

Efforts to Improve Learning Outcomes in Turbo Throwing Using the Target Throwing Drill Method

Muhammad Ramadhana Eka Saputra*, Eggi Sudjana, Ihsan Hasani
Sport Education, STKIP Kusuma Negara, Indonesia
*ramadhaneka@stkipkusumanegara.ac.id

Abstract

The several problems was faced, namely, 1) the learning outcomes of students in the basic movements of turbo throwing are not optimal, 2) students need a modified form of play in improving the learning outcomes of turbo throwing. The purpose of this study was an effort to improve the learning outcomes of teaching turbo throwing using a target throwing game. The method used in this research is class action research, through two cycles with a total participants of 28 class III students at SDN Lubang Buaya 11. The results of this study indicate that from cycle I to cycle II there was an increase. The average score in the pre-cycle is 67 increasing to 73 (cycle I) and 79 (cycle II). While the learning completeness obtained by students in the pre-cycle was 39% with the number of students who completed learning as many as 11 students, increased in cycle I to 61% with the number of students who completed learning as many as 17 students, cycle II to 100% with the number of students who completed learning as many as 28 students.

Keywords: Learning outcomes, Modification, Target throw game, Turbo throw.

1 INTRODUCTION

Physical education is a subject that is given from elementary school to senior high school (Suriatno & Yusuf, 2020). Physical education is an educational effort with the activity of large muscles, so that the percentage of education that takes place is not hampered by health problems and body growth (Sarwita, 2018; Danang & Fachrezzy, 2019). School sports learning is seen as underdeveloped and often monotonous.

The scope of physical education includes traditional games and sports, games, movement exploration, soccer, volleyball, baseball, athletics and other activities (Yulita, 2019). Athletics is included in the scope of games and sports. There are several numbers in athletics, including running numbers, jumping numbers, throwing numbers (see Figure 1), and road numbers. In the syllabus for grade III elementary schools there is subject matter for basic throwing movements. In the material, there will usually be many mistakes in basic motion techniques such as stance, repulsion and throwing. So that learning methods or modifications are needed in this learning.



Figure 2. Turbo Throw

Learning modification is an effort to increase interest in learning and a sense of eliminating student boredom or boredom. Modifications can utilize turbo throw targets, as in Figure 1(b), while Figure 1(a) is the turbo throw steps. With learning modifications aimed at increasing learning outcomes of students' interest or participation in participating in learning, creating a fun and not boring learning atmosphere for students.

2 RESEARCH METHODS

The method in this study is a class action research method, which is a study developed jointly by researchers and collaborators on variables that are manipulated and can be used to make improvements. In addition, the researcher aims to improve learning outcomes in throwing turbo through the throwing game approach. The sampel was on class III students at SDN Lubang Buaya 11 Jakarta in the 2022/2023 school year. Action research is an activity of collecting, processing, analyzing, and presenting data that is carried out systematically and objectively on activities that are carried out by professionals in the environment and their authority to change and develop conditions that are being faced (Saputra, 2021). The target is right, it's proven

With an increase in the Basic Turbo Throw Technique skill. whose percentage increased from pre-action to cycle I increased by 61.00%. In cycle I the researcher used the drill method through a target throwing approach aimed at increasing learning outcomes in the Turbo Throwing game, in the skill process students were seen to be active in following all the rules and procedures given by the researcher, and is calculated based on the number of students in the form of a percentage. In addition, this can be seen in the discussion of each cycle as follows.

3 RESULT AND DISCUSSION

Based on the reflection from the analysis of the collected data, the results of the class action research showed that at the end of the cycle there was an increase in the quality of Basic Turbo Throw Technique skills with the Target Throwing Drill Method for class III at SDN Lubang Buaya 11 by 100%. The data is based on observations made by researchers with collaborators, which are then categorized and calculated based on the number of students in the form of a percentage. In addition, this can be seen in the discussion of each cycle as follows.

3.1 Cycle I

In the action in the process of learning to throw turbo with the right approach to playing target throwing, as evidenced by the increase in Basic Turbo Throw Technique skills. whose percentage increased from pre-action to cycle I increased by 61.00%. In cycle I the researcher used the drill method through the target throwing approach aimed at increasing learning outcomes in the Turbo Throwing game, in the skill process students were seen to be active in following all the rules and procedures given by the researcher

3.2 Cycle II

In cycle II, the results of learning to throw turbo using the target throwing approach to class III students at Lubang Buaya 11 Elementary School were very good and satisfying, all students looked good in activities and attitudes in learning process research. The actions given in cycle II used the drill method through the target throwing approach. With the aim of this method being able to improve the results of learning to throw turbo with the approach of playing target throwing in class III students at Lubang Buaya 11 Elementary School it is getting better. This is evidenced by the results of the evaluation of throwing turbo with the drill method through the target throwing approach which

reached 100% at the end of the two cycles (see Table 1). The explanation of the activities of each cycle, namely cycles 1 and cycles II, shows that the results of observations of collaborators and researchers on students learning outcomes of turbo throwing experienced a very good increase.

Tabel 1. Pre-action Percentage Results, Cycle I and Cycle II

	Total	Category			
		Complete		Incomplete	
		Frequency	%	Frequency	%
Precycle	28	11	39.00	17	61.00
Cycle I	28	17	61.00	11	39.00
Cycle II	28	28	100.00	0	0

Tabel 1 show that in each cycle there is a very significant increase. As many as 100% of students were able to do turbo throw properly and correctly. The participation rate increased from 60% in cycle I to 100% in cycle II. Likewise with student responses to applied learning. Based on these results, it can be concluded that the learning process throws Turbo. Using the Target Throwing Drill method can be used as a reference for improving basic Turbo Throw Technique skills in class III SDN Lubang Buaya 11 Kec. Cipayung, City of East Jakarta and that's right.

4 CONCLUSION

Classroom action research (CAR) in class III students at Lubang Buaya 11 Elementary School for the 2022-2023 academic year is carried out in II cycles. Each cycle consists of four stages, namely. (1) Planner (2) Implementation (3) Observation, and (4) Reflection. Based on the data analysis that has been done, it can be concluded that the target throwing drill method can improve learning outcomes in basic turbo throwing techniques through the target throwing approach. class III students at Lubang Buaya 11 Elementary School. The results of the analysis obtained were an increase in the percentage of students in the basic turbo throwing technique in cycle I (61%), cycle II (100%). throwing turbo in the approach to playing target throwing for class III students at Lubang Buaya 11 Elementary School, Kec. Cipayung, City of East Jakarta.

5 REFERENCES

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