DAFTAR ISI

HALAMAN

DAFTAR TABEL ........................................................................... xiv
DAFTAR GAMBAR ........................................................................ xv
DAFTAR LAMPIRAN ....................................................................... xvi

I. PENDAHULUAN

A. Latar Belakang ........................................................................... 1
B. Identifikasi Masalah ................................................................. 3
C. Rumusan Masalah ................................................................. 3
D. Tujuan Penelitian ................................................................. 4
E. Kegunaan Penelitian ............................................................. 4

II. TINJAUAN PUSTAKA

A. Kebugaran Jasmani ................................................................. 6
B. Komponen Kebugaran Jasmani ................................................ 8
C. Latihan Kelincahan ................................................................. 9
D. Tes Kesegaran Jasmani Indonesia (TKJI) ................................. 13
E. Norma TKJI ........................................................................ 26
F. Hipotesis ............................................................................. 27

III. METODOLOGI PENELITIAN

A. Jenis Penelitian ....................................................................... 28
B. Subyek Penelitian ................................................................. 29
C. Tempat dan Pelaksanaan Penelitian ....................................... 29
D. Proses Peningkatan Kebugaran ............................................. 30
E. Teknik Pengumpulan Data ..................................................... 31
F. Validnya Penelitian Tidakan Kelas ........................................ 37

IV. HASIL DAN PEMBAHASAN

A. Hasil Penelitian ..................................................................... 39
B. Pembahasan ......................................................................... 41
V. SIMPULAN DAN SARAN

A. Simpulan ........................................................................................................ 46
B. Saran .................................................................................................................. 46

DAFTAR PUSTAKA

LAMPIRAN
<table>
<thead>
<tr>
<th>Tabel</th>
<th>HALAMAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Norma Tes Kesegaran Jasmani Indonesia (untuk Putera dan Puteri)</td>
</tr>
<tr>
<td>2.</td>
<td>Norma Tes Lari 40 Meter Untuk Usia 10-12 Tahun</td>
</tr>
<tr>
<td>3.</td>
<td>Norma Tes Pull-Up Untuk Usia 10-12 Tahun</td>
</tr>
<tr>
<td>4.</td>
<td>Norma Tes Sit-Up Untuk Usia 10-12 Tahun</td>
</tr>
<tr>
<td>5.</td>
<td>Norma Tes Sit-Up Untuk Usia 10-12 Tahun</td>
</tr>
<tr>
<td>6.</td>
<td>Norma Tes Lari 600 Meter Untuk Usia 10-12 Tahun</td>
</tr>
<tr>
<td>7.</td>
<td>Peningkatan Kebugaran Jasmani Tiap Siklus</td>
</tr>
</tbody>
</table>
# DAFTAR GAMBAR

<table>
<thead>
<tr>
<th>Gambar</th>
<th>HALAMAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Lari Shuttle Run. ..................................................</td>
</tr>
<tr>
<td>2</td>
<td>Lari Zig Zag Run. ..................................................</td>
</tr>
<tr>
<td>3</td>
<td>Lapangan Bumerang. ..................................................</td>
</tr>
<tr>
<td>4</td>
<td>Start Lari 40 Meter. ..................................................</td>
</tr>
<tr>
<td>5</td>
<td>Cara Pegangan Gantung Angkat Tubuh Putra. ......................</td>
</tr>
<tr>
<td>6</td>
<td>Pelaksanaan Tes Angkat Gantung. ..................................</td>
</tr>
<tr>
<td>7</td>
<td>Cara Pegangan Angkat Gantung Putri. ............................</td>
</tr>
<tr>
<td>8</td>
<td>Pelaksanaan Angkat Gantung Putri. ................................</td>
</tr>
<tr>
<td>9</td>
<td>Pelaksanaan Tes Baring Duduk. .....................................</td>
</tr>
<tr>
<td>10</td>
<td>Tes Vertical Jump. ....................................................</td>
</tr>
<tr>
<td>11</td>
<td>Start Lari Jarak 600 Meter. ........................................</td>
</tr>
<tr>
<td>12</td>
<td>Finish Lari 600 Meter. ...............................................</td>
</tr>
<tr>
<td>Lampiran</td>
<td>Halaman</td>
</tr>
<tr>
<td>----------</td>
<td>---------</td>
</tr>
<tr>
<td>1</td>
<td>Surat Izin Penelitian dari FKIP Universitas Lampung...</td>
</tr>
<tr>
<td>2</td>
<td>Surat Izin Penelitian dari Kepala Sekolah SD Negeri 2 Sawah Brebes Kecamatan Tanjungkarang Timur........</td>
</tr>
<tr>
<td>3</td>
<td>Hasil Analisis Data Setiap Siklus........................</td>
</tr>
<tr>
<td>4</td>
<td>Photo Pelaksanaan Penelitian..............................</td>
</tr>
</tbody>
</table>