

**PENGARUH MODEL PEMBELAJARAN DAN *MOTOR ABILITY*
TERHADAP HASIL BELAJAR KETERAMPILAN
BERMAIN BOLABASKET**

(Study Eksperimen pada Siswa SMPN 1 Solokanjeruk Kabupaten Bandung)

TESIS

*Diajukan untuk memenuhi sebagian dari
Syarat memperoleh Gelar Magister Pendidikan
Program Studi Pendidikan Olahraga*



Disusun oleh:

Dara Sopyan

1502526

**PROGRAM STUDI PENDIDIKAN OLAHRAGA
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA
2019**

**PENGARUH MODEL PEMBELAJARAN DAN *MOTOR ABILITY*
TERHADAP HASIL BELAJAR KETERAMPILAN
BERMAIN BOLABASKET**

(Study Eksperimen pada Siswa SMPN 1 Solokanjeruk Kabupaten Bandung)

Oleh
Dara Sopyan

Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat
memperoleh gelar Magister Pendidikan (M.Pd.) pada Program Studi
Pendidikan Olahraga, Sekolah Pascasarjana

© Dara Sopyan 2019
Universitas Pendidikan Indonesia
Agustus 2019

Hak Cipta dilindungi undang-undang.
Tesis ini tidak boleh diperbanyak seluruhnya atau sebagian,
dengan dicetak ulang, difoto kopi, atau cara lainnya tanpa ijin dari penulis

LEMBAR PENGESAHAN

Dara Sopyan

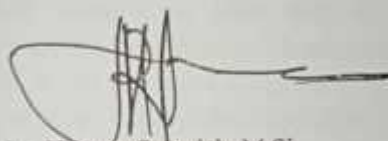
1502526

**PENGARUH MODEL PEMBELAJARAN DAN *MOTOR ABILITY*
TERHADAP HASIL BELAJAR KETERAMPILAN BERMAIN
BOLABASKET**

(Study Eksperimen pada Siswa SMPN 1 Solokanjeruk Kabupaten Bandung)

DISETUJUI DAN DISAHKAN OLEH :

Pembimbing I



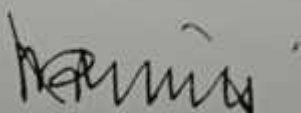
Prof. Dr. Herman Subarjah, M.Si.
Nip. 196009181986031003

Pembimbing II



Dr. Agus Mahendra, M.A.
Nip. 196308241989031002

Mengetahui,
Ketua Prodi Studi Pendidikan Olahraga



Dr. Amung Ma'mun, M.Pd.
Nip. 196001191986031002

PERNYATAAN KEASLIAN TESIS

Dengan ini saya menyatakan bahwa tesis dengan judul “Pengaruh Model Pembelajaran dan Motor Ability Terhadap Hasil Belajar Keterampilan Bermain Bolabasket” ini beserta seluruh isinya adalah benar-benar karya saya sendiri. Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung resiko/sanksi apabila dikemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

Bandung, Agustus 2019
Penulis,

Dara Sopyan

ABSTRAK

PENGARUH MODEL PEMBELAJARAN DAN *MOTOR ABILITY* TERHADAP HASIL BELAJAR KETERAMPILAN BERMAIN BOLA BASKET

Dara Sopyan

Prodi Pendidikan Olahraga, Sekolah Pascasarjana, Universitas Pendidikan Indonesia.

