# DAFTAR ISI

<table>
<thead>
<tr>
<th>Bab</th>
<th>Judul</th>
<th>Halaman</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABSTRAK</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>KATA PENGANTAR</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>UCAPAN TERIMA KASIH</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>DAFTAR ISI</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>DAFTAR TABEL</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>DAFTAR GAMBAR</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td>DAFTAR DIAGRAM</td>
<td>11</td>
<td>11</td>
</tr>
<tr>
<td>DAFTAR LAMPIRAN</td>
<td>13</td>
<td>13</td>
</tr>
<tr>
<td>BAB I</td>
<td>PENDAHULUAN</td>
<td>15</td>
</tr>
<tr>
<td>A.</td>
<td>Latar Belakang Masalah</td>
<td>17</td>
</tr>
<tr>
<td>B.</td>
<td>Rumusan Masalah</td>
<td>19</td>
</tr>
<tr>
<td>C.</td>
<td>Pemecahan Masalah</td>
<td>21</td>
</tr>
<tr>
<td>D.</td>
<td>Tujuan Penelitian</td>
<td>23</td>
</tr>
<tr>
<td>E.</td>
<td>Manfaat Penelitian</td>
<td>25</td>
</tr>
<tr>
<td>F.</td>
<td>Batasan Istilah</td>
<td>27</td>
</tr>
<tr>
<td>BAB II</td>
<td>TINJAUAN PUSTAKA</td>
<td>29</td>
</tr>
<tr>
<td>A.</td>
<td>Kajian Teoritis</td>
<td>31</td>
</tr>
<tr>
<td>1.</td>
<td>Hakekat Pendidikan Jasmani</td>
<td>33</td>
</tr>
<tr>
<td>2.</td>
<td>Perkembangan Keterampilan Gerak</td>
<td>35</td>
</tr>
<tr>
<td>3.</td>
<td>Teori Belajar Pendidikan Jasmani</td>
<td>37</td>
</tr>
<tr>
<td>4.</td>
<td>Pembelajaran dengan Pendekatan Bermain</td>
<td>39</td>
</tr>
<tr>
<td>5.</td>
<td>Pengertian Lari Estafet</td>
<td>41</td>
</tr>
<tr>
<td>6.</td>
<td>Proses Pembelajaran Lari Estafet di Sekolah Dasar</td>
<td>43</td>
</tr>
<tr>
<td>7.</td>
<td>Permainan Tradisional Pungut Puntung</td>
<td>45</td>
</tr>
<tr>
<td>B.</td>
<td>Kajian Praktis</td>
<td>47</td>
</tr>
<tr>
<td>C.</td>
<td>Hipotesis Tindakan</td>
<td>49</td>
</tr>
<tr>
<td>BAB III</td>
<td>METODOLOGI PENELITIAN</td>
<td>51</td>
</tr>
<tr>
<td>A.</td>
<td>Lokasi dan Waktu Penelitian</td>
<td>53</td>
</tr>
<tr>
<td>1.</td>
<td>Lokasi Penelitian</td>
<td>55</td>
</tr>
<tr>
<td>2.</td>
<td>Waktu Penelitian</td>
<td>57</td>
</tr>
<tr>
<td>B.</td>
<td>Subjek Penelitian</td>
<td>59</td>
</tr>
<tr>
<td>C.</td>
<td>Metode dan Desain Penelitian</td>
<td>61</td>
</tr>
<tr>
<td>1.</td>
<td>Metode Penelitian</td>
<td>63</td>
</tr>
<tr>
<td>2.</td>
<td>Desain Penelitian</td>
<td>65</td>
</tr>
<tr>
<td>D.</td>
<td>Prosedur Penelitian</td>
<td>67</td>
</tr>
<tr>
<td>E.</td>
<td>Instrumen Penelitian</td>
<td>69</td>
</tr>
<tr>
<td>F.</td>
<td>Teknik Pengolahan dan Analisis Data</td>
<td>71</td>
</tr>
<tr>
<td>G.</td>
<td>Validasi Data</td>
<td>73</td>
</tr>
</tbody>
</table>
BAB IV HASIL PENELITIAN DAN PEMBAHASAN ................................. 44
   A. Hasil Penelitian .............................................................................. 44
      1. Paparan Data Awal................................................................. 44
      2. Paparan Data Tindakan ......................................................... 54
         a. Siklus I ............................................................................. 54
         b. Siklus II ........................................................................... 68
         c. Siklus III .......................................................................... 82
   B. Penbahasan .................................................................................. 93

