

ABSTRAK
TINJAUAN KEMAMPUAN GERAK DASAR SEPAK TAKRAW PADA
SISWA KELAS V DI UPTD SD INPRES NOELBAKI KABUPATEN
KUPANG”

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Penelitian ini bertujuan mendeskripsikan kemampuan gerak dasar sepak sila pada siswa kelas V di UPTD SD Inpres Noelbaki Kabupaten Kupang. Menggunakan pendekatan deskriptif kuantitatif dengan sampel seluruh 27 siswa melalui teknik sampling jenuh, data dikumpulkan lewat tes praktik yang dinilai dari sikap awal, pelaksanaan gerakan, dan sikap akhir. Hasil penelitian menunjukkan rata-rata kemampuan berada pada kategori cukup dengan nilai 73,41; rinciannya 3 siswa (11,11%) sangat baik, 9 siswa (33,33%) baik, 5 siswa (18,52%) cukup, dan 10 siswa (37,03%) kurang. Penguasaan belum optimal karena kesalahan pada posisi kaki, ketepatan perkenaan bola, dan keseimbangan, yang dipengaruhi pemahaman teknik, keterbatasan sarana, koordinasi gerak, serta intensitas latihan.

Kata kunci: kemampuan gerak dasar, sepak sila, siswa sekolah dasar

ABSTRACT

"BASIC MOVEMENT ABILITIES OF FOOTBALL IN GRADE V STUDENTS AT THE UPTD SD INPRES NOELBAKI, KUPANG REGENCY"

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This study aims to describe the basic movement ability of sepak sila among fifth-grade students at UPTD SD Inpres Noelbaki, Kupang Regency. Using a quantitative descriptive approach with all 27 students as samples through saturated sampling, data were collected via practical tests assessed on initial stance, movement execution, and final stance. The results show the average ability is in the adequate category with a score of 73.41; 3 students (11.11%) were in the excellent category, 9 students (33.33%) in the good category, 5 students (18.52%) in the adequate category, and 10 students (37.03%) in the poor category. Mastery is not yet optimal due to errors in foot position, ball contact accuracy, and balance, influenced by technical understanding, limited facilities, motor coordination, and practice intensity.

Keywords: basic movement ability, sepak sila, elementary school students