

ABSTRAK

KETERAMPILAN *ROLL* DEPAN SENAM LANTAI PADA SISWA KELAS IV TAHUN AJARAN 2025/2026 DI UPTD SD NEGERI DANAU INA

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Latar belakang: Pendidikan jasmani merupakan bagian integral dari sistem pendidikan yang bertujuan mengembangkan kesehatan, kebugaran jasmani, keterampilan berpikir kritis, stabilitas emosional, keterampilan sosial, serta penalaran dan tindakan moral melalui aktivitas jasmani dan olahraga. Salah satu materi yang diajarkan di sekolah dasar adalah senam, khususnya senam lantai yang dilakukan di atas matras tanpa menggunakan alat dan melibatkan kemampuan motorik. Gerakan senam yang diajarkan salah satunya adalah *roll* depan. Berdasarkan hasil observasi di kelas IV UPTD SD Negeri Danau Ina, di mana pembelajaran senam lantai khususnya *roll* masih terbatas. Oleh karena itu, guru PJOK memodifikasi sarana yang ada agar pembelajaran tetap terlaksana dengan baik.

Tujuan penelitian: Untuk mendeskripsikan keterampilan *roll* depan senam lantai pada siswa kelas IV tahun Ajaran 2025/2026 di UPTD SD Negeri Danau Ina.

Metode penelitian: Penelitian ini menggunakan pendekatan kualitatif deskriptif dan Jenis penelitian yang digunakan yakni deskriptif, bertujuan untuk membuat pernyataan, deskripsi, secara sistematis, akurat dan berdasarkan fakta.

Hasil dan pembahasan: Berdasarkan hasil penelitian mengenai keterampilan *roll* depan pada siswa kelas IV UPTD SD Negeri Danau Ina, diketahui bahwa sebagian besar siswa telah mampu melakukan gerakan *roll* depan, meskipun masih terdapat beberapa kesalahan teknik. Dalam proses pembelajaran, guru menggunakan metode demonstrasi dan latihan, kemudian siswa mempraktikkannya. Hasil wawancara juga menunjukkan bahwa sebagian siswa masih merasa takut dan kurang percaya diri saat melakukan gerakan *roll* depan, sehingga faktor psikologis, kemampuan fisik, dan pengalaman latihan memengaruhi keterampilan siswa.

Simpulan: Pelaksanaan pembelajaran senam lantai materi *roll* depan pada siswa kelas IV di UPTD SD Negeri Danau Ina telah berjalan dengan baik. Sebagian besar siswa sudah mampu melakukan gerakan *roll* depan, meskipun masih terdapat beberapa kesulitan pada teknik gerakan. Selain itu Keterampilan siswa dipengaruhi faktor psikologis, keterbatasan latihan, serta kemampuan fisik. Oleh karena itu, peran guru sangat penting dalam memberikan bimbingan, contoh gerakan, dan motivasi agar keterampilan siswa dalam melakukan *roll* depan dapat meningkat.

Kata kunci: Pendidikan jasmani; senam lantai; *roll* depan;

ABSTRACT

Front Roll Floor Gymnastics Skills of Fourth Grade Students in the 2025/2026 Academic Year at UPTD SD Negeri Danau Ina

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Background: Physical education is an integral part of the educational system that aims to develop health, physical fitness, critical thinking skills, emotional stability, social skills, as well as reasoning and moral actions through physical activities and sports. One of the materials taught in elementary school is gymnastics, especially floor gymnastics performed on a mat without using equipment and involving motor skills. One of the gymnastics movements taught is the front roll. Based on observations conducted in the fourth grade at UPTD SD Negeri Danau Ina, floor gymnastics learning, especially the front roll, is still limited. Therefore, the physical education teacher modifies the available facilities so that the learning process can continue to run well.

Research objective: To describe the front roll skills in floor gymnastics of fourth grade students in the 2025/2026 academic year at UPTD SD Negeri Danau Ina.

Research method: This study uses a descriptive qualitative approach. The type of research used is descriptive, which aims to provide statements and descriptions in a systematic, accurate manner based on facts.

Result and discussion: Based on the results of the research on front roll skills of fourth grade students at UPTD SD Negeri Danau Ina, it was found that most students were able to perform the front roll movement, although some technical errors were still observed. In the learning process, the teacher used demonstration and practice methods, after which the students practiced the movement. The interview results also showed that some students still felt afraid and lacked confidence when performing the front roll movement, indicating that psychological factors, physical ability, and practice experience influence students' skills.

Conclusion: The implementation of floor gymnastics learning, particularly the front roll material for fourth grade students at UPTD SD Negeri Danau Ina, has been carried out well. Most students are able to perform the front roll movement, although some still experience difficulties with the correct technique. In addition, students' skills are influenced by psychological factors, limited practice, and physical ability. Therefore, the role of the teacher is very important in providing guidance, demonstrating the movements, and giving motivation so that students' skills in performing the front roll can improve.

Keyword: *Physical Education; Floor Gymnastics; Front Roll*