

Abstrak

Effort To Improve The Learning Outcomes Of Sprint Running Material Through Traditional Games Bentengan Elementary School Class V Students

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Many things lead to less effective learning outcomes in sports, such as observations made at Badduri Pademawu Public Elementary School Class V. In the field of sports subjects, student learning outcomes in the sprint running material in sports lessons are less than optimal.

This study used a classroom action research method (PTK) which was carried out for classes or to improve learning outcomes in class V of Baddurih Pademawu Public Elementary School using reflective and collaborative actions. In this case the researcher planned a study with 2 cycles using different actions in each cycle. Action research is carried out through stages in each cycle consisting of plans, actions, observations and reflections. The results of learning in cycle II showed satisfactory results. It is evident from the implementation of cycle I that 22.72% of students completed and 77.27% did not complete with the acquisition of grade V students, namely an average score of 67, while the implementation of cycle II students received an average score of 88 or 100% of students in the fifth cycle. II shows a very significant increase in sprint learning outcomes and there are 18.18% of students who get the final score in the very good category.

It can be interpreted that the results of the study reveal that efforts to improve the learning outcomes of Physical Education and Recreation in sprint running material through traditional games of the fifth grade students at Baddurih State Elementary School can improve skills, students' motivation in learning sprints and can increase the minimum student completeness (KKM). The hope of the researchers from the results of the research conducted, can increase knowledge in sports subjects, especially sprinting.