Penelitian ini membahas tentang model pembelajaran yang menggunakan model pembelajaran *TGfU* dan *Direct Instruction* dengan *Motor Ability* serta pengaruhnya terhadap hasil belajar keterampilan bermain bolabasket siswa SMPN 1 Solokanjeruk. Metode penelitian yang digunakan adalah eksperimen dengan desain Faktorial 2x2. Sampel yang digunakan berjumlah 40 orang yang tersebar ke dalam 4 kelompok. Instrumen yang digunakan untuk mengukur tingkat *Motor Ability* adalah *Barrow Motor Ability Tes* dan *Game Performance Assessment Instrument* (GPAI) untuk mengukur keterampilan bermain. Setelah melalui hasil pengolahan dan analisis data dengan menggunakan Anava dan uji lanjut model Tukey diperoleh informasi sebagai berikut: 1) Model pembelajaran *TGfU* dan *Direct Instruction* memberikan pengaruh terhadap hasil belajar keterampilan bermain bolabasket. 2) Model pembelajaran *TGfU* lebih bagus terhadap hasil belajar keterampilan bermain bolabasket pada siswa yang memiliki tingkat *Motor Ability* tinggi. 3) Model pembelajaran *Direct Instruction* lebih bagus terhadap hasil belajar keterampilan bermain bolabasket pada siswa yang memiliki tingkat *Motor Ability* rendah. 4) Terdapat interaksi antara model pembelajaran dan memberikan perbedaan pengaruh terhadap hasil belajar keterampilan bermain bolabasket. Berdasarkan hal tersebut, dapat ditarik kesimpulan bahwa kedua model pembelajaran menjadi hal penting, karena berpengaruh terhadap hasil belajar keterampilan bermain bolabasket. Namun demikian kedua model pembelajaran tersebut dipengaruhi oleh tingkat *Motor Ability* dimana pada tingkat motor *Motor Ability* tinggi model pembelajaran *TGfU* lebih baik akan tetapi terjadi sebaliknya pada tingkat *Motor Ability* rendah model pembelajaran *Direct Instruction* lebih baik terhadap hasil belajar keterampilan bermain bolabasket.

Kata Kunci: model pembelajaran, *motor ability* keterampilan bermain bolabasket

ABSTRACT

INFLUENCE OF LEARNING MODEL AND MOTOR ABILITY TO LEARNING RESULT OF BASKET BALL PLAYING

Dara Sopyan

Sport Education Study Program, School of Postgraduate Studies, Universitas Pendidikan Indonesia, Bandung, Indonesia

This research discusses the learning model using TGfU and Direct Instruction learning model with Motor Ability and its effect on the learning result of basketball student's high school playing skill. The research method used is experiment with 2x2 Factorial design. Instruments used to measure Motor Ability rates are Barrow Motor Ability Tests and Game Performance Assessment Instruments (GPAI) to measure playing skills. After going through the results of processing and data analysis using Anava and further test the Turkish model obtained information as follows: 1) TGfU and Direct Instruction learning model influence on learning outcomes basketball playing skills. 2) TGfU learning model is better on the learning outcomes of basketball playing skills in students who have high Motor Ability level. 3) Direct Instruction learning model is better on learning outcomes of basketball playing skills in students who have low Motor Ability level. 4) There is an interaction between the learning model and that gives the rural influence on the learning outcomes of bolabasket playing skills. Based on these results, it can be concluded that the learning model TGfU and Direct Instruction becomes important, because it affects the learning outcomes of basketball playing skills. Nevertheless, both learning models are influenced by Motor Ability level where Motor Motor Ability level of higher learning model TGfU is better but going the opposite at Low Motor Ability level of Direct Instruction learning model is better on the learning result of basketball playing skills.

Keyword: learning model, motor ability, basketball playing skills

DAFTAR ISI

	Halaman
BAB I. PENDAHULUAN	
A. Latar Belakang Masalah	1
B. Rumusan Masalah	9
C. Tujuan Penelitian	9
D. Manfaat Penelitian	10
E. Struktur Penulisan	11
BAB II. KAJIAN TEORITIS	
A. Konsep Model Pembelajaran	13
1. Model <i>Teaching Games for Understanding (TGfU)</i>	14
2. Model Pembelajaran <i>Direct Instructions</i>	19
B. <i>Motor Ability</i>	24
C. Hasil Belajar	27
D. Keterampilan Bermain Bolabasket	34
E. Penelitian yang Relevan	40
F. Keterkaitan antar Variabel.....	42
G. Kerangka Berfikir	43
H. Hipotesis Penelitian	44

BAB III. METODE PENELITIAN

A. Metode Penelitian	45
B. Desain Penelitian	45
C. Lokasi, Populasi, Teknik Sampling dan Sampel Penelitian .	48
D. Definisi Operasional	50
E. Instrumen Penelitian	52
F. Prosedur Penelitian	58
G. Teknik Pengumpulan Data.....	61
H. Analisis Data.....	61

