

ABSTRACT

EFFORTS TO IMPROVE THE FOREWORD ROLL SKILLS USING THE INCLUDED PLANE OF STUDENTS OF CLASS X IPA MA MIFTAHUL ULUM LENTENG. 2023 YASSIR ROMZY, AHMAD

Keywords: Skills, Front Roll And Inclined Plane Auxiliaries

In practice, of course, it cannot be separated from the obstacles faced so that it affects students' front roll skills when learning, this is proven to be several problems in front roll learning, including lack of confidence in students in making steps in the front roll, students have not been maximized when doing front roll movements.

This study aims to improve front roll skills using inclined plane aids in grade X students of IPA MA Miftahul Ulum lenteng.

This research is a class action research (PTK). The research subjects were 17 students of class X IPA MA Miftahul Ulum Lenteng. The research was carried out in two cycles with each cycle consisting of planning, implementation, action, observation and reflection. The instrument used is the front roll test.

The results of this study indicate that there is an increase in forward roll through an inclined plane in class X IPA MA miftahul Ulum Lenteng which is characterized by an increase in the average value of students. The average score of students in cycle I was 58.47 and the percentage of completeness was 24%. However, this increase still has not reached the target previously set. Then after continuing to cycle II the average value of students' ability to roll forward again increased by (65) with a completeness percentage of 53%. This shows that the targets previously set have been achieved so that the research was stopped in cycle II.

Using an inclined plane can improve forward roll skills in class X IPA MA Miftahul Ulum Lenteng students. And from the results of the study it was proven that there was an increase in forward roll through an inclined plane in class X IPA students at MA Miftahul Ulum Lenteng with an average value previously 51.82 to 65.