

ABSTRAK

RONY AMRAIN AKASE, Nim. 831411225 (Skripsi 2015)
“MENINGKATKAN TEKNIK DASAR LEMPAR CAKRAM MELALUI METODE *EXPLICIT INSTRUCTION* DI KELAS V SDN 16 BONGOMEME”. Skripsi, Program Studi S1 Pendidikan Jasmani Kesehatan dan Rekreasi di Jurusan Pendidikan Olahraga, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragan Universitas Negeri Gorontalo, Pembimbing I Dr. Ha. Aisah R. Pomatahu, Dra, M.Kes, dan Pembimbing II Suriyadi Datau, S.Pd, M.Pd.

Permasalahan dalam penelitian ini yaitu kurangnya persediaan alat atau media yang digunakan, pembelajaran lempar cakram sangat monoton dikarenakan metode yang masih belum tepat, rendahnya keinginan siswa untuk mengikuti pembelajaran, siswa masih belum menguasai teknik dasar lempar cakram dengan baik dan benar, serta belum optimalnya proses pembelajaran lempar cakram. Tujuan dalam penelitian yaitu untuk meningkatkan teknik dasar lempar cakram melalui metode *explicit instruction* pada siswa kelas V SDN 16 Bongomeme. Metode yang diterapkan yaitu metode *explicit instruction*

Berdasarkan hasil penamatan dari data awal atau observasi awal yakni 57,9, siklus I 70,05, dan siklus II 81,33. Penelitian ini mengalami peningkatan, dan bahkan melebihi indikator kinerja yang sudah di tetapkan, yaitu sebesar 80%. Dengan demikian dapat di simpulkan bahwa pembelajaran penjaskes khususnya materi lempar cakram pada cabang olahraga atletik dengan menggunakan metode Explicit Instruction dapat meningkatkan kemampuan dalam melakukan lempar cakram pada cabang olahraga atletik siswa kelas V SDN 16 Bongomeme. Dengan demikian hipotesis dapat di terima dan penelitian ini di anggap berhasil dan tidak di lanjutkan ke siklus berikut.

Dengan demikian dapat di simpulkan bahwa dengan penerapan metode Explicit Instruction dapat meningkatkan hasil belajar lempar cakram pada cabang olahraga atletik siswa kelas V SDN 16 Bongomeme, dengan hasil tersebut maka penelitian ini di nyatakan tuntas dan hipotesis dapat di terima.

Kata Kunci : Lempar Cakram, Atletik, Metode Explicit Instruction.

ABSTRAK

RONY AMRAIN AKASE, Student Identification Numbers. 831411225 (Thesis 2015) "IMPROVING BASIC TECHNIQUES of THROWING the DISC through the METHOD of EXPLICIT INSTRUCTION in CLASS V SDN 4 BONGOMEME". Theses, Undergraduate Courses of physical education and Health Education in the Department of Recreational sports, Faculty of Health Sciences and Keolahragan State University of Indonesia, Supervisor I, Dr. Ha. "R. Pomatahu, Dra, M. Kes, and Supervisor II Or Suriyadi Datau, S.Pd, M.Pd

The issue in this study, namely the lack of inventory tool or medium used, disk throwing very monotonous learning because the method is still not right, low student to follow the wishes of learning, students still have not mastered the basic techniques of throwing discs with good and true, and yet its optimal learning process throwing discs. The goal in research is to improve the basic techniques for throwing the disc through the method of explicit instruction in grade V in the 16th Bongomeme SDN. The methods applied method of explicit instruction.

Based on the results of the penamatan preliminary data or observations beginning is 57,9, cycle I and cycle II, 70,05 81,33. This research has increased, and even exceeds the performance indicators that are already in the set, that amounted to 80%. Thus it can be conclude that learning penjaskes in particular the material throwing discs on the sport of Athletics by using the methods of Explicit Instruction can improve the ability of doing the throwing of the disc on the sport of Athletics grade V SDN 16 Bongomeme. Thus the hypothesis can be received and the research was considered successful and not in the following cycle to continue.

Thus it can be conclude that with the application of the methods of Explicit Instruction can improve the learning results of throwing discs at athletic sport grade V SDN 16 Bongomeme, with the results of this research at the stated hypothesis has been completed and can be received.

Keywords: Discus Throw, Athletics, Methods Explicit Instruction

