

## ABSTRACT

**MASKUR HEITO / 831 411 103 "LONG JUMP IMPROVE BASIC SQUAT IN BRANCH WAY THROUGH ATHLETIC SPORTS INSTRUCTION CLASS METHOD EXPLICIT VII<sup>4</sup> SMP NI TAPA" SUPERVISOR 1 DR. SERGEANT MILE, MS AND SUPERVISOR 2 SURIYADI DATAU S.Pd, M.Pd.**

Problems in the classroom action research that found in class VII4 SMP Negeri 1 Tapa is students not able to perform long jump squat style dengtan good and right, as well as less than optimal ability of students in the basic techniques long jump squat style,

The research objective of this class action is to improve the basic techniques long jump squat force in athletics through the method of explicit instruction in class VII-4 junior NI TAPA can be improved ". Namely action hypothesis ": if using explicit instruction, then the basic techniques long jump squat force on athletics class VII-4 junior NI TAPA can be improved". Performance indicators. : If the mastery of students in terms of the implementation of the basic techniques do basic techniques long jump squat force reaches at least 80% of the overall student who is the subject of research, with the assessment criteria 80-100 (A), then the course of a study of this class action is declared complete and successful.

Conclusions in a study conducted in SMP Negeri 1 Tapa with this research subject is VII4 grade students of SMP Negeri 1 Tapa the number of students 25 people, a daughter and a son of 16 people amounted to 9 people. Data were collected by using observation sheet activities of students and teachers, as well as an evaluation of the material taught in each cycle were analyzed both qualitatively and quantitatively, based on data analysis known an increase in the average ability of the basic skills long jump squat style namely: on the average initial observation capability of basic skills long jump squat style by 61.2%. After the first cycle of action held there was an increase of 72.9% and in the second cycle of the achievements obtained results by 82.2%, so the hypothesis stated: "if using explicit instruction, then the basic techniques long jump squat force on athletics class VII-4 junior NI TAPA can be improved "unacceptable.

**Keywords** : Basic Technique Long Jump Squat style. Explicit Instruction method. Junior high school students.