

**PENGEMBANGAN MODEL LATIHAN GERAK DASAR NON-
LOKOMOTOR BERBASIS PERMAINAN UNTUK PESERTA DIDIK KELAS
RENDAH DI SD NEGERI 2 BANYUNING TAHUN PELAJARAN 2022/2024**

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ABSTRAK

Penelitian pengembangan ini bertujuan untuk mengembangkan model latihan gerak dasar non-lokomotor berbasis permainan untuk peserta didik kelas rendah di SD Negeri 2 Banyuning yang produknya dikemas dalam bentuk buku. Dalam penelitian ini menggunakan metode *Research and Development (R&D)* dengan menggunakan model pengembangan ADDIE. Model ADDIE ini terdiri atas 5 tahapan yaitu, (1) analisis (*analyze*), (2) perancangan (*design*), (3) pengembangan (*development*), (4) implementasi (*implementation*), dan (5) evaluasi (*evaluation*). Subjek uji coba dalam penelitian ini melibatkan ahli isi, ahli media pembelajaran, ahli bahasa. Selanjutnya, produk pengembangan melalui uji coba perorangan, uji coba kelompok kecil, uji coba kelompok besar dan uji kepraktisan. Pengumpulan data dalam penelitian ini menggunakan kuesioner. Analisis data menggunakan analisis deskriptif kualitatif dan kuantitatif. Berdasarkan hasil penelitian menunjukkan bahwa dari uji ahli isi/materi pembelajaran memperoleh persentase skor 96,3% dengan kualifikasi sangat baik, uji ahli media pembelajaran memperoleh persentase skor 94,6% dengan kualifikasi sangat baik, uji ahli bahasa memperoleh persentase skor 90% dengan kualifikasi sangat baik, uji coba perorