

**MENINGKATKAN KEMAMPUAN EKSPLORASI DAN GERAK DASAR  
MELEMPAR DALAM PEMBELAJARAN PENDIDIKAN JASMANI  
MELALUI MODEL *COOPERATIVE LEARNING* TIPE *TEAMS GAMES  
TOURNAMENTS (TGT)***

(Studi Penelitian Tindakan Kelas pada siswa kelas V SDN Bintaro 08 Pagi  
Jakarta Selatan)

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**ABSTRAK**

Penelitian ini bertujuan untuk meningkatkan kemampuan eksplorasi gerak dasar melempar dalam pembelajaran pendidikan jasmani melalui model *cooperative learning* tipe *teams games tournaments* di kelas V SDN Bintaro 08 Pagi. Subjek penelitian ini adalah siswa kelas V berjumlah 35 siswa pada semester kedua tahun ajaran 2015/2016. Penelitian dilaksanakan menggunakan model siklus dari Kemmis dan Mc. Tagart. Penelitian tindakan kelas dilakukan melalui tahapan perencanaan, pelaksanaan, pengamatan, refleksi sebagai dasar perencanaan ulang pada siklus berikutnya. Pada siklus I, kemampuan eksplorasi gerak dasar melempar persentase sebesar 57,90% sehingga belum memenuhi Kriteria Ketuntasan Minimal (KKM) yaitu 75%. Pada siklus II persentase nilai hasil belajar siswa mencapai 79,23,%. Instrumen pemantauan tindakan guru pada siklus I yaitu 75% meningkat pada siklus II yaitu 80%. Implikasi dari penelitian ini model *cooperative learning* tipe *teams games tournaments* dapat dijadikan model pembelajaran dalam meningkatkan kemampuan eksplorasi gerak dasar melempar dalam pembelajaran pendidikan jasmani siswa kelas V Sekolah Dasar. Dengan model *cooperative learning* tipe *teams games tournaments* siswa dapat terlibat aktif, semangat, dan kerja sama

**Kata Kunci** : kemampuan eksplorasi gerak dasar melempar, Model *Cooperative Learning* tipe *Teams Games Tournaments*

**IMPROVE THE ABILITY OF EXPLORATION AND BASIC MOVEMENT  
THROWS IN LEARNING PHYSICAL EDUCATION THROUGH MODEL  
COOPERATIVE LEARNING TYPE TEAMS GAMES TOURNAMENTS (TGT)**

*(Studies classroom action research in SDN Bintaro 08 pagi South Jakarta)*

(2016)

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**ABSTRACT**

*This research aims to improve the ability of exploration basic motion throwing in physical education learning through cooperative learning model of the type of teams games tournaments in class V SDN Bintaro 08 Pagi. The subjects were grade fifth students amonted to 35 students in the second semester of the 2015/2016 academic year. The research was conducted using the model cycle of Kemmis and Mc. Tagart. Classroom action research conducted through the stages of planning, implementation, observation and reflection as the basic for re-planning in the next cycle. In the first cycle, the ability to discover and basic motion throwing a percentage of 57.90% that do not meet the minimum completeness criteria (KKM) is 75%. In the second cycle the percentage of the value of student learning outcomes reached 79.23,%. Monitoring instruments teacher action on the first cycle is 75% increase in cycle II is 80%. The implications of this research model of cooperative learning type of games tournaments teams can be used as a learning model to improve exploration capability the basic motion throwing in physical education teaching fifth grade elementary school students. With the model of cooperative learning type of games tournaments teams of students to be actively involved, spirit, and cooperation*

**Keywords:** *The ability exploration motion basic throw , Cooperative Learning Model type Teams Games Tournaments*