

ABSTRAK

PENGEMBANGAN PEMBELAJARAN BERBASIS *KIDS ATHLETICS* UNTUK MENINGKATKAN KETERAMPILAN MOTORIK SISWA SEKOLAH DASAR

Oleh

Bambang Haryono

Permasalahan yang ditemukan oleh peneliti dalam pembelajaran pendidikan jasmani di sekolah dasar masih rendahnya hasil belajar motorik peserta didik banyak yang belum mencapai kriteria ketuntasan minimum. Dari hasil studi pendahuluan yang dilakukan, pengetahuan guru PJOK dalam menerapkan model permainan yang tepat dalam proses pembelajaran masih terbatas. Penelitian ini bertujuan untuk menghasilkan pembelajaran berbasis permainan *kids athletic* untuk meningkatkan keterampilan motorik siswa Sekolah Dasar. Mengetahui kelayakan pembelajaran, serta mengetahui efektifitas pembelajaran berbasis permainan *kids athletic* yang dapat meningkatkan keterampilan motorik kasar siswa sekolah dasar kelas atas.

Penelitian ini menggunakan pendekatan penelitian dan pengembangan (R&D), yang mengadopsi penelitian pengembangan menurut sugiyono yaitu: (1) potensi dan masalah, (2) desain produk, (3) validasi, (4) revisi desain, (5) uji skala kecil, (6) revisi produk, (7) uji skala besar, (8) revisi produk, (9) uji operasional/efektivitas, (10) produk akhir. Instrumen yang digunakan yaitu: (1) wawancara; (2) skala nilai; (3) observasi. Teknik analisis data yang digunakan yaitu deskriptif kuantitatif.

Penelitian ini menghasilkan pembelajaran berbasis permainan *kids athletic* berisikan empat permainan, yaitu: (1) kanga escape, (2) jump prog, (3) lempar turbo, (4) formula one, dan buku panduan permainan. Peneliti tidak secara khusus mengembangkan media pembelajaran pada penelitian ini maka tidak dibutuhkan validasi media. Dari hasil analisis data penilaian para ahli materi dan guru PJOK, didapatkan skor rata-rata total nilai 77 atau 96,25% dari skor yang diharapkan, maka pembelajaran berbasis *kids athletics* ini sangat layak diterapkan dalam pembelajaran. Hasil uji efektifitas terdapat Nilai t-hitung: 6.24, Nilai t-tabel: 2.06 (pada taraf signifikan 5%) Dengan nilai t-hitung yang lebih besar dari t-tabel, dapat disimpulkan bahwa pembelajaran berbasis *Kids Athletics* memiliki pengaruh yang signifikan terhadap peningkatan keterampilan motorik siswa.

Kata kunci: Pembelajaran, Permainan *Kids Athletic*, Keterampilan Motorik

ABSTRACT

DEVELOPMENT OF LEARNING BASED ON KIDS ATHLETICS TO IMPROVE MOTOR SKILLS OF PRIMARY SCHOOL STUDENTS

By

Bambang Haryono

The problem found by researchers in physical education learning in elementary schools is still the low motor learning outcomes of many students who have not reached the minimum completeness criteria. From the results of the preliminary study conducted, PJOK teachers' knowledge in applying appropriate game models in the learning process is still limited. This research aims to produce kids athletic game-based learning to improve elementary school students' motor skills. Knowing the feasibility of learning, as well as knowing the effectiveness of learning based on kids athletic games which can improve the gross motor skills of upper elementary school students.

This research uses a research and development (R&D) approach, which adopts development research according to Sugiyono, namely: (1) potential and problems, (2) product design, (3) validation, (4) design revision, (5) small-scale testing, (6) product revision, (7) large scale test, (8) product revision, (9) operational/effectiveness test, (10) final product. The instruments used were: (1) interviews; (2) value scale; (3) observation. The data analysis technique used is quantitative descriptive.

This research resulted in kids athletic game-based learning containing four games, namely: (1) kanga escape, (2) jump prog, (3) turbo throw, (4) formula one, and a game guide book. Researchers did not specifically develop learning media in this research, so media validation was not needed. From the results of analysis of assessment data from material experts and PJOK teachers, an average total score of 77 or 96.25% of the expected score was obtained, so this kids athletics-based learning is very suitable to be applied in learning. The effectiveness test results show a t-count value: 6.24, t-table value: 2.06 (at a significance level of 5%) With a t-count value that is greater than the t-table, it can be concluded that Kids Athletics-based learning has a significant influence on improving students' motor skills.

Keywords: *Learning, Kids Athletic Games, Motor Skills*