BAB IV. HASIL DAN PEMBAHASAN

A. Hasil Penelitian	65
B. Pembahasan	71

BAB V KESIMPULAN, IMPLIKASI DAN REKOMENDASI

A. Kesimpulan	82
B. Implikasi	83
C. Rekomendasi.....	83

DAFTAR TABEL

	Halaman
Tabel 3.1 Desain Penelitian Faktorial 2x2	47
Tabel 3.2 Sampel Kelompok Penelitian	47
Tabel 3.3 Jumlah Sampel Representatif	49
Tabel 3.4 Komponen Instrumen GPAI	55
Tabel 3.5 Komponen yang Digunakan dalam Penelitian	56
Tabel 3.6 Penilaian Instrumen GPAI	57
Tabel 3.7 Cara Penilaian Instrumen GPAI	57
Tabel 3.8 Skenario Pembelajaran	60
Tabel 4.1 Deskripsi Data Penelitian	65
Tabel 4.2 Hasil Uji Normalitas	66
Tabel 4.3 Rangkuman Hasil Uji Homogenitas	67
Tabel 4.4 Rangkuman Hasil Uji Anova Dua Jalur	68
Tabel 4.5 Rangkuman Hasil Uji <i>Post-hoc Motor Ability</i> Tinggi	69
Tabel 4.6 Rangkuman Deskripsi Data Kelompok <i>Motor Ability</i> Tinggi	69
Tabel 4.7 Rangkuman Hasil Uji <i>Post-hoc Motor Ability</i> Rendah	70
Tabel 4.8 Rangkuman Deskripsi Data Kelompok <i>Motor Ability</i> Rendah	70

DAFTAR GAMBAR

	Halaman
Gambar 2.1 <i>Model Teaching Games for Understanding</i>	16
Gambar 2.2 Lapangan Bolabasket	36
Gambar 3.1 Alur Penelitian.....	59

DAFTAR LAMPIRAN

Lampiran 1 Skenario Model <i>Teaching Games for Understanding</i>
Lampiran 2 Skenario Model <i>Direct Instruction</i>
Lampiran 3 Instrumen <i>Motor Ability</i>
Lampiran 4 Instrumen GPAI.....
Lampiran 5 Hasil Uji Statistik.....
Lampiran 6 Paper Publikasi
Lampiran 7 Pengantar Penelitian
Lampiran 8 Dokumentasi Kegiatan

DAFTAR PUSTAKA

- Ahmadi, N. (2007). *Permainan Bola Basket*. Era Intermedia.
- Aufan, A.M.A. (2011). *The Effect of Direct Instruction Strategy on Math Achievement of International Education Studies* Vol. 4, No. 4 , 199-205
- Balakrishnan, M., Rengasamy, S. & Aman, M.S. (2011). *Effect of Teaching Games for Understanding Approach on Student,s Cognitive Learning Outcome*. World Academy of Science, Engineering and Technology, 77(5), 961-963.
<https://doi.org/10.1017/CBO9781107415324.004>
- Barrow. (2001). *A Partical Approach to Measurement in Physical Education*. Newyork: prentice
- Bloom, B. Singer. (1979). *Axonomy of Educational OBJECTIVE*. New york: Longman
- Bloom, B. Singer. (1956). *Taxonomy of Educational, The Classification of Educational Goals, Hand Book 1: Cognitive Domain*. USA: Longman Inc. Longmans, Green and Co LTD (1st ed., Vol. 16, p. 207). London: Longmans, Green and Co LTD.
https://doi.org/10.1300/J104v03n01_03
- Blomqvist, M., Luhtanen, P. & Laakso, L. (2001). “*Comparison of Two Types of Instruction in Badminton*”. *Journal of Teaching in Physical Education*. 1996, Vol. 15 No. 4 pp. 439-463
- Bower, G.H. & Ernest, R.H. (1981). *Theories of Learning*. America: Prentice-Hall, Inc.
- Brooker, R., Kirk, D., Braiuka, S. & Bransgrove, A. (2000). *Implementing a Gamne Sense Approach to Teaching junior High Scool Basketball in a Naturalistic Setting./L’enseignement du Basketball Dans Les Colleges d’enseignement Secondaire: Encourger le Sens Du Jeu Dans un Cadre Naturel*. *European Physical Education Review*, 6(1), 7-26. Rereived from <http://articles.sirc.ca/search.cfm?id=S-162752%0Ahttp://search.ebscohost.com/login.aspx?direct=true&db=s3h&Alive%0Ahttp://www.sagepub.co.uk>

Buchori, A., Setyosari, P., Dasna, I.W., Ulfa, S., Degeng, I.N.S. & Sa, C. (2017) *Effectiveness of Direct Instruction Learning Strategy Assisted by Mobile Augmented Reality and Achievement Motivation of Student Cognitive Learning Result*, 13 (9), 137-144.

