

**Tennis Guide in FIKS School Bandung - Indonesia**  
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Physical activity is most important for educating the students. Sport is one of media to guide physical growth and development. According to Direktorat Jenderal Sport and Youth (1970) that, "Education and physical activity have been improved as health of physical and mental guideness way, for everybody in guidance of nation".

So, sport activity is needed as create Indonesian who is physical and mental health. It can be accomplished through sport activity as well as to create optimal achievement in all sport ( athletic, tennis, football, etc). However, the most important about pyhysical activity help to attain the goal of whole education.

The nature of education can effect personality, physical and mental ability of individual in school and out school. Sport is part of education, and via sport activity in school hopeful the students can obtain opportunity for doing physical activity in which make use for growth and development of physical, especially : skill, motor educability, and so on. However, all of activities are deseected for movement perfect.

To be able to give shape to physical education goals in school are very hard because they will meet constrains such as : time, equipment, toals, etc

that is limited. It is one of causes students not interested to participate on physical education in school, and if condition is permitted then just a little contribution of physical education.

To find good motor ability is necessary exercises and guidance aimed and organized, so the way out is to follow extra curricular activities or join the club of sport. One of them is FIKS. FIKS is one of tennis school in Bandung.

FIKS is an organization of sport. As an organization, FIKS has decided some program. To attain the goals, they must involve and cooperate on the school. FIKS is one of tennis school in Bandung, that FIKS has been for 26 year, eventhough without subsidy from goverment and just supporting from of students. One key of success because they can manage all of them as good as possible.

### **FIKS Tennis School Programe.**

The FIKS has many classes are : six for elementary level, one for intermediete level, and one level for advance.

Six elementary level devide to :

1. Level I A is beginner preparation class with student between 6 – 8 years old. Up to now they member in 27 people.
2. Level I B is beginner preparation class with students between 8 – 13 years old. Up to now they member in 38 people.
3. Level II is beginner class. Up to now they member in 27 people.

4. Level III is beginner secondary class. Up to now they member in 26 people.
  5. Level IV is middle class. Up to now they member in 27 people.
  6. Level V is middle secondary class. Up to now they member in 13 people.
- One level intermediete is NPP, and one level advance is CAMP.

For learning in every class is six months. After six months it will be test to decide the quality of students. For the students who have the quality of skill, every three months they can follow the test to decide grading class os special from the result of the test then the students who has graduated from this level (III, IV, or V). Placing the class is done by special tim. After finishing until level V, so the students who can't access to the next level, it will be given certificate. However the students who had a good quality of skill they will be accessed to the NPP group. The students have followed the NPP programe instruction, so the student will run to CAMP group. This group (NPP and CAMP) can be participated on many tournament event (national or international tournament).

Up to now the students who is the NPP group member in 27 people, and CAMP group member in 26 people. However member in teacher / instructor is 22 people and every class is handled by 3- 4 teacher / instructor.

FIKS Tennis school is one of tennis school that is in Indonesia. This school has student curriculum as well as teachers. They have knowledge and skill of tennis.

In addition, FIKS tennis school has resulted some tennis players in West Java and Indonesia. There is FIKS tennis school it is hoped some players will obtain opportunity doing, motor activities, technical, physical, mentally, and tactical.

All of that is hoped giving utility for growth and development. Therefore, the activities can help the government to attain of physical education goals.

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