

Efforts To Improve Short Distance Learning Results Through The Play Approach To Class Vii Students Mts Bahrul Ulum Bareng

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Abstract: The purpose of this study was to determine the results of learning to run short distances through a playful approach to class VII students of MTs Bahrul Ulum Bareng. The type of this research was Classroom Action Research. The population in this study were male students of class VII MTs Bahrul Ulum Bareng. The sampling technique used is total sampling. So the sample in this study were all seventh-grade students of MTs Bahrul Ulum Bareng, with a total of 50 students. Through the application of the black and green game, it can improve the learning outcomes of sprinting for class VII students of MTs Bahrul Ulum Bareng, Belik District, Jombang Regency, for the 2021/2022 academic year marked by an increase in the mastery of learning outcomes. This is in line with the findings of the data obtained by researchers in the initial conditions of the pre-cycle to the first cycle to the end of the second cycle. The percentage of complete learning outcomes of class VII students of MTs Bahrul Ulum Bareng later in the first cycle was (70%) or several 35 students and at the end of the second cycle, it increased by (86%) or several 43 students who achieved learning mastery, so that the increase in the cycle I to the end of the second cycle (16%).

Keywords: effort, short-distance running

1. INTRODUCTION

Many sports activities are carried out in all fields, especially in the field of education. One of the areas of education that often engages in sports activities in school. All schools in Indonesia must carry out structured sports activities, both for routine activities and learning activities. Sports learning activities in schools are generally referred to as Physical Education, Sports, and Health (Penjaskes) subjects.

In the 2013 curriculum (K-13), the Physical Education subject has many materials that can be taught, one of which is athletic material. Athletics trains muscle work to have agility and speed. Studying athletics can provide many benefits for students because, at school age, children are still in the process of growth and development, so it is very good to do positive activities such as exercising in athletics. One of the sports included in athletics is sprinting. Arsyad (2013: 10) said that learning media are everything that can be used to convey messages or information in the teaching and learning process.

Based on the explanation of the background of the problem, the researcher considers it important to discuss this issue in the study with the hope that the results of this study can be useful for the seventh-grade students of MTS Bahrul Ulum Bareng, as a reference to improve student's learning methods and abilities. Therefore, the authors want to investigate further Efforts to Improve Short Distance Running Learning Outcomes Through Playing Approaches for Class VII Students of Mts Bahrul Ulum Together. In addition, students' interest in short-distance running is not yet known, so researchers are interested in finding out Efforts to Improve Short-Distance

Running Learning Outcomes Through Playing Approaches for Class VII Students of Mts Bahrul Ulum Bareng.

2. METHOD

The research method used in this research. This type of research is Classroom Action Research. The population in this study were male students of class VII MTs Bahrul Ulum Bareng. The sampling technique used is total sampling. So the sample in this study were all seventh-grade students of MTs Bahrul Ulum Bareng, with a total of 50 students.

3. RESULT DISCUSSION

The implementation of learning with a playful approach is done by choosing the type of game whose movement contains elements of the basic technique of sprinting in the form of running games, moving objects, and black and green games. To fulfill the elements of the basic sprint technique movement in this classroom action research, the teacher chooses a simple game that is developing among the community, especially the one that is popular with children, namely the black and green game. The application of the black and green game is intended to familiarize students with training in the basic movements of sprint running in the form of basic running techniques. To train reaction speed in this game, it can be modified first by moving the ball or flag game.

The following is a table description of the Comparison of Learning Outcomes of Sprinting for Class VII Students of MTs Bahrul Ulum Together from Cycle I to Cycle II:

Table 1: Comparison of Learning Outcomes of Sprinting for Class VII MTs Bahrul Ulum Together from I to Cycle II Year 2021/2022

No	Phase	Overall student	Complete	Not Complete	Percentage Complete
1	Cycle I	50	35	15	70%
2	Cycle II	50	43	7	86%

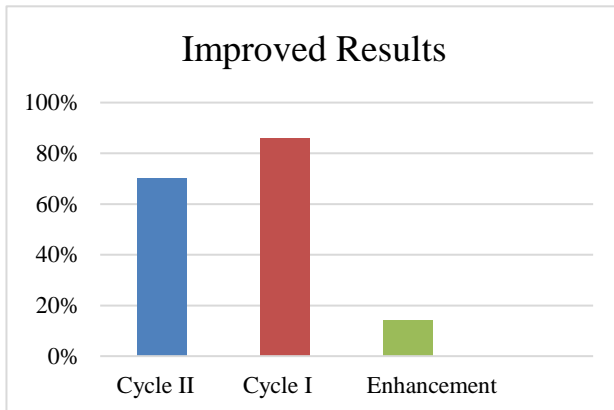


Figure 1: Diagram of improving student learning outcomes

Through the application of the black and green game, it can improve the learning outcomes of sprinting in class VII MTs Bahrul Ulum Bareng, Belik District, Jombang Regency, in the 2021/2022 academic year marked by an increase in the mastery of learning outcomes. This is in line with the findings of the data obtained by researchers in the first cycle until the end of the second cycle. The percentage of complete learning outcomes of class VII students of MTs Bahrul Ulum Bareng later in the first cycle was (70%) or several 35 students and at the end of the second cycle increased by (86%) or several 43 students who achieved mastery learning, so that the increase in the cycle I to the end of the second cycle (16%).

4. CONCLUSION

The results of the study showed that the percentage of complete learning outcomes for students of class VII MTs Bahrul Ulum Bareng later in the first cycle was (70%) or the number of 35 students and at the end of the second cycle increased by (86%) or several 43 students who achieved learning mastery, so the increase from cycle I to the end of cycle II was (16%).

5. REFERENCES

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