

**“PENGARUH MODEL LATIHAN BERBASIS *PERFORMANCE* DALAM
MENINGKATKAN KETERAMPILAN GERAK DASAR SENAM LANTAI
(Studi Experimen pada siswa Kelas XI SMA Pasundan 2 Bandung)**

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh penerapan model Latihan Berbasis *Performance* terhadap keterampilan senam lantai sikap lilin peserta didik. Metode penelitian yang digunakan dalam penelitian ini adalah metode kuasi eksperimen. Populasi dalam penelitian ini adalah seluruh peserta didik kelas XI SMA Pasundan 2 Bandung dengan jumlah seluruhnya 190 peserta didik. Sampel diambil secara acak menurut kelas, kelas XI IPA-6 terpilih sebagai kelas eksperimen dengan jumlah peserta didik 33 orang dan kelas XI IPS-3 terpilih sebagai kelas kontrol dengan jumlah 30 orang. Instrumen yang digunakan berupa soal tes keterampilan senam lantai sikap lilin. Teknik analisis data menggunakan perbedaan dua rata-rata. Berdasarkan hasil penelitian pengolahan dan analisis data serta pengujian hipotesis dapat disimpulkan bahwa model Latihan Berbasis *Performance* dapat berpengaruh terhadap keterampilan senam sikap lilin secara signifikan dalam proses pembelajaran senam di SMA Pasundan 2 Bandung.

Kata kunci : Model Latihan Berbasis *Performance*, Keterampilan senam lantai sikap lilin

“THE INFLUENCE OF THE TRAINING BASED MODEL TO IMPROVE THE SKILLS OF FLOOR GYMNASTICS

(Study Experiments on Class XI Students of SMA Pasundan 2 Bandung)

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ABSTRACT

The study aims to determine the influence of the the Training Based Performance model on the skills of floor gymnastics. The research method used in this study is a quasi-experimental method. The population in this study were all students of class XI SMA Pasundan 2 Bandung with a total of 190 students. Samples were taken randomly according to the class, class XI IPA-6 was selected as an experimental class with a total of 33 students and class XI IPS-3 was selected as a control class with a total of 30 students. The instrument used was a gymnastics skill test. Data analysis techniques use two average differences. Based on the results of research processing and data analysis and hypothesis testing it can be concluded that the Performance-Based Exercise model can significantly influence the wax attitude gymnastic skills in the gymnastic learning process in SMA Pasundan 2 Bandung.

Keywords: *training based performance model, floor gymnastic skills*