

ABSTRACT

The Effect of Bentengan Games on Sprint Running Learning Outcomes in Students in Participating in Corner Class V SDN Moncek Tengah, 2019 Academic Year

Moh. Dumairi

Keywords: Bentengan game, sprint running

In physical education lessons for students who are passive often sit alone during the lesson. Only students who like to move are happy to follow the lesson, while others try to avoid it so there is an impression that physical education is very tiring and only suitable for children who really like sports.

From the purpose of this study 1. To determine the effect of the game of bentengan on the learning outcomes of sprint running on students participating in the Physical Education class V of SD Negeri Moncek Tengah kec. year of study 2019.

The research design used in this study is One Group Pretest-Posttest Design, ie research that has a pre-test before being given treatment and the final result (post-test) after being given treatment.

Physical education, sports and health are one part of the overall education component. Physical Education is one of the national subjects taught at all levels of the school, and is an important part of the development of students as students to achieve overall educational goals. The results of the research described above indicate the results of the pre test to the sprint run test with a distance of 50 meters in the fifth grade students of Middle Moncek Elementary School 2019 Academic Year turned out to provide significant results with the magnitude of the effect of 26.15%. This can be used as a reference for achieving the results of learning to run sprints with a distance of 50 meters by providing a small game in learning such as playing games that are used to achieve student learning outcomes in a sprint run with a distance of 50 meters.

