

Throw Ability Level Of High School And Vocational High School Students All Of Sleman Regency

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ABSTRACT

Abstraks: Background: Basically, SMA and SMK Negeri students in Sleman Regency can do basic throwing movements. However, the results of observations in the field of new students who came from the district of Sleman who attended the basic motion course of throwing, the average value achieved at the beginning of the lecture was still below the passing grade. Objective: This aims of study to determine the level of basic movement skills (bullets, javelins and discs) high school and vocational high school students throughout the Sleman regency. Method: This research is quantitative descriptive. The research subjects were SMA and SMK Negeri students in Sleman Regency. The samples were taken using the stratified purposive random sampling method with a total sample of 100 male students. The research method used a survey method with data collection using performance assessment techniques, taken by throwing videos (javelins, bullets and discs). The method used to analyze the data is quantitative descriptive method. Results: showed that of the 100 students who were able to throw (throwing javelins, shot put and throwing discs) there were 57 students with 28 students in the medium ability category, 25 students with good abilities and 4 students with very good abilities. The ability in throwing the javelin of the students was still in the poor and very lacking category, amounting to 44 students, and in the very good, good and moderate categories there were 56 people, 38 students were categorized as less and very lacking in the category of very good, good and moderate. students, and for throwing discs in the very good, good and moderate categories there were 72 students and the less and very poor categories were 28 students. Conclusion : The ability level of high school students and vocational high schools in Sleman Regency is still above average and needs to be improved in number throwing learners, by implementing the teaching progression method

Kata Kunci: *Throwing Ability, Basic Movement, High School and Vocational High School Students*