

ABSTRACT

Survei Efektivitas Pembelajaran Teknik Start Jongkok pada Lari Sprint dengan cara pemberian Reward and Punishment pada siswa kelas VI di sekolah SDN Tarebung III Talum ajar 2023/2024. Nur Rohman.

SDN Tarebung III school is one of the schools in Tarebung village, Gayam sub-district, Sumenep district. In learning squat start techniques for sprint running at SDN Tarebung III school, there are several problems, including the lack of knowledge of class VI students regarding learning squat start techniques for sprint running. Apart from that, students' interest in participating in this learning is still minimal. And the existing facilities and infrastructure at SDN Tarebung III school are still inadequate

In this study, the researcher aims to determine the effectiveness of learning the squat start technique in sprint running at SDN Tarebung III school, whether it is in accordance with what the physical education teacher expects. In this study, researchers used qualitative research methods using two cycles to see students' abilities and improvements in learning outcomes regarding learning the squat start technique in sprint running by providing rewards and punishments. with the provision of rewards and punishment, students are starting to become more interested in learning the squatting start technique for sprinting, students are even starting to be disciplined in following this learning.

Based on the results of research conducted by researchers at SDN Tarebung school on March 30 2024, it can be concluded that sports learning, especially learning the technique of squatting and sprinting at SDN Tarebung III, grade VI students who like this learning is still below average, apart from that the facilities and infrastructure that the school has are inadequate. Therefore, teachers must implement the provision of rewards and punishments to class VI students. so that teaching and learning activities can run effectively and efficiently by providing rewards and punishment, class VI students will be more interested and will be more disciplined when learning the squat start technique for running sprints at SDN Tarebung III school takes place.

Keywords: *Squat start technique learning in sprint running, reward and punishment.*