

ABSTRAK

MENINGKATKAN KETERAMPILAN SISWA DALAM SENAM LANTAI ROLL DEPAN MENGGUNAKAN METODE DEMONSTRASI DI SDN KALIGLAGAH 03

Ervin Andika Putra¹, Topo Yono², Ali Usman³

ABSTRAK : Tujuan penelitian untuk meningkatkan keterampilan senam lantai Roll Depan menggunakan metode demonstrasi. Penelitian ini menggunakan metode penelitian tindakan kelas (PTK) dengan 4 tahapan yaitu persiapan, pelaksanaan, evaluasi, dan refleksi. Pengambilan data menggunakan Triangulasi data yaitu menggabungkan beberapa sumber data untuk dijadikan satu data. Penggabungan data meliputi peneliti dan guru pamong. Kriteria penskoran dari nilai 1-4 melihat kriteria kesuksesan dalam suatu gerakan yaitu sikap awalan, sikap guling depan, sikap akhir. Subyek penelitian yaitu anak sekolah dasar kelas 4 berjumlah 30 siswa di SDN Kaliglagah 3. Instrumen penelitian meliputi lembar penilaian praktek, silabus dan rencana pelaksanaan pembelajaran (RPP). Data diperoleh dari hasil tes praktek sesuai dengan kriteria kesuksesan dan skala penskoran nilai 1-4. Berdasarkan hasil penelitian bahwa setelah diberikan tindakan dengan pelaksanaan metode 2 siklus menggunakan metode demonstrasi terlihat keseluruhan siswa dapat menuntaskan nilai belajar melebihi KKM yaitu 70 secara bertahap. Setiap siklus meliputi perencanaan, pelaksanaan, evaluasi, dan refleksi. Data yang dihasilkan dari gabungan penilaian 2 pengujian diperoleh nilai rata-rata pratindakan 59% ke siklus I 70% terjadi peningkatan sebesar 11% dan siklus I ke siklus II 80,5% peningkatan sebesar 10,5%. Maka dapat disimpulkan bahwa penerapan metode demonstrasi berpengaruh pada siswa.

Kata kunci : roll depan, senam lantai, demonstrasi

ABSTRACT : The research objective was to improve the Forward Roll floor gymnastic skills using the demonstration method. This study used a class action research method (CAR) with 4 stages, namely preparation, implementation, evaluation, and reflection. Data retrieval uses data triangulation, namely combining several data sources to become one data. The data aggregation includes researchers and tutors. The scoring criteria from a value of 1-4 looks at the criteria for success in a movement, namely initial attitude, forward roll attitude, final attitude. The research subjects were 30 grade 4 elementary school students at SDN Kaliglagah 3. The research instruments included practice assessment sheets, syllabus and lesson plans (RPP). The data were obtained from the results of practical tests in accordance with the success criteria and a scoring scale of 1-4. Based on the results of the research that after being given action by implementing the 2-cycle method using the demonstration method it can be seen that all students can complete the learning value exceeding the KKM, namely 70 gradually. Each cycle includes planning, implementation, evaluation, and reflection. The data generated from the combined assessment of the 2 testers obtained an average pre-action value of 59% for the first cycle of 70% an increase of 11% and from cycle I to cycle II 80.5% an increase of 10.5%. So it can be concluded that the application of the demonstration method has an effect on students.

Keywords : front roll, floor exercise, demonstration