

ABSTRAK

PEMBELAJARAN TEKNIK DASAR BULU TANGKIS PADA SISWA KELAS V SD NEGERI OTAN

Addy G.A.Koen¹, David Loba², Jimmy Ch Atty,³
Program Studi Pendidikan Jasmani, Kesehatan, dan Rekreasi, Fakultas Keguruan dan Ilmu
Pendidikan, Universitas Kristen Artha Wacana, Kupang, Indonesia
email. addygaledarisalkoen@gmail.com

Latar belakang: Penelitian ini membahas tentang pembelajaran teknik dasar bulu tangkis pada siswa kelas VI SD Negeri Otan

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui pembelajaran teknik dasar bulu tangkis pada siswa kelas VI SD Negeri Otan. 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 mengetahui pembelajaran teknik dasar bulu tangkis pada siswa kelas VI SD Negeri Otan melibatkan beberapa tahapan, yaitu: (1) Tahap persiapan, meliputi pemanasan dan penjelasan materi; (2) Tahap pelaksanaan, meliputi latih teknik teknik dasar bulu tangkis 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 tidak bisa melakukan teknik dasar bulu tangkis dengan baik dan benar.

Simpulan: Berdasarkan uraian di atas, maka dapat disimpulkan bahwa dalam proses pembelajaran teknik dasar bulu tangkis sudah terstruktur sesuai tahapan demi tahapan. Dalam proses pembelajaran bulu tangkis di SD Negeri Otan 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. Hasil pembelajaran teknik dasar bulu tangkis semuanya memenuhi kriteria tuntas, dapat dilihat dari hasil observasi penilaian teknik dasar bulu tangkis di SD Negeri Otan menggunakan kriteria ketuntasan minimal (KKM) 75, dari hasil penilaian dari 12 orang siswa semuanya mampu melakukan teknik dasar bulu tangkis dengan baik dan benar semua siswa memenuhi kriteria tuntas atau mendapat nilai 75 keatas.

Kata kunci: Teknik Dasar, Bulu Tangkis, Proses Pembelajaran

ABSTRACT

LEARNING BASIC BADMINTON TECHNIQUES FOR VICE-GRADE STUDENTS OF OTAN STATE ELEMENTARY SCHOOL

Addy G.A.Koen¹, David Loba², Jimmy Ch Atty³

Physical Education, Health, and Recreation Study Program, Faculty of Teacher Training and Education, Artha Wacana Christian University, Kupang, Indonesia
email. addygaledarisalkoen@gmail.com

Background: This study discusses the learning of basic badminton techniques for fifth-grade students of Otan State Elementary School.

Research Objective: This study aims to determine the learning of basic badminton techniques by fifth-grade students of Otan State Elementary School. This study used a qualitative approach with descriptive methods. Data were collected through observation, interviews, and documentation. The research subjects were 7 students and the physical education teacher of the orchestra.

Results and Discussion: The results of the study indicate that the learning process for fifth-grade students of Otan State Elementary School involves several stages, namely: (1) Preparation stage, including warm-up and material explanation; (2) The implementation stage, including practicing basic badminton techniques with teacher guidance; and (3) The 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 being unable to perform basic badminton techniques properly and correctly.

Conclusion: Based on the description above, it can be concluded that the process of learning basic badminton techniques has been structured according to the stages. In the badminton learning process at Otan State Elementary School, namely: 1. Introduction includes warming up and explanation of the material/learning objectives, 2. The core of the learning includes demonstrations of movements and gradual exercises and 3. Closing includes cooling down, learning evaluation, assignments or independent practice, motivation, and closing. The learning outcomes for basic badminton techniques met the completion criteria, as evidenced by observations of the assessment of basic badminton techniques at Otan State Elementary School using a minimum completion criterion (KKM) of 75. The study found that all 12 students were able to perform basic badminton techniques correctly and successfully, meeting the completion criteria, achieving a score of 75 or above.

Keywords: Basic Techniques, Badminton, Learning Process