BAB V KESIMPULAN DAN SARAN .................................................. 99
   A. Kesimpulan ............................................................................... 99
   B. Saran-saran .............................................................................. 101

DAFTAR PUSTAKA ............................................................................. 103

LAMPIRAN .......................................................................................... 105
## DAFTAR TABEL

<table>
<thead>
<tr>
<th>Tabel</th>
<th>Halaman</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.1</td>
<td>Data Hasil Tes Awal Lari estafet</td>
</tr>
<tr>
<td>2.1</td>
<td>Periodisasi Perkembangan Menurut Arsitoteles</td>
</tr>
<tr>
<td>3.1</td>
<td>Keadaan Guru SDN 1 Setu Wetan</td>
</tr>
<tr>
<td>3.2</td>
<td>Daftar Jumlah Siswa SDN 1 Setu Wetan</td>
</tr>
<tr>
<td>3.3</td>
<td>Jadwal Penelitian Tindakan Kelas</td>
</tr>
<tr>
<td>3.4</td>
<td>Instrumen Kinerja guru dalam Perencanaan Pembelajaran</td>
</tr>
<tr>
<td>3.5</td>
<td>Instrumen Kinerja guru dalam Pelaksanaan Pembelajaran</td>
</tr>
<tr>
<td>3.6</td>
<td>Lembar Observasi Aktivitas Siswa</td>
</tr>
<tr>
<td>3.7</td>
<td>Pedoman Wawancara Guru</td>
</tr>
<tr>
<td>3.8</td>
<td>Pedoman Wawancara Siswa</td>
</tr>
<tr>
<td>3.9</td>
<td>Catatan Lapangan</td>
</tr>
<tr>
<td>3.10</td>
<td>Lembar Penilaian Hasil Belajar Lari estafet Kelas V</td>
</tr>
<tr>
<td>3.11</td>
<td>Kriteria Nilai dalam Setiap Aspek yang Diamati</td>
</tr>
<tr>
<td>4.1</td>
<td>Hasil Observasi Perencanaan Data Awal</td>
</tr>
<tr>
<td>4.2</td>
<td>Hasil Observasi Kinerja Guru pada Data Awal</td>
</tr>
<tr>
<td>4.3</td>
<td>Data Observasi Aktivitas Siswa Awal</td>
</tr>
<tr>
<td>4.4</td>
<td>Daftar Nilai Tes Awal Lari estafet Kelas V</td>
</tr>
<tr>
<td>4.5</td>
<td>Hasil Observasi Perencanaan Pembelajaran Tindakan Siklus I</td>
</tr>
<tr>
<td>4.6</td>
<td>Hasil Observasi Kinerja Guru Siklus I</td>
</tr>
<tr>
<td>4.7</td>
<td>Hasil Observasi Aktivitas Siswa Siklus I</td>
</tr>
<tr>
<td>4.8</td>
<td>Daftar Nilai Tes Lari estafet Siklus I</td>
</tr>
<tr>
<td>4.9</td>
<td>Rekapitulasi Hasil Observasi Perencanaan Pembelajaran Data Awal dan siklus I</td>
</tr>
<tr>
<td>4.10</td>
<td>Rekapitulasi Hasil Observasi Kinerja Guru Siklus I</td>
</tr>
<tr>
<td>4.11</td>
<td>Rekapitulasi Hasil Observasi Aktivitas Siswa siklus I</td>
</tr>
<tr>
<td>4.12</td>
<td>Rekapitulasi Hasil Belajar Siklus I</td>
</tr>
<tr>
<td>4.13</td>
<td>Hasil Observasi Perencanaan Pembelajaran Siklus II</td>
</tr>
<tr>
<td>4.14</td>
<td>Hasil Observasi Kinerja Guru Siklus II</td>
</tr>
<tr>
<td>4.15</td>
<td>Data Observasi Aktivitas Siswa Siklus II</td>
</tr>
<tr>
<td>4.16</td>
<td>Daftar Nilai Tes Lari estafet Siklus II</td>
</tr>
<tr>
<td>4.17</td>
<td>Rekapitulasi Hasil Observasi Perencanaan Pembelajaran Data Awal, Siklus I dan II</td>
</tr>
<tr>
<td>4.18</td>
<td>Rekapitulasi Hasil Observasi Kinerja Guru Data Awal, Siklus I dan II</td>
</tr>
<tr>
<td>4.19</td>
<td>Rekapitulasi Hasil Observasi Aktivitas Siswa Data Awal, Siklus I dan II</td>
</tr>
<tr>
<td>4.20</td>
<td>Rekapitulasi Hasil Belajar Data Awal, Siklus I dan II</td>
</tr>
<tr>
<td>4.21</td>
<td>Hasil Observasi Perencanaan Pembelajaran Siklus III</td>
</tr>
<tr>
<td>4.22</td>
<td>Hasil Observasi Kinerja Guru Siklus III</td>
</tr>
<tr>
<td>4.23</td>
<td>Data Observasi Aktivitas Siswa Siklus III</td>
</tr>
<tr>
<td>4.24</td>
<td>Daftar Nilai Lari estafet Siklus III</td>
</tr>
</tbody>
</table>
4.25 Rekapitulasi Hasil Observasi Perencanaan Pembelajaran Data Awal, Siklus I, II dan III ............................................................... 90
4.26 Rekapitulasi Hasil Observasi Kinerja Guru Data Awal, Siklus I, II dan III .............................................................................. 91
4.27 Rekapitulasi Hasil Observasi Aktivitas Siswa Data Awal, Siklus I, II dan III .............................................................................. 92
4.28 Rekapitulasi Hasil Belajar Data Awal, Siklus I, II dan III ............... 92
## DAFTAR GAMBAR

