

**MENINGKATKAN GERAK DASAR MANIPULATIF MEMUKUL MELALUI MODEL
COOPERATIVE LEARNING TIPE TEAM GAMES TOURNAMENT PADA SISWA
KELAS IV SDN Bendungan Hilir 12 Jakarta Pusat
(2019)**

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ABSTRAK

Penelitian ini adalah penelitian tindakan kelas (*Classroom Action Research*) yang bertujuan untuk meningkatkan gerak dasar manipulatif memukul melalui model *cooperative learning* tipe *team games tournament* pada pelajaran pendidikan jasmani olahraga dan kesehatan. Penelitian ini dilaksanakan di SDN Bendungan Hilir 12 Jakarta Pusat pada bulan Januari 2019 dengan subjek penelitian berjumlah 24 orang yang duduk di kelas IV. Penelitian dilakukan selama 2 siklus dengan 4 kegiatan utama yaitu perencanaan, tindakan, pengamatan dan refleksi. Hasil penelitian menunjukkan persentase gerak dasar manipulatif memukul meningkat dari 70,83% pada siklus I menjadi 87,5% pada siklus II. Dari hasil penelitian dapat dinyatakan bahwa dengan menggunakan model *cooperative learning* tipe *team games tournament* dapat meningkatkan gerak dasar manipulatif memukul pada mata pelajaran pendidikan jasmani olahraga dan kesehatan. Dari data tersebut dapat disimpulkan bahwa pembelajaran pendidikan jasmani olahraga dan kesehatan dengan menggunakan model *cooperative learning* tipe *team games tournament* dapat meningkatkan gerak dasar manipulatif memukul di kelas IV SDN Bendungan Hilir 12 Jakarta Pusat.

Kata Kunci: Gerak Dasar Manipulatif Memukul, Model *Cooperative Learning* Tipe *Team Games Tournament*, Sekolah Dasar.

**IMPROVING THE BASIC MOVEMENT OF MANIPULATIVE STRENGTHS THROUGH
THE COOPERATIVE LEARNING MODEL OF TOURNAMENT GAMES TYPE IN
CLASS IV STUDENTS at SDN Bendungan Hilir 12 Central Jakarta
(2019)**

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ABSTRACT

This research is a Classroom Action Research which aims to improve the manipulative basic motion of hitting through a model of cooperative learning type team games tournament in sports and health physical education lessons. This research was conducted at Central Jakarta, Bendungan Hilir 12 Elementary School in January 2019 with 24 research subjects sitting in class IV. The study was conducted in 2 cycles with 4 main activities, namely planning, action, observation and reflection. The results showed the percentage of manipulative basic motion hit increased from 70.83% in the first cycle to 87.5% in the second cycle. From the results of the study it can be stated that by using a cooperative learning model the type of team games tournament can increase the manipulative basic motion hit on sports and health physical education subjects. From these data it can be concluded that the learning of sports and health physical education using the cooperative learning model type of team games tournament can increase manipulative basic motion hit in the fourth grade of SDN Bendungan Hilir 12 Central Jakarta.

Keywords: *Manipulative Hitting Basic Motion, Team Games Tournament Type Cooperative Learning, Elementary School.*