

ABSTRAK

Edigia Pelawi, NPM. 1815030005 “Upaya Meningkatkan Keterampilan Tendangan T Menggunakan Metode Drill Pada Siswa Kelas X Pokok Bahasan Bela Diri Pencak Silat SMA Negeri 1 Barus Jahe”

Penelitian ini dilakukan dengan tujuan untuk Mengetahui Hasil Belajar Passing Atas Bola Voli Melalui Metode Bermain Dengan Bola Karet Dan Variasi Latihan Pada Siswa Kelas V SD Negeri 040452 Kabanjahe Tahun Pelajaran 2021/2022.

Penelitian ini dilaksanakan di kelas V SD Negeri 040452 Kabanjahe yang berjumlah 29 siswa sebagai objek penelitiannya adalah upaya meningkatkan hasil belajar passing atas bola voli melalui metode bermain dengan bola karet dan variasi latihan. Jenis dari penelitian ini adalah penelitian tindakan kelas (PTK). Instrument yang digunakan berupa tes fortfolio dan lembar observasi.

Dari hasil penelitian siklus I diperoleh hasil pelaksanaan pembelajaran pada aktivitas guru dengan kategori cukup dan hasil pelaksanaan pembelajaran pada aktivitas siswa berkategori cukup, dari ketuntasan individu siswa yang tuntas belajarnya yaitu 17 siswa dari 29 siswa dan siswa yang tidak tuntas dalam belajar yaitu 12 siswa, sedangkan ketuntasan klasikal pada siklus I adalah 58,62% rata-rata adalah 62,4%

Berdasarkan tes siklus II dengan perbaikan diperoleh hasil pelaksanaan pembelajaran pada aktivitas guru telah berkategori baik dan hasil pelaksanaan pembelajaran pada aktivitas siswa telah berkategori baik, dari ketuntasan individu siswa yang tuntas belajarnya yaitu 26 siswa dari 29 siswa dan siswa yang tidak tuntas dalam belajar yaitu 3 siswa, sedangkan ketuntasan klasikal setelah perbaikan pada siklus II 89,65% telah tuntas secara klasikal dan rata rata 80,69%. Dari siklus I dan siklus II diperoleh peningkatan hasil belajar siswa dalam pokok bahasan materi passing atas bola voli.

Pelaksanaan pembelajaran yang dilakukan selama berlangsungnya siklus I dan siklus II berjalan dengan baik. Dengan demikian dapat di simpulkan bahwa hasil belajar siswa meningkat, ketuntasan belajar siswa meningkat dan tuntas secara klasikal sehingga dapat di simpulkan bahwa hasil belajar passing atas bola voli melalui metode bermain dengsm biks keret dan variasi latihan pada siswa kelas V SD Negeri 040452 Kabanjahr telah mencaopai ketumtasan klasikal.

Kata Kunci : Pembelajaran, Hasil Belajar, dan Tendangan T

ABSTRACT

Edigia Pelawi, NPM. 1815030005 "Efforts to Improve T Kick Skills Using the Drill Method in Grade X Students Subject of Pencak Silat Self Defense at SMA Negeri 1 Barus Jahe" This research was conducted with the aim of knowing the learning outcomes of passing volleyball through the method of playing with a rubber ball and variations of exercises in fifth grade students at SD Negeri 040452 Kabanjahe in the academic year 2021/2022.

This research was conducted in class V SD Negeri 040452 Kabanjahe, totaling 29 students. The research object was an effort to improve the learning outcomes of volleyball passing through the method of playing with a rubber ball and various exercises. The type of this research is classroom action research (CAR). The instruments used were portfolio tests and observation sheets.

From the results of the research cycle I, it was obtained that the results of the implementation of learning in teacher activities were in the sufficient category and the results of the implementation of learning in student activities were in the sufficient category, from the completeness of individual students who completed their studies, namely 17 students out of 29 students and students who did not complete in learning, namely 12 students, while classical completeness in the first cycle is 58.62% the average is 62.4%

Based on the cycle II tests with improvements, the results of the implementation of learning on teacher activities were in the good category and the results of the implementation of learning on student activities were in the good category, from the completeness of individual students who completed their studies, namely 26 students out of 29 students and students who did not complete learning, namely 3 students, while classical completeness after improvement in cycle II 89.65% has been completed classically and the average is 80.69%. From cycle I and cycle II, an increase in student learning outcomes was obtained in the subject matter of passing on volleyball.

The implementation of learning that was carried out during cycle I and cycle II went well. Thus it can be concluded that student learning outcomes have increased, student learning mastery has increased and been completed classically so that it can be concluded that the learning outcomes of passing volleyball through the method of playing with biki keret and variations of exercises in class V students of SD Negeri 040452 Kabanjahe have achieved completeness classic.

Keywords: Learning, Learning Outcomes, and T Kick