

ABSTRACT

Dana Pratama. "Increasing Learning Outcomes of Long Jump with Stride Jump Style through the Use of Training Method in X Grader Students of SMK Negeri 31 Jakarta".

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This study aims to improve the success of long jump with stride jump style through training method. The research used classroom action research method with quantitative data retrieval. The implementation of this action research involves experts in the field of physical education as collaborators. The research was conducted in 2 cycles that are cycle I and cycle II and started with preliminary test activity. This research is done simultaneously with Physical Education learning activities in the school.

The first cycle activity that was realized by action I gives the following results: (1) The student is not perfect doing a long jump with stride jump style. (2) The students have not been able to perform the starting stage because they are still confused by how many footsteps that they have to take. (3) Students have not been able to perform taking-off stage because the most of them are still do this stage using two legs. (4) The long jump ability with stride jump style of the students is still lacking. (5) There is a small minority of students who are less serious doing long jump with stride jump style.

The second cycle activity that was realized by action II gives the following results: (1) The students already understand the concept of long jump with stride jump style well and correctly. (2) The students are able to perform the starting stage long jump with stride jump style. (3) The

students are able to perform taking-off stage long jump with stride jump style. (4) The students are able to perform flighting to the air stage long jump with stride jump style. (5) The students are able to perform landing stage long jump with stride jump style. (6) The students are be able to perform long jump with stride jump style in repetition according to worksheet. (7) Students' learning motivation of the long jump with stride jump style is increasing.

The result of this study is an increasing ability of long jump with stride jump style through the use of training methods, the average score of students in the cycle I is 75.3, students who pass the test are 21 students and the average score of students in the cycle II is 80.1, students who pass the test are 30 students (100%).