. (4) Challenges and Obstacles: Some of the main obstacles include limited time due to a busy curriculum, and the perception of some students/parents that traditional games are out of date compared to modern sports.

IV. CONCLUSIONS

Traditional sports games based on local wisdom are a highly effective and holistic source of physical education (PJOK) learning, capable of bridging the goals of physical, social-emotional, and cognitive-socio-cultural education.

ACKNOWLEDGMENT

I would like to thank Suryakancana University and MTS 4 Cianjur School for supporting my activities during my master's studies.

REFERENCES

[1] Akbar, A., & Nur, H. (2021). Meningkatkan Keterampilan Motorik Kasar melalui Permainan Tradisional Gobak Sodor pada Siswa Sekolah Dasar. Jurnal Pendidikan Jasmani Indonesia, 17(1), 45-56.
[2] Sari, D. P., & Pratama, F. I. (2022). Etnopedagogi dalam Permainan Tradisional Egrang sebagai Sumber Pembelajaran PJOK di SMP. Jurnal Sport Science and Education, 7(2), 112-125.

[3] Wahyudi, A., et al. (2023). Pengembangan Model Pembelajaran PJOK Berbasis Kearifan Lokal Permainan "Patok Lele" untuk Menanamkan Nilai Karakter Siswa SD. Jurnal Ilmiah Penjas, 9(1), 78-92.

[4] Kirk, D. (2020). Precarity, Critical Pedagogy and Physical Education. Routledge. (Bab mengenai meaningful physical education).