DAFTAR ISI

<table>
<thead>
<tr>
<th>Halaman</th>
<th>Laman</th>
</tr>
</thead>
<tbody>
<tr>
<td>i</td>
<td>LEMBAR PERNYATAAN</td>
</tr>
<tr>
<td>ii</td>
<td>ABSTRAK</td>
</tr>
<tr>
<td>iv</td>
<td>KATA PENGANTAR</td>
</tr>
<tr>
<td>v</td>
<td>UCAPAN TERIMA KASIH</td>
</tr>
<tr>
<td>vii</td>
<td>DAFTAR ISI</td>
</tr>
<tr>
<td>x</td>
<td>DAFTAR GAMBAR</td>
</tr>
<tr>
<td>xi</td>
<td>DAFTAR TABEL</td>
</tr>
</tbody>
</table>

BAB I
PENDAHULUAN ................................................................. 1

A. LATAR BELAKANG MASALAH ........................................... 1
B. RUMUSAN MASALAH .................................................... 5
C. TUJUAN PENELITIAN .................................................... 5
D. MANFAAT PENELITIAN .................................................. 5
E. STRUKTUR ORGANISASI ............................................... 6

BAB II
KAJIAN PUSTAKA, KERANGKA BERPIKIR, DAN HIPOTESIS .......... 7

A. KAJIAN PUSTAKA ........................................................... 7
   1. Hakikat Pendidikan Jasmani ..................................... 7
   2. Hakikat Pembelajaran ............................................. 9
   3. Hakikat Modifikasi ................................................. 10
   4. Hakikat Pembelajaran Senam ................................. 12
      4.1 Senam Lantai ............................................... 13
         4.1.1 Berguling .............................................. 13
4.1.2 Sikap Lilin .................................................. 14

4.1.3 Headstand .................................................. 14

4.1.4 Handstand .................................................. 15

B. LANDASAN TEORITIS ........................................ 15
   1. Kerangka Berpikir ........................................... 15
   2. Hipotesis Tindakan .......................................... 16

BAB III
METODE PENELITIAN ........................................... 18

A. JENIS DAN RANCANGAN PENELITIAN .................... 18
B. PARTISIPAN .................................................... 20
C. POPULASI DAN SAMPEL PENELITIAN .................... 21
D. INSTRUMEN PENELITIAN ..................................... 21
E. RENCANA TINDAKAN PENELITIAN .......................... 25
   1. Tahap Perencanaan ......................................... 25
   2. Tahap Pelaksanaan Tindakan .............................. 26
   3. Tahap Pengamatan atau Observasi ....................... 26
   4. Tahap Analisis dan Refleksi ............................... 26
F. TEKNIK PENGOLAHAN DAN ANALISIS DATA ............ 27
G. VALIDITAS DATA ................................................. 28

BAB IV
HASIL DAN PEMBAHASAN PENELITIAN .................... 30

A. Pelaksanaan Observasi Awal ................................. 30
   1. Hasil Data Observasi Awal ................................ 30
   2. Analisis dan Refleksi ....................................... 31
B. Hasil Penelitian ................................................ 32
BAB V
KESIMPULAN DAN SARAN ............................................. 46

A. SIMPULAN ................................................................. 46
B. IMPLIKASI ................................................................. 46
C. REKOMENDASI .......................................................... 46

DAFTAR PUSTAKA

LAMPIRAN-LAMPIRAN

RIWAYAT HIDUP