<https://doi.org/10.5539/ass.v13n9p13>

Bunker, D. & Thorpe, R. (1982). *A Model for the Teaching of Games Secondary School in Bulletin of Physical Education*, Volume 18 No 1, Spring 1982.

Bunker, D. dkk. (1996). *Teaching Games for Understanding: Evolution of a model*.<http://search.proquest.com/docview/215770101?accountid=13771>

Burton, A.W. & Miller, D.E. (1998). *Movement skill assessment*. Champaign, IL: Human Kinetics.

Butler, J.I. (2005). *TGFU and pedagogy: Old dogs, new tricks and puppy school*. *Physical Education & Sport Pedagogy* 10, no. 3: 225–40
[http://doi: 10.1080/17408980500340752](http://doi:10.1080/17408980500340752)

Callahan, Joseph F., Leonard H. Clark. (1983). *Foundation of Education*. New York: Macmillan Publishing Company Inc.

Cano, J., Garton, B.L. & Raven, M.R. (1992). *Learning Styles, Teaching Styles And Personality Styles Of Preservice Teachers Of Agricultural Education*. *Journal of Agricultural Education*, 33 (1), 46-52.
<https://doi.org/10.5032/jae.1992.01046>

Clemente, F., Filipe, R. & Korhaokar, A. (2012). *Original Article Teaching Physical Education : The Usefulness of the Teaching Games for Understanding and the Constraints-led Approach JPES*. *Journal of Physical Education and Sport*, 12 (4), 417-426.

Chow, J., Davids, K., Button, C., Rick, Shuttleworth., Ian, Renshaw. & Duarte. (2007). *“The Role of Nonlinear Pedagogy in Physical Education”*.

<https://doi.org/10.3102/003465430305615>

Departement of Education Melbourn. Australia (2009)

Department of Education. Victoria (1996)

- Eka, G., Darmwan, B., Pendidikan, J., Olahraga, K. & Ganesha, U.P. (2013). *Perbedaan Pengaruh Metode Latihan dan Kemampuan Gerak (Motor Ability) Terhadap Peningkatan Keterampilan Menembak (Jump Shoot)*. Jurnal Sains Dan Teknologi, 2(2), 238-243
- Feith, J. (2017). *Game Category: Invations Games*. Retrieved from <https://files.eric.ed.gov>
- FIBA. (2010). *Peraturan Resmi Bola Basket Bandung: FPOK UPI*.
- Fhortfoft, T., Annelie, dkk. (2014). *The Effect of Direct Instruction Teaching Prosedures to Basic Skills to Srudents with Disability*. America Gonzaga Departement of Special Education Gonzaga University, Jurnal of Educational Research.
- Fraenkel, J.P. & Wallen N.E. (2006). *How to Design and Evaluate Research in Education* (Eight Edition). New York: McGraw Hill Companies.
- Fraenkel, J.P. & Wallen N.E. (2008). *How to Design and Evaluate Research in Education* (Eight Edition). New York: McGraw Hill Companies.
- Fraenkel, J.P. & Wallen N.E. (2012). *How to Design and Evaluate Research in Education* (Eight Edition). New York: McGraw Hill.
- Fujii, dkk. (2014). *Reaction to Changing Directions for Skilled Basketball Defenders but not Linked with Specialised Anticipation*". Superior. Volume 14, Issue 3, Pages 209-216
- Gallahue, David L. (1989). *Understanding Motor Development; Infants, Children, Adolescents*. Benchmark Press Inc Indiana.
- Gray, S. & Sproule, J. (2011). *Developing Pupils' Performance in Team Invasion Games*. *Physical Education and Sport Pedagogy*, 16(1), 15-32. <https://doi.org/10.1080/17408980903535792>
- Griffin, Linda L., Mitchell, Stephen A., Oslin, Judith L. (1997). *Teaching Sport Concepts and Skills: A tactical Games Approach*. Champaign, Illinois.
- Harsono. (2001). *Latihan Kondisi Fisik*. Bandung: Senerai Pustak.
- Hopper, T. (2002). *Teaching Games for Understanding: The Importance of Student Emphasis over Content Emphasis*. *Journal of Physical Education, Recreation & Dance*, 73(7), 44-48.

