

ABSTRACT

LEARNING *SIGEH PENGUNTEN* DANCE USE AN EXERCISE METHOD IN EXTRACURRICULAR ACTIVITIES IN STATE JUNIOR HIGH SCHOOLS 21 BANDAR LAMPUNG

By
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The problem in this research was how the learning outcome of *sigeh penguten* dance in extracurricular activities in state junior high school 21 Bandar Lampung using exercise method. This study aimed to describe the learning process in student activity with assessment and observation form of student learning process by using an exercise method and to find out the students learning outcomes in from of practice test after the learning process of *sigeh penguten* dance in extracurricular activities.

Data collecting techniques that were used were participant observation (participation), interviews, documentation, and practice. Exercise method is a way of teaching in which students carry out exercise activities, so that students have higher dexterity or skill than what has been learned. Learning outcomes of *sigeh penguten* dance by using an exercise method showed that the average of all aspects of *sigeh penguten* dance got a good criteria with an average percentage of 81%.

Keywords: Exercise method, learning *sigeh penguten* dance, assesment