

ABSTRAK

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MENINGKATKAN HASIL BELAJAR LEMPAR CAKRAM DENGAN MODIFIKASI ALAT PEMBELAJARAN PADA SISWA KELAS V SD SWASTA MASEHI NO. 3 KABANJAHE TAHUN PELAJARAN 2021/2022. SKRIPSI, PROGRAM STUDI PENDIDIKAN OLAHRAGA, FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN, UNIVERSITAS QUALITY BERASTAGI.

Penelitian ini dilatarbelakangi oleh kurang efektifnya pembelajaran penjasorkes materi lempar cakram karena terbatasnya fasilitas di sekolah. Penelitian ini bertujuan untuk mengetahui peningkatan efektivitas belajar lempar cakram siswa kelas V SD Swasta Masehi No. 3 Kabanjahe dengan media piring plastik.

Hasil penelitian menunjukkan bahwa efektivitas belajar lempar cakram siswa kelas V SD Swasta Masehi No. 3 Kabanjahe dengan modifikasi media piring plastik mengalami peningkatan, yaitu dari hasil pra siklus tersebut, 5 siswa atau 38,46% tuntas belajar dan 8 siswa atau 61,53% belum tuntas belajar. Hasil tes siklus I diperoleh 5 siswa atau 38,46% tuntas belajar dan 8 siswa atau 61,53% belum tuntas belajar. Sehingga berdasarkan rerata yang diperoleh tersebut dapat dikatakan terjadi peningkatan 20% pada siklus I. Kemudian pada hasil tes siklus II menunjukkan 10 siswa atau 76,92% tuntas belajar dan 3 siswa atau 23,07% belum tuntas belajar. Berdasarkan hasil rerata yang diperoleh tersebut dapat dikatakan terjadi peningkatan 10,25% pada siklus II dari siklus I. Persentase keberhasilan di siklus II sudah mencapai 75% sehingga penelitian ini dihentikan dan dikatakan cukup berhasil.

Kata Kunci: *efektivitas belajar, media belajar, lempar cakram*

ABSTRACT

IDOLANTA BREMANA S.PANDIA. NPM. 1815030010. IMPROVING DISCUS THROW LEARNING RESULTS WITH MODIFICATION OF LEARNING TOOLS IN CLASS V SD SWASTA MASEHI NO. 3 KABANJAHE ACADEMIC YEAR 2021/2022. THESIS, SPORTS EDUCATION STUDY PROGRAM, FACULTY OF TEACHING AND EDUCATIONAL SCIENCES, BERASTAGI QUALITY UNIVERSITY.

This research is motivated by the ineffectiveness of learning physical education and sports material on discus throwing due to limited facilities in schools. This study aims to determine the effectiveness of learning discus throwing for fifth graders at Masehi Private School No. 3 Kabanjahe with plastic plate media.

The results showed that the effectiveness of learning discus throwing for fifth graders at Masehi Private School No. 3 Kabanjahe with modified plastic plate media has increased, namely from the results of the pre-cycle, 5 students or 38.46% have completed learning and 8 students or 61.53% have not finished studying. The results of the first cycle test obtained 5 students or 38.46% completed learning and 8 students or 61.53% had not finished studying. So based on the average obtained, it can be said that there was an increase of 20% in the first cycle. Then the results of the second cycle test showed 10 students or 76.92% had completed learning and 3 students or 23.07% had not finished studying. Based on the average results obtained, it can be said that there was an increase of 10.25% in cycle II from cycle I. The percentage of success in cycle II had reached 75% so that this research was stopped and said to be quite successful.

Keywords: *learning effectiveness, learning media, discus throwing*