<table>
<thead>
<tr>
<th>Gambar</th>
<th>Halaman</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.1</td>
<td>22</td>
</tr>
<tr>
<td>2.2</td>
<td>22</td>
</tr>
<tr>
<td>3.1</td>
<td>27</td>
</tr>
<tr>
<td>3.2</td>
<td>31</td>
</tr>
</tbody>
</table>

- 2.1 Pemberian dan Penerimaan Tongkat dari Atas
- 2.2 Pemberian dan Penerimaan Tongkat dari Bawah
- 3.1 Denah Lokasi SDN 1 Setu Wetan
- 3.2 Model Spiral Kemmis dan Taggart
<table>
<thead>
<tr>
<th>Diagram</th>
<th>Halaman</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.1  Rekapitulasi Pencapaian Rencana Pembelajaran Data Awal, Siklus I, II, dan III</td>
<td>94</td>
</tr>
<tr>
<td>4.2  Rekapitulasi Pencapaian Kinerja Guru Data Awal, Siklus I, II, dan III</td>
<td>96</td>
</tr>
<tr>
<td>4.3  Rekapitulasi Pencapaian Aktivitas Siswa Data Awal, Siklus I, II, dan III</td>
<td>97</td>
</tr>
<tr>
<td>4.4  Rekapitulasi Persentase Ketuntasan Hasil Belajar Data Awal, Siklus I, II, dan III</td>
<td>97</td>
</tr>
</tbody>
</table>
## DAFTAR LAMPIRAN

<table>
<thead>
<tr>
<th>Lampiran</th>
<th>Halaman</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Instrumen Observasi Perencanaan Pembelajaran</td>
<td>105</td>
</tr>
<tr>
<td>2. Instrumen Observasi Kinerja Guru</td>
<td>112</td>
</tr>
<tr>
<td>3. Instrumen Observasi Aktivitas Siswa</td>
<td>120</td>
</tr>
<tr>
<td>4. Instrumen Tes Belajar Siswa</td>
<td>122</td>
</tr>
<tr>
<td>5. RPP Siklus I</td>
<td>124</td>
</tr>
<tr>
<td>6. Hasil Penilaian Observasi Perencanaan Pembelajaran Siklus I</td>
<td>127</td>
</tr>
<tr>
<td>7. Hasil Penilaian Observasi Kinerja Guru Siklus I</td>
<td>128</td>
</tr>
<tr>
<td>8. Hasil Penilaian Observasi Aktivitas Siswa Siklus I</td>
<td>129</td>
</tr>
<tr>
<td>9. Hasil Tes Belajar Siswa Siklus I</td>
<td>130</td>
</tr>
<tr>
<td>10. Hasil Wawancara Untuk Guru Siklus I</td>
<td>131</td>
</tr>
<tr>
<td>11. Hasil Wawancara Siswa Siklus I</td>
<td>132</td>
</tr>
<tr>
<td>12. Catatan Lapangan Siklus I</td>
<td>133</td>
</tr>
<tr>
<td>13. RPP Siklus II</td>
<td>134</td>
</tr>
<tr>
<td>14. Hasil Penilaian Observasi Perencanaan Pembelajaran Siklus II</td>
<td>137</td>
</tr>
<tr>
<td>15. Hasil Penilaian Observasi Kinerja Guru Siklus II</td>
<td>138</td>
</tr>
<tr>
<td>16. Hasil Penilaian Observasi Aktivitas Siswa Siklus II</td>
<td>139</td>
</tr>
<tr>
<td>17. Hasil Tes Belajar Siswa Siklus II</td>
<td>140</td>
</tr>
<tr>
<td>18. Hasil Wawancara Untuk Guru Siklus II</td>
<td>141</td>
</tr>
<tr>
<td>19. Catatan Lapangan Siklus II</td>
<td>142</td>
</tr>
<tr>
<td>20. Hasil Wawancara Siswa Siklus II</td>
<td>143</td>
</tr>
<tr>
<td>21. RPP Siklus III</td>
<td>144</td>
</tr>
<tr>
<td>22. Hasil Penilaian Observasi Perencanaan Pembelajaran Siklus III</td>
<td>147</td>
</tr>
<tr>
<td>23. Hasil Penilaian Observasi Kinerja Guru Siklus III</td>
<td>148</td>
</tr>
<tr>
<td>24. Hasil Penilaian Observasi Aktivitas Siswa Siklus III</td>
<td>149</td>
</tr>
<tr>
<td>25. Hasil Tes Belajar Siswa Siklus III</td>
<td>150</td>
</tr>
<tr>
<td>26. Hasil Wawancara Untuk Guru Siklus III</td>
<td>151</td>
</tr>
<tr>
<td>27. Hasil Wawancara Siswa Siklus III</td>
<td>152</td>
</tr>
<tr>
<td>28. Catatan Lapangan Siklus III</td>
<td>153</td>
</tr>
<tr>
<td>29. SK Penunjukkan Izin Penelitian</td>
<td>154</td>
</tr>
<tr>
<td>30. Surat Permohonan Izin Penelitian</td>
<td>155</td>
</tr>
<tr>
<td>31. Surat Keterangan Telah Melaksanakan Penelitian</td>
<td>156</td>
</tr>
<tr>
<td>32. Lembar Monitoring</td>
<td>157</td>
</tr>
<tr>
<td>33. Foto-foto</td>
<td>158</td>
</tr>
<tr>
<td>34. Riwayat Hidup</td>
<td>170</td>
</tr>
</tbody>
</table>