

ABSTRAK

MENINGKATKAN KETERAMPILAN PEMBELAJARAN *ROLL* DEPAN MELALUI TGFU (*TEACHER GAMES FOR UNDERSTANDING*) PADA SISWA KELAS VII SMP NEGERI 20 KOTA KUPANG

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Latar Belakang: Penelitian Ini Membahas Tentang Proses Meningkatkan Keterampilan Pembelajaran *Roll* Depan Melalui Tgfu (*Teacher Games for Understanding*) Pada Siswa Kelas VII SMP Negeri 20 Kota Kupang

Tujuan Penelitian: Penelitian ini bertujuan untuk meningkatkan keterampilan pembelajaran *roll* depan melalui Tgfu (*Teacher Games for Understanding*) pada siswa Kelas VII SMP Negeri 20 Kota Kupang

Metode Penelitian: Penelitian ini merupakan Penelitian Tindakan Kelas (PTK). PTK terdiri atas empat tahapan dalam tiap langkah. (Perencanaan, pelaksanaan, pengamatan, dan refleksi).

Hasil dan Pembahasan: Hasil penelitian menunjukkan bahwa proses pembelajaran *roll* depan di Kelas VII SMP Negeri 20 Kota Kupang melibatkan beberapa tahap, 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 antusias dan motivasi yang tinggi dalam mengikuti pembelajaran. Namun, masih terdapat beberapa kendala dalam proses pembelajaran, seperti siswa masih takut dalam melakukan teknik gerakan *roll* depan.

Kata Kunci: *Roll* depan, tgfu, pembelajara

ABSTRACT

IMPROVING FORWARD ROLL LEARNING SKILLS THROUGH TGFU (TEACHER GAMES FOR UNDERSTANDING) IN GRADE VII STUDENTS OF SMP NEGERI 20 KUPANG CITY

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Background: This study discusses the process of improving forward roll learning skills through Tgfu (Teacher Games for Understanding) in class VII students of SMP Negeri 20 Kupang City.

Research Objective: This research aims to improve forward roll learning skills through Tgfu (Teacher Games for Understanding) in Class VII students of SMP Negeri 20 Kupang City.

Research Method: This research is a Classroom Action Research (CAR). CAR consists of four stages in each step. (Planning, implementation, observation, and reflection).

Results and Discussion: The results of the study showed that the forward roll learning process in Class VII of SMP Negeri 20 Kupang City involved several stages, namely: (1) Preparation stage, including warming up and explaining the material; (2) Implementation stage, including practicing the forward roll technique with teacher guidance; and (3) Closing stage, including evaluation and cooling down. The teacher used various learning methods, such as demonstrations and providing feedback. Students showed high enthusiasm and motivation in participating in the learning. However, there were still several obstacles in the learning process, such as students were still afraid to do the forward roll movement technique.

Keywords: Forward roll, tgfu, learning