

ABSTRAK

PROSES PEMBELAJARAN SENAM LANTAI ROLL DEPAN PADA SISWA KELAS V SD GMT KUANINO I

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Latar belakang: Penelitian ini membahas tentang proses pembelajaran senam lantai roll pada siswa kelas V SD GMT Kuanino I

Tujuan Penelitian: Penelitian ini bertujuan untuk mendeskripsikan proses pembelajaran senam lantai roll depan pada siswa kelas V di SD GMT Kuanino I. penelitian ini menggunakan pendekatan kualitatif dengan metode deskriptif. Data dikumpulkan melalui observasi, wawancara dan dokumentasi. Subjek penelitian adalah 7 orang dan guru penjas orkes.

Hasil dan Pembahasan: Hasil penelitian menunjukkan bahwa proses pembelajaran senam lantai roll depan di sekolah SD GMT Kuanino I melibatkan beberapa tahapan, yaitu: (1) Tahap persiapan, meliputi pemanasan dan penjelasan materi; (2) Tahap pelaksanaan, meliputi latihan teknik roll depan dengan bimbingan guru; dan (3) Tahap penutup, meliputi evaluasi dan pendinginan. Guru menggunakan berbagai metode pembelajaran, seperti demonstrasi dan pemberian umpan balik. Siswa menunjukkan antusiasme dan motivasi yang tinggi dalam mengikuti pembelajaran. Namun, masih terdapat beberapa kendala dalam proses pembelajaran, seperti siswa takut-takut dalam melakukan teknik gerakan roll depan.

Simpulan: Berdasarkan uraian di atas, maka dapat disimpulkan bahwa dalam proses pembelajaran senam lantai roll depan sudah terstruktur sesuai tahapan demi tahapan. Dalam proses pembelajaran senam lantai roll depan di SD GMT Kuanino I yaitu: 1. Pendahuluan ada pemanasan dan Penjelasan materi/tujuan pembelajaran, 2. Inti pembelajaran ada demonstrasi gerakan dan latihan bertahap dan 3. Penutup ada pendinginan, evaluasi pembelajaran, pemberian tugas atau latihan mandiri dan motivasi dan penutup.

Kata kunci: Senam Lantai, Roll Depan, Proses Pembelajaran

ABSTRACT

FRONT ROLL FLOOR GYMNASTICS LEARNING PROCESS ON CLASS V STUDENTS OF GMIT KUANINO I PRIMARY SCHOOL

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Background: This research discusses the learning proces of floor roll exercise for fifth grade students at SD GMIT Kuanino I

Research Objectives: This research aims to describe the learning process of front roll floor exercise for class V students at SD GMIT Kuanino I. This research uses a qualitative approach with descriptive methods. Data was collected through observatio, interviews and documentation. The research subject were 7 physical education teachers orchestra.

Result and Discussion: The result of the research show that the process of learning front roll exercises at the GMIT Kuanino I Elementary School involves several stages, namely: (1) Preparation stage, including warm-up and explanation of the matarial: (2) Implementation stage, including practicing the front roll technique with guidance teacher; and (3) Closing stage, including evaluation and cooling. Teachers use various learning methods, such as demonstrations and providing feedback. Students show high enthusiasm and motivation in pariticipating in learning. However, there are still several obstacles in the learning process, such as students being afraid to carry out the front roll technique.

Conclusion: Based on the above explanation, it can be concluded that in the process of learning gymnastics, the front roll has been divided into stages. In the process of learning the front roll at SD GMIT Kuanino I, namely: 1. First, there is a warm-up and explanation of the material, learning objectives. 2. The core of learning is a demonstration of movements and gradual steps and 3. Second, there is a cool-down, evaluation of learning, giving there motivational and prestup exercises.

Keywords: Floor exercise, Front Roll, Learning Process.