

## Abstract

### EFFECTIVITY LEARNING LONG JUMP SIT DOWN IN THE AIR STYLE TOWARDS WITH ONLINE LEARNING AT STUDENT SMA NEGERI 1 AMBUNTEN SUMENEP YEAR 2019/2020)

Keyword : Effectivity, Long Jump, Online Learning

Education is one of the obligations that must be implemented by every citizen. In addition, education is also an important part of human life because education is a process to improve the quality of human resources in the future. The long jump material is one of the alike numbers taught in the learning of Physical Education of Sport and Health (PJOK). In the process of learning to teach the presence of media has a significant meaning. Because in such activities the unclear material presented can be helped by presenting the unclear material presented can be helped by presenting the media as an intermediary. The complexity of materials to be presented to students can be simplified with the help of the media. Thus, the student digests ingredients more than without media help.

This study was conducted to find out what kind of effective learning model applied to learning long jump. The purpose of this research is to know the effectiveness of the distance jump model for class X SMAN 1 Ambunten with tire tool media as measured at student opinion FCE. This research is quantitative description method. The sample of this research as many as 36 students with cluster sampling technique.

The result of this study are as effectiveness of physical education activities media long jump sit down style lesson by FCE showing result as many as 2,51 or **medium** category.