

SURVEY OF LEARNING EFFECTIVENESS OF START SQUAT
TECHNIQUES ON SPRINT RUNNING MATERIALS ONLINE CLASS V SDN
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Abstract

At SDN Gayam II, Gayam District, Sumenep Regency during the Covid 19 pandemic, almost all elementary, middle and high school education circles had to do online learning, SDN Gayam II subjects PJOK physical education, sports and health also used online learning methods in this study wanted to know the effectiveness of learning students in performing the squat start technique on online sprint running material for class V at SDN Gayam II for the 2020/2021 school year.

This study uses descriptive qualitative methods and data collection techniques in this study are observation, interview documentation. with 15 students as respondents, 15 guardians and 1 PJOK teacher of physical education, sports and health as well as documentation.

In the online learning of PJOK lessons in physical education, sports and health, the technique of performing the squat start technique on the sprint running material online at SDN Gayam II class V with less effective results because there are several obstacles that cause the ineffectiveness of online learning, constraints on the internet network that is not good in Indonesia. Sapudi Islands, low economic constraints, not all students and guardians have Android phones (HP) and there are some parents who cannot help supervise online learning.

Keywords: online learning, effectiveness, start squat technique