

## ABSTRAK

Berdasarkan hasil observasi yang peneliti laksanakan terlihat bahwa siswa mengalami kebosanan dalam belajar serta siswa merasa jenuh dengan pembelajaran maka peneliti menulis skripsi ini dengan judul “Implementasi Aktivitas *Warming Up* Menggunakan Permainan Tradisional Terhadap Minat Belajar Siswa Dalam Pembelajaran Penjas” . Penelitian ini di laksanakan di SMA Negeri 1 Margaasih Kabupaten Bandung. Penelitian ini bertujuan untuk meningkatkan minat belajar siswa terhadap mata pelajaran Penjas. Permasalahan dalam penelitian ini adalah apakah Implementasi *Warming Up* Menggunakan Permainan Tradisional dapat Mengembangkan minat belajar siswa dalam Pembelajaran Penjas ?. Metode yang digunakan dalam penelitian ini adalah Penelitian Tindakan Kelas dengan menggunakan desain Kemmis dan Tc. Taggrat yang dilaksanakan dalam tiga siklus. Teknik pengumpulan data pada penelitian ini menggunakan catatan lapangan, instrument Angket minat belajar Penjas dan wawancara. Berdasarkan hasil penelitian yang telah dilaksanakan menunjukkan bahwa minat belajar siswa terhadap pembelajaran penjas meningkat, hal ini terbukti pada pra-siklus 6(14%) siswa dalam klasifikasi baik, 14(35%) siswa klasifikasi cukup, 23(53%) siswa klasifikasi kurang. Kemudian siklus pertama 9(21%) siswa klasifikasi baik, 16(37%) siswa klasifikasi cukup), 18(42%) siswa klasifikasi kurang. Kemudian pada siklus kedua yakni 21(49%) siswa klasifikasi baik, 15(35%) siswa klasifikasi cukup,7(16%) siswa klasifikasi kurang, ketiga yaitu terdapat 28(65%) siswa memiliki minat belajar penjas pada klasifikasi baik, 15(36%) cukup, dan 0(0%) atau tidak ada siswa kategori kurang. Berdasarkan perolehan data menunjukkan bahwa Minat belajar siswa telah meningkat dengan Implementasi *Warming Up* menggunakan Permainan Tradisional pada proses pembelajaran di kelas.

**Kata Kunci** : Minat Belajar Penjas, Permainan Tradisional, Penelitian Tindakan Kelas

Siska Afriansyah, 2017

IMPLEMENTASI AKTIVITAS WARMING UP MENGGUNAKAN PERMAINAN TRADISIONAL TERHADAP PENGEMBANGAN MINAT BELAJAR SISWA DALAM PEMBELAJARAN PENJAS

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## ABSTRACT

Based on the observation result conducted by the researcher, the students seemed to feel bored and saturated in learning process. Therefore, the researcher write this thesis entitled “The implementation of warming up activity by using traditional game towards students’ interests in learning physical education”. This research was conducted in SMA Negeri 1 Margaasih, Kabupaten Bandung. This research was aimed to improve students’ interests in learning physical education. The problem of this research was “does the implementation of warming up activity by using traditional game can improve students’ interests in learning physical education?”. The method used for this research was Classroom Action Research by using Kemmis and Tc.Taggrat design which was conducted in three cycle. The technique used for data collection were field notes, questionnaire of physical education learning interest, and interview. The results of the conducted research show that the students’ interests in learning physical education had improve. It was proven in the pre-cycle results which showed 6 students (14%) were in good classification, 14 students (35%) were in fair classification, 23 students (53%) were in bad classification. Then, the first cycle showed 9 students (21%) were in good classification, 16 students (37%) were in fair classification, 18 students (42%) were in bad classification. The second cycle showed 21 students (49%) were in good classification, 15 students (35%) were in fair classification, 7 students (16%) were in bad classification. And the third cycle showed 28 students (65%) were in good classification, 15 students (36%) were in fair classification, 0 students (0%) were in bad classification. The results show that the students’ learning interests had improve by the implementation of warming up activity by using traditional game in classroom learning process.

**Key word:** Physical Education Learning Interest, Traditional Game, Classroom Action Research