

### **Abstrak**

**DANI INDARYANTO.** Upaya Meningkatkan Hasil Belajar Gerak Dasar Melempar Melalui Media Audiovisual Pada Siswa Kelas IV SD Islam Darul Ma'arif Jakarta Timur. Di bawah Bimbingan EKA FITRI NOVITASARI, MUCHTAR HENDRA HASIBUAN.

Seiring perkembangan zaman jenis media pembelajaran yang adapun semakin beragam contohnya adalah media audiovisual, penggunaan media pembelajaran audiovisual yang diharapkan dapat memudahkan peserta didik untuk belajar. Tujuan penelitian ini adalah untuk meningkatkan hasil belajar gerak dasar melempar siswa yang terdiri dari *Overarm Throwing*, *Underarm Throwing* dan *Underarm Rolling*. Metode penelitian yang digunakan adalah *Action Research* (Penelitian Tindakan). Prosedur penelitian antara lain perencanaan, tindakan, observasi dan refleksi. Penelitian dilakukan di SDIT Darul Ma'arif Jakarta Timur pada bulan february hingga juli 2019. Subjek penelitian meliputi Peserta didik dan guru pendidikan jasmani. Prosedur pengambilan data penelitian ini adalah observasi/pengamatan dan tes hasil belajar siswa, observasi yang dilakukan pada penelitian ini adalah observasi terbuka sehingga kegiatan responden diketahui secara terbuka. Hasil penelitian menunjukkan bahwa media berbasis audiovisual pada materi Gerak Dasar Melempar mendapatkan penilaian dengan skor rata-rata *Pre test* dan *post test* adalah 59,94% dan 78,20%. Kesimpulan penelitian ini menunjukkan bahwa media pembelajaran berbasis audiovisual pada materi Gerak Dasar Melempar Siswa layak digunakan sebagai media pembelajaran dan dapat memberikan pengaruh terhadap hasil belajar peserta didik

Kata Kunci: Media pembelajaran, Audiovisual, Gerak Dasar.

## **ABSTRACT**

**DANI INDARYANTO.** Efforts to Improve Learning Outcomes for Fundamental Movement Throwing Through Audiovisual Media in Grade 4 Students of SDIT Darul Ma'arif East Jakarta. Guidance EKA FITRI NOVITASARI, MUCHTAR HENDRA HASIBUAN.

Along with the increasing variety of media learning, such as visual and audiovisual, has made learning process becoming easier, especially from educator perspective. The methodical research aims to increase the progress and value of basic throwing skills, which consist of overarm Throwing, Underarm Throwing and Underarm Rolling. And all these are to be done by using Action Research method. The purpose of this thesis is to make Fundamental Movement learning, such as throwing, looks more appealing and interesting with good outcome. The method that is being used in this thesis is Action Research, which include: planning, acting, observation and reflection. This research will be conducted at SDIT Darul Ma'arif East Jakarta starting in February through July 2019. Subject of the research includes student and Teacher. Steps that are being taken for this method is observation and assessment, which involves open observation with the purpose of transparency. Result shows that learning method with audiovisual based on Fundamental Movement skilled gained score 59.94% for Pre test and 78.84% on post test. Conclusion shows that this method is suitable and adaptable for learning and will give good influence on learning process on students.

Keywords: Instructional Media, Audiovisual, Fundamental Movement.