

# **UPAYA MENINGKATKAN HASIL BELAJAR SENAM KETANGKASAN MELALUI AKTIVITAS PERMAINAN**

(Penelitian Tindakan Kelas Pada Siswa Kelas V SDN 2 Cisitu Bandung)

Sandi Kurniawan

1101527

## **Abstrak**

Masalah pada penelitian ini adalah rendahnya hasil belajar senam ketangkasan khususnya pada siswa di sekolah dasar. Metode penelitian dalam penelitian ini adalah Penelitian Tindakan Kelas. Penelitian Tindakan Kelas bertujuan untuk memperbaiki proses pembelajaran di kelas atau di lapangan khususnya pembelajaran senam ketangkasan melalui aktivitas permainan.

Penelitian ini terdiri atas tahap perencanaan tindakan, pelaksanaan tindakan, observasi, analisis dan refleksi. Penelitian ini dilakukan terhadap 39 orang terdiri dari 21 orang perempuan dan 18 orang laki-laki, siswa siswi kelas V SDN 2 Cisitu Bandung. Proses penelitian dibagi kedalam empat siklus, dan tiap siklus terdiri atas tiga tindakan. Data dikumpulkan dengan menggunakan observasi pada proses pembelajaran senam ketangkasan, serta menggunakan catatan lapangan. Semua data yang terkumpul dianalisis dengan menggunakan teknik prosentase dan rata-rata.

Hasil analisis data menunjukkan bahwa penerapan aktivitas permainan dapat meningkatkan hasil belajar senam ketangkasan siswa. Dari data yang dihasilkan menunjukkan adanya peningkatan hasil belajar senam ketangkasan siswa melalui aktivitas permainan untuk observasi awal rata-rata sebesar 54,21 %, pada siklus I sebesar 60,07%, siklus II sebesar 68,86%, siklus III sebesar 72,16%, dan terakhir siklus IV sebesar 76,19%.

***Kata kunci: hasil belajar, senam ketangkasan, aktivitas permainan***

**EFFORTS TO IMPROVE LEARNING OUTCOMES GYMNASTICS  
AGILITY ACTIVITIES THROUGH GAMES**

(Classroom Action Research In Grade V Students of SDN 2 Cisitu Bandung)

Sandi Kurniawan

1101527

**ABSTRACT**

*The problem in this research is to learn gymnastic agility low results, especially on students in primary schools. The research method used in this study is classroom action research. Class action research aims to improve the learning process in the classroom or in the field, in this case learning gymnastic agility through play activity. This study consisted of 5 stage which are action planning, action, observation, analysis and reflection. This study was conducted on 39 people, consisting of 21 females and 18 males, students of class V SDN 2 Cisitu Bandung. The research process is divided into four cycles, and each cycle consisting of three acts. Data was collected by using observation in the learning process gymnastic agility, as well as the use of field notes. All data were analyzed using the technique of percentage and average.*

*The results of data analysis showed that the application of game activity can improve the outcomes of students in learning gymnastic agility. From the data results shows an increase in student gymnastics agility learning outcomes through the game's initial observation activity by an average of 54.21%, where the first cycle scored 60.07%, 68.86% in the second cycle, 72.16 % for the third, and by 76.19% for the last cycle.*

***Keywords: learning outcomes, gymnastic agility, activity games***