**The influence of invasion game and gender on the physical fitness of children with intellectual disability**

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**Abstract**

At this stage, only the status of the physical fitness of children with intellectual disability has been revealed. The level of physical fitness needs to be found out by a teacher as a basis to arrange a lesson plan. The physical development of 13-15-year-old children grows more rapidly than those in the pre-teenage phase. Their high appetite is one of the causes of the more rapid growth. Besides, their muscles continually grow so that less physical activity will cause muscle soreness. In terms of body height, 13-15-year-old boys tend to be shorter than teenage girls. Thus, the activities frequently conducted and gender are the few factors influencing their growth. This study is descriptive-quantitative research conducted to find out the status of physical fitness of male and female intellectually-disable children using Rockport walking test. The sample was a total of 26 children consisting of 10 boys and 16 girls, collected using purposive sampling technique. The result of the research shows that the status of physical fitness of female children with intellectual disability are as follows: two persons are in ‘good’ category (12.50%), three persons are in ‘satisfactory’ (18.75%), six persons are in ‘less satisfactory’ (37.50%), and five persons are in ‘poor’ category (31.35%). Meanwhile, for male children, there is one person in ‘extraordinary’ category (10.00%), three persons in ‘good’ category (30.00%), three persons in ‘satisfactory’ category (30.00%), two persons in ‘less satisfactory’ category (20.00%), and one person in ‘poor’ category (10.00%).

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