

**MENINGKATKAN KEMAMPUAN GERAK DASAR MELEMPAR MELALUI
PENERAPAN MODIFIKASI PERMAINAN PADA SISWA KELAS IV SDN
KAYU MANIS 01 PAGI MATRAMAN JAKARTA TIMUR**

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ABSTRAK

Penelitian ini bertujuan untuk meningkatkan kemampuan gerak dasar melempar melalui penerapan modifikasi permainan pada siswa kelas IV SDN Kayu Manis 01 Pagi Matraman Jakarta Timur. Penelitian ini merupakan Penelitian Tindakan Kelas dengan subjek penelitian yaitu siswa kelas IV yang berjumlah 33 siswa terdiri dari 16 siswa putra dan 17 siswa putri. Penelitian dilaksanakan selama dua siklus, setiap siklus terdiri dari dua kali pertemuan. Teknik pengumpulan data yang digunakan adalah data hasil pemantauan tindakan dan data hasil penelitian. Data hasil pemantauan tindakan diperoleh dari hasil observasi, catatan lapangan, dan dokumentasi saat proses pembelajaran. Data hasil penelitian diperoleh dari observasi kegiatan melempar siswa melalui instrumen penilaian. Data yang diperoleh dianalisis menggunakan teknik analisis statistik deskriptif. Dari hasil penelitian terdapat peningkatan kemampuan gerak dasar melempar dan proses pembelajaran melalui penerapan modifikasi permainan dari siklus I hingga siklus II. Peningkatan kemampuan gerak dasar melempar pada siklus I (69,6%) dan siklus II (84,8%), sehingga meningkat sebesar (15,2%). Sedangkan peningkatan proses pembelajaran melalui penerapan modifikasi permainan pada siklus I (70%) dan siklus II (95%), sehingga meningkat sebesar (25%). Berdasarkan hasil penelitian dan pembahasan diperoleh simpulan bahwa dengan menerapkan modifikasi permainan dalam pembelajaran pendidikan jasmani, kemampuan gerak dasar melempar siswa kelas IV SDN Kayu Manis 01 Pagi Matraman Jakarta Timur meningkat.

Kata kunci: Kemampuan gerak dasar melempar, modifikasi permainan.

**IMPROVING BASIC THROWING MOTION ABILITY THROUGH THE
PRACTICE GAME MODIFICATION USE OF 4th GRADE STUDENT'S
PRIMARY SCHOOL AT SDN KAYU MANIS 01 PAGI MATRAMAN EAST
JAKARTA**

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ABSTRACT

This research was aimed to improving basic throwing motion ability through the practice game modification use of 4th grade student's primary school at SDN Kayu Manis 01 Pagi Matraman east Jakarta. This research was classroom action research with the subject of research was 4th grade student's of 33 students consisting of 16 boys and 17 female student. This research was held for two cycles, each cycle consisting of two meetings. Data were collected used data result of monitoring of action and data of research result. The results of action monitoring data are obtained from observations, field notes, and documentation during the learning process. Data of research result obtained from observation of basic throwing motion through the assessment instruments. The data obtained were analyzed used descriptive statistic analysis technique. From the result of research there was improvement of basic throwing motion and learning process through of game modification from cycle I until cycle II. Increased of basic throwing motion in cycle I (69,6%) and cycle II (84,8%), increased by (15,2%). While the improvement of learning process through of game modification in cycle I (70%) and cycle II (95%), increased by (25%). Based on the result of research and discussion concluded that the practice game modification in physical education learning, basic throwing motion ability 4th grade students at SDN Kayu Manis 01 Pagi Matraman East Jakarta increased.

Keywords: Basic throwing motion ability, game modification.