

ABSTRAK

Sildja Otoluwa, 2912 Increase Mastery of the basic movement by Using Short distance Run Modeling In fifth grade elementary school students UNG Laboratories Southern District of City of Gorontalo city. Thesis Physical Education and Health, Falkultas Health Sciences, State University of Gorontalo. Mentor (1) Dra. Nurhayati Liputu, M.Pd. (2) Lie Marsa victimizing S.Pd M.Pd.

Educational research is a class action based on lack of mastery of the basic movement of short-run jarak dibelajarkan with traditional methods. Penelitian aims to see how far the use of modeling methods can improve the application of the basic motion of sprinting at the Laboratory Elementary School fifth grade students UNG Gorontalo City district of South City. This study has a formulation of the problem (1) how students' mastery of the motion dasar sprinting motion?, And (2) Is the modeling method can raise the mastery of basic motion sprints on students? Of research has been done, the results showed that the mastery of basic motion sprinting through fifth grade students modeling methods increases, it can be seen in cycle one, two and three where there was an increase learning outcomes, students in one cycle is 61.3 % rose to 70.3% in cycle two and three cycles of rising again to 83.4%. from these data we can conclude that there has been increased learning outcomes of the cycle one, two and three, so it can be declared a class action research has been completed. of these results, it can be concluded that learning through modeling method is suitable digunakan to increase learning outcomes and preferred by children, and adults.

Key words: basic motion sprint, modeling methods.