

**IMPROVED MOTION CAST BASIC APPROACH THROUGH LEARNING
TO PLAY IN PHYSICAL EDUCATION IN CLASS IV**

*(Study classroom action research on the SDN Kayu Putih 03 Pagi Pulo
Gadung in East Jakarta)*

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ABSTRACT

Class Action Research aims to obtain data about upgrading basic throwing motion through play approach in Physical Education Learning. This research was conducted in the third grade at SDN Kayu Putih 03 Pagi Pulo Gadung starts in May until June, using action research methods (classroom action research) consisting of 2 cycles with 4 main activities: planning, action, observation, reflection. The results show the percentage of data acquisition in the first cycle throwing motion base 68%. Cycle II showed increase at 91%. While data for monitoring the action learning approach percentages play in the first cycle and 60% in the second cycle reaches up to 90% improvement. From the research, it can be stated that by using this approach can improve the ability to play basic throwing motion in physical education lessons. The conclusion is that the learning of physical education using the approach play learning approach can be used to improve basic motor skills throw in a Class IV SDN Kayu Putih 03 Pagi Pulo Gadung of East Jakarta.

Keywords: The basic motion of throwing, the approach play.