

SUMMARY

Mahathir Muhammad, Learning Skills-Based Media Movement Uramawashi Geri with Swiss Ball IN Grade 4 SDN Fighters Bekasi. Thesis: Jakarta: Study Program Physical Education and Recreation Health, Faculty of Sport Science, State University of Jakarta, in January 2017.

Singer study aims to review the effort to improve motor skills Uramawashi geri IN Grade 4 SDN Warriors 7 Bekasi. Singer study aims to review Also know REGARDING (1) Information about the method USE tool / media Swiss Ball ON motor skills training materials .. (2) The development of the ability of its students based Potential The method WITH THE USE tool / media Swiss Ball. (3) as a material new information Sciences, perkembangan tool, and Measurement of Student Expected ability to achieve results Good.

Data retrieval executed in PLN Bekasi ON Date January 16 to 26, 2017. The research method used is AT Singer Research Action Research (Research Action), Namely WITH SPECIAL provide treatment shown to improve the skills of students to review the motion Uramawashi geri ON Students in SDNI Warriors 7 Bekasi city . The research instruments used form of Blanko. Searching Google Articles indicators: Initial Attitude, Attitude Lifting legs, pelvis rotate Attitude, Attitude kick Dan ATTITUDE suffix.

Based on the research findings, can be TIN CONCLUSION Namely Research Action Research-Based Media And using the Swiss Ball, can be improve motor skills Uramawashi geri IN Grade 4 SDN Warriors 7 Action Research CYCLE WITH prayer. Of the 15 students took the test The Early WITH findings 50.16 Average taxable income by action WITH THE USE Method Media Swiss ball get results First CYCLE

WITH THE average 76 And the second CYCLE ON OR WITH Final test average value 84.43 So that can be concluded that the method of Singer can be improve motor skills Uramawashi geri IN Grade 4 SDN Warriors 7 Bekasi.