

**PENGEMBANGAN MEDIA PEMBELAJARAN SENAM LANTAI  
BERORIENTASI *INFORMATION AND COMMUNICATION  
TECHNOLOGY, TECHNOLOGICAL PEDAGOGICAL AND  
CONTENT KNOWLEDGE***

**Oleh**

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**ABSTRAK**

Penggunaan media audio visual berorientasi ICT TPACK dalam pembelajaran PJOK merupakan hal urgen saat ini. Penelitian ini bertujuan untuk mengembangkan video tugas gerak guling ke depan dan guling ke belakang untuk peserta didik kelas VIII Sekolah Menengah Pertama dengan menggunakan rancangan model ADDIE. Populasi penelitian terdiri atas peserta didik berjumlah 2.582 orang. Sampel penelitian terdiri atas peserta didik kelas VIII berjumlah 501 orang, berasal dari 8 SMP Negeri di Kecamatan Buleleng. Instrumen penelitian berupa angket tertutup dalam bentuk google form dan lembar validasi tugas gerak. Teknik analisis data menggunakan deskriptif kuantitatif-kualitatif. Berdasarkan hasil penelitian, diketahui bahwa 1) 93% (466 orang) peserta didik membutuhkan video tugas gerak pembelajaran PJOK pada materi guling depan dan belakang, 2) pada tahap perancangan dilakukan penyusunan tujuan pembelajaran, pemilihan *software*, merancang *storyboard* dan *flowchart*, 3) dalam tahap pengembangan dilakukan proses rekaman video, audio, editing, uji ahli isi dan praktisi dengan rerata 95% dengan kategori sangat baik dan uji ahli media dan praktisi dengan rerata 96% dengan kategori sangat baik, 4) di tahap implementasi dilaksanakan uji perorangan dan uji kelompok kecil yang memperoleh skor 3,00 yang termasuk kedalam kategori sangat baik, 5) kemudian di tahap evaluasi dapat dinyatakan bahwa produk video tugas gerak dapat di gunakan untuk mengajar peserta didik kelas VIII. Guru PJOK SMP Negeri di Kecamatan Buleleng dapat mengimplementasikan tugas gerak guling depan dan belakang yang dirancang melalui penelitian ini.

**Kata-Kata Kunci:** Guling ke Depan, Guling ke Belakang, ICT TPACK, ADDIE

***Development of ICT TPACK-Oriented  
Learning Media for Gymnastics Material***

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**ABSTRACT**

The use of ICT-oriented audio-visual media TPACK in Physical and Health Education learning is urgent. This study aims to develop a forward and backward roll task video for grade VIII junior high school students using ADDIE model design. The study population consisted of 2,582 students. 501 students of grade VIII from 8 public junior high schools in the Buleleng district participated in the research sample. A closed questionnaire in the form of a google form and a motion task validation sheet were used as the research instrument. It also used quantitative-qualitative descriptive analysis to analyze the data. Based on the results of the study, it was found that 1) 93% (466 people) of students needed a video of the Physical and health Education learning motion task on the front and back roll material, 2) at the design stage, the learning objectives were designed, the software is selected, and designing the storyboard and flowchart, 3) in the development stage, it started to record the video, audio, editing, content expert and practitioner tests are carried out with an average of 95% which categorized as very good and the media and practitioner test with an average of 96% that classified as very good media, 4) in the implementation stage, individual tests and group tests are carried out with an average score of 3.00 which is considered as very good, 5) then at the evaluation stage it can be stated that the motion task video product can be used to teach grade VIII students. The Physical and Health Education teachers of Public Junior High Schools in the Buleleng District can implement the forward and backward roll motion task designed in this research.

**Key words:** forward roll, back roll, ICT TPACK, ADDIE