<https://doi.org/10.1080/07303084.2002.10607847>

- Ianovici, E. & Weissblueth, E. (2016). *Effects of learning strategies, styles and skill level on closed and semi-open motor skills acquisition*. *Journal of Physical Education and Sport*, 16(4), 1169–1176. <https://doi.org/10.7752/jpes.2016.04187>
- Joyce, B., Marsha, W. & Calhoun, E. (2009). *Models of Teaching (Mode-model Pembelajaran Edisi Kedelapan)*. Yogyakarta: Pustaka Belajar
- Juliantine. dkk. (2010). *Model-model Pembelajaran Pendidikan Jasmani*. FPOK. Bahan Ajar. Bandung: FPOK UPI.
- Juliantine. dkk (2013). *Model-model Pembelajaran Pendidikan Jasmani*. FPOK. Bahan Ajar. Bandung: FPOK UPI.
- Kirk, D. & MacPhail, A. (1982): *Teaching Games for Understanding and Situated Learning: Rethinking the Bunker-Thorpe Model*. <http://doi.org/10.1123/jtpe.21.2.177>.
- Klara, Gubacs-Collins. (2007). *Implementing a tactical approach through action research*. *Physical Education and Sport Pedagogy*, 12:2, 105-126. <https://dx.doi.org/10.1080/17408980701281987>.
- Lutan, Rusli. (1988). *Belajar Keterampilan motorik: Pengantar Teori dan Metode*. Jakarta: Departemen Pendidikan dan Kebudayaan Direktorat Jenderal Pendidikan Tinggi Proyek Pengembangan Lembaga Pendidikan Tenaga Kependidikan.
- Lutan, Rusli. (2005). *Teori Belajar Kemampuan Motorik: Konsep dan Penerapannya*. Program Pasca Sarjana Universitas Pendidikan Indonesia. Departemen Pendidikan Indonesia.
- Ma, K., Michalski, R., Stodo, J., Rausavljevi, N. & Milan, C. (2015). *The Relationship between Selected Motor Ability Determinants and Anthropometric Characteristic in Adolescent Athletes from Various Sport*, 39, 139-145.
- MacPhail, A., Kirk, D. & Griffin, L. (2008). *Throwing and Catcing as Relational Skill in Game Play: Situated Learning in a Modified Game Unit*. *Journal of Teaching in Physical Education*, 27(1), 100-115.

<http://doi.org/10.1080/00336297.1994.10484123>.

Mahendra, Agus. & Sucipto. (2008). *Model-Model Pendekatan Pembelajaran Penjas*. Bandung: FPOK Universitas Pendidikan Indonesia.

Maksum, Ali. (2012). *Metodologi Penelitian dalam Olahraga*. Surabaya: Unesa University Press.

Memmert, D. & Harvey, S. (2008). *The Game Performance Assesment Instrument (GPAI): Some Concerns and Solutions for Further Development*. *Journal of Teaching in Physical Education*, 27(2), 220-240

<https://doi.org/10.1123/jtpe.27.2.220>.

Metzler, M.W. (2000). *Instructional Models for Physical Education*. Boston, MA: Allyn and Bacon.

Metzler, M.W. (2002). *The Relationship Between Mathematics Preparation and Conceptual Learning Gain in Physics: A Possible "Hidden Variable" in Diagnostic Pretest Scores*. *American Journal Physics*, Vol 70 (12), 27

Nathan, S. (2015). *Coaching school hockey in Malaysia: A exploratory analysis and effect of improvised TGfU pedagogical model on small sided game play*. *Journal of Physical Education and Sport*, 15(4), 712–723. <https://doi.org/10.7752/jpes.2015.04109>.

Nurhasan. (2007). *Modul Tes dan Pengukuran Keolahragaan*. Universitas Pendidikan Indonesia: FPOK

Oslin. dkk. (1998). *The Game Performance Assesment Instrument (GPAI): Development and Preliminary Validation*. *Journal of Teaching in Phisycal Education*: Vol 17 (231-243)

<https://doi.org/10.1123/jtpe.17.2.231>

Pham, Huang. (2011). *Theory-Based Instructional Models Applied in Classroom Contexts*. *Literacy Information and Computer Education Journal (LICEJ)*. Vol. 2. No. 2. , 406-415.

Rink, J. (1996). *Tactical and Skill Approaches to Teaching Sport and Games*. *Journal of Teaching in Physical Education*, 15(4), 397-398.

<https://doi.org/101123/itpe.15.4.397>

- Romiszowski. (1981). *Designing Instrucsional System*. Newyork: Nicholas Publishing
- Ronglan, L.T. & Ertesvag, V. (2015). *Becoming a Team Players Learning Outcomes from Implementing a Team-Based TGfU Unit in High School*. *Journal of Physical Education and Sport Management*, 2(1), 51-70.
<https://doi.org/10.15640/jpesm.v2la>.
- Schmidt, R.A. & Wrisberg, C.A. (2000). *Motor Learning and Performance (Second Edition)*. Human Kinetics:USA.
- Sheppares, J. (2003). *Teaching Games for Understanding From in The Physical Education and Intramural Clipboard*. *Quality Daily Physical Education* (pp.1-9)
- Skills, M. (2010). *Specificity and Variabilty of Practice, and Contextual Interference in Acquisition an Transfer of an Underhand Volleyball serve 1*, 298-312.
<https://doi.org/10.2466/PMS.110.1.298.312>
- Solihatin, E. & Raharjo. (2011). *Cooperative Learning Analisis Model Pembelajaran IPS*. Jakarta Bumi Aksara
- Stephen, Harvey. & Christopher, Gittins. (2014). *Effects Of Integrating Video-Based Feedback Into A Teaching Games For Understanding Soccer Unit*.
<https://researchgate.net/publication/29173990>
- Stolz, S. & Pill, S. (2014). *Teaching games and sport for understanding: Exploring and reconsidering its relevance in physical education*. *European Physical Education Review*.
<https://doi.org/10.1177/1356336X13496001>
- Sucipto, dkk. (2010). *Permainan Bola Basket*. Bandung: FPOK UPI
- Sudjana, Nana. (2005). *Dasar-dasar Proses Belajar Mengajar*. Bandung. Sinar Baru Algensindo

- Suherman, Adang. (2003). *Dasar-dasar Penjaskes*. Jakarta : Departemen Pendidikan Nasional Direktorat Jenderal Pendidikan Dasar dan Menengah Bagian Proyek Penataran Guru SLTP Setara D-III.
- Sugiyono. (2004). *Metode Penelitian*. Bandung Alfabetas
- Sugiyono. (2008). *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Bandung Alfabeta
- Sugiyono. (2010). *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Bandung Alfabeta
- Treagust, D.F., Chittleborough, G. & Mamiala, T.L. (2010). *International Journal of Students Understanding of the Role of Scientific Model in Learning Science*.
<https://doi.org/10.1080/09500690110066485>
- Turner, Adrian P., Martinek, Thomas J. (1999). *An Investigation Into Teaching Games for Understanding: Effects on Skill, Knowledge, and Game Play*.
<http://search.proquest.com.ezproxy.ugm.ac.id/docview/218538753/13838AA808D22CF50FA/1?accountid=13771>.
- Ungerleider, L.G., Doyon, J. & Karni, A. (2002) *Imaging Brain Plasticity During Motor Skill Learning*. *Neurobiology of Learning and Memory*, 78(3)553-564.
<https://doi.org/10.1006/nlme.2002.4091>
- Universitas Pendidikan Indonesia. (2015). *Pedoman Penulisan Karya Ilmiah*. Bandung :Sekolah PascaSarjana. Universitas Pendidikan Indonesia.
- Verducci, F.M. (1980). *Measurement Concept in Physical Education*, st.louis:n Mosby company.
- Werner, P., Thrope, R., & Bunker (1996). *Teaching Games for Understanding. Evolution of a Model*. *Journal of Physical Education. Recreation & Dance*,67(1), 28-33.
<https://doi.org/10.1080/07303084.1996.10607176>
- Wingkel, W.S. (1996) *Psikologi Pendidikan*, Jakarta: Gramedia

- Wulf, G., Shea, C. & Lewthwaite, R. (2010). *Motor Skill Learning and Performance: a Review of Influential Factors*. *Medical Education*, 44 (1), 75-84.
<https://doi.org/10.1111/j.1365-2923.2009.03421.x>
- Yudiana. dkk. (2013). *Model-model Pembelajaran Pendidikan Jasmani*. Universitas Pendidikan Indonesia: FPOK
- Zingerevich, C., Greiss-Hess, L., Lemons-Chitwood., Harris, S. W., Hessler, D., Cook, K. & Hagerman, R.J. (2009). *Motor Abilities of Children Diagnosed with Fragile X Syndrome with and without Autism*. *Journal of Intellectual Disability Research*, 53(1) 11-18.
<https://doi.org/10.1111/j.1365-2788.2008.01107>