

ABSTRAK

MENINGKATKAN HASIL BELAJAR LARI JARAK PENDEK MELALUI PENDEKATAN BERMAIN PADA PEMBELAJARAN PENJASORKES DI SMP ANGKASA

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Latar belakang: Berdasarkan observasi yang dilakukan peneliti di SMP Angkasa Kupang pada kelas VII saat melakukan pengamatan, siswa-siswi tersebut masih banyak mengalami kesulitan dalam menerima materi pembelajaran lari jarak pendek yang telah diajarkan oleh guru. Hal tersebut dikarenakan proses pembelajaran lari jarak pendek di SMP Angkasa Kupang yang terlalu monoton. Siswa hanya di suruh melakukan praktek lari jarak pendek kemudian langsung dinilai oleh guru. Dengan cara pembelajaran tersebut banyak siswa yang kurang antusias, kurang bersemangat dan cenderung sering melakukan praktek tanpa mengetahui teknik dasar dalam melakukan lari jarak pendek setelah itu selesai. Proses pembelajaran lari jarak pendek guru fokus dengan pembelajaran pada materi dan monoton sehingga belum adanya pendekatan pembelajaran bermain yang menekankan pada hasil belajar lari jarak pendek yang kurang maksimal.

Tujuan penelitian: Penelitian ini bertujuan untuk meningkatkan hasil belajar lari jarak pendek melalui pendekatan bermain pada pembelajaran penjasorkes di SMP Angkasa.

Metode penelitian: Penelitian ini merupakan jenis penelitian tindakan kelas dan ada empat tahapan penting dalam penelitian tindakan, yaitu perencanaan, pelaksanaan, pengamatan dan refleksi. Peneliti menggunakan 2 siklus

Hasil dan pembahasan: Berdasarkan hasil pelaksanaan tindakan berupa pembelajaran penjas pada materi lari jarak pendek. Hasil penelitian lari jarak pendek melalui pendekatan bermain memasukan bola kedalam kotak pada siswa kelas VII di SMP Angkasa Kupang di peroleh rata-rata ketercapaian pada siklus 1 sebesar 63,5, rata-rata pada siklus 2 sebesar 87,5.

Simpulan: Berdasarkan uraian diatas maka dapat disimpulkan bahwa melalui pendekatan bermain memasukan bola kedalam kotak pada pembelajaran lari jarak pendek dapat meningkatkan hasil belajar pada siswa kelas VII di Smp Angkasa Kupang tahun ajaran 2022/2023 sudah sangat meningkat.

Kata kunci: Meningkatkan; Hasil belajar; Lari jarak pendek; Pendekatan bermain

ABSTRACT

IMPROVING SHORT DISTANCE RUNNING LEARNING OUTCOMES THROUGH THE PLAY APPROACH IN PRIVATE VOCATIONAL SCHOOL LEARNING AT SMP ANGKASA

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Background : Based on observations made by researchers at Angkasa Kupang Middle School in class VII when making observations, these students still had many difficulties in accepting the short distance running learning material that had been taught by the teacher. This is because the learning process for short distance running at Angkasa Kupang Middle School is too monotonous. Students are only told to practice short distance running and then directly assessed by the teacher. With this learning method, many students are less enthusiastic, less enthusiastic and tend to practice more often without knowing the basic techniques of running short distances after it's finished. The teacher's short distance running learning process focuses on learning on the material and is monotonous, so there is no approach to learning to play. emphasizes the learning outcomes of short distance running which are less than optimal.

Research objectives : This study aims to improve the learning outcomes of short distance running through a play approach in physical education learning at Angkasa Middle School.

Research method : This research is a type of classroom action research and there are four important stages in action research, namely planning, implementing, observing and reflecting. Researchers use 2 cycles

Results and discussion : Based on the results of the implementation of the action in the form of physical education learning on short distance running material. The results of the short-distance running research using the basketball running approach to class VII students at SMP Angkasa Kupang obtained an average achievement in cycle 1 of 63.5, an average of 87.5 in cycle 2.

Conclusion : Based on the description above, it can be concluded that through the approach of playing basketball running in learning short distance running can improve learning outcomes for class VII students at Angkasa Kupang Middle School for the 2022/2023 school year.

Say key : *Increase; Learning Outcomes r ;Short distance running;Approach to play*