

ABSTRACT

YOLANDA NASSRANI BR GINTING. 2026. *Physical Fitness Level of Basketball Extracurricular Members at BPK Penabur Elementary School, Tasikmalaya*. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University, Tasikmalaya.

This study aims to determine the level of physical fitness of the basketball extracurricular members of BPK Penabur Tasikmalaya Elementary School as a reflection material on the implementation of training and evaluation of physical fitness components that still need to be improved to support participant achievement. The method used in this study is descriptive research with a quantitative approach. The research instrument used the Indonesian Physical Fitness Test (TKJI) for ages 10–12 years, which is adjusted to the characteristics of the research subjects, namely members of the basketball extracurricular of BPK Penabur Tasikmalaya Elementary School aged 10–12 years. The results of data processing and analysis of 5.88% of participants were classified as very good, 23.53% were classified as good, 47.06% were classified as moderate, and 23.53% were classified as poor. The average value of physical fitness obtained was 15.65 which is included in the moderate category. Based on these results, it can be concluded that in general the level of physical fitness of the basketball extracurricular members of BPK Penabur Tasikmalaya Elementary School is in the moderate category.

Keywords: Basketball, Extracurricular Activities, Physical Fitness.