

DEVELOPMENT OF LEARNING MODEL (Sprint, Hurdles, sprint relay) USING APPROACH TO PLAY

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ABSTRACT

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This study aims to produce learning models of basic motion games running sprints (sprints, relay and hurdles) as a means to achieve the objectives of physical education learning. This game learning model is expected to be able to develop psychomotor aspects of students and can be used by teachers in carrying out physical education learning activities.

This research was carried out by adapting modified development research steps into seven steps in conducting research, which included 1) field information collection, 2) analysis of initial information, 3) validation of initial and revised drafts, 4) small scale field trials and revisions , 5) large-scale and revised field trials, 6) final products, 7) product effectiveness test. Small-scale trials were conducted on 18 PKS FIK UNY students who took athletic learning courses. While large-scale trials were carried out in three primary schools in the city of Banjarnegara, totaling 60 students led by penjas teachers who had been given prior training. The instrument used to collect data is an observation guide in the form of observation sheets, interviews, field notes, scale scores, assessment sheet, effectiveness test and assessment of learning outcomes. The data analysis techniques carried out are quantitative descriptive analysis and qualitative descriptive analysis.

The results of the study were sprint, hurdles and relay models containing 12 game models, namely 1) individual game models 2) paired model, 3) paired game models 4, 6 and 8 and 4) team play models, each model has 4 models. Game models are arranged in the form of manuals and videos. Based on the results of the assessment of experts and practitioners, it can be concluded that the sprint, goal and relay game model as a means to achieve physical education learning objectives, especially basic motion learning for elementary school students which are well-designed and effective, so that decent game model to use.

Kata Kunci: Keywords: Game Model Run sprint, hurdles, relay.