

**EFFORTS TO IMPROVE THE ABILITY OF MANIPULATIVE MOTION IN
LEARNING THROUGH PLAY TRADITIONAL PHYSICAL EDUCATION CLASS IV**
(Classroom Action Research Study SDN 01 Sindang Sari Bekasi Regency)
(2016)

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ABSTRACT

This study aimed to obtain data about upgrading basic manipulative throwing motion through traditional games in teaching Physical Education. This research was conducted in the third grade SDN Sindang Sari 01 Bekasi District began in September to January 2015-2016, using action research methods class (classroom action research), which consists of 2 cycles with 4 activities: planning, action, observation and reflection. The results showed the percentage of data acquisition in the first cycle manipulative basic motion throwing 57%. Cycle II showed a significant increase is 87%. The data for monitoring the action learning with traditional games in the first cycle and the percentage of 68% in the second cycle to achieve improved up to 90%. From the results, it can be stated that by using a traditional game can improve the ability of throwing a small ball in physical education teaching. The conclusion is that learning physical education by using: a traditional game can be used as a learning approach to enhance the ability of throwing a small ball in Class Iv SDN Lake Sindang Sari 01 Bekasi Regency.

Keywords: Ability Throw Small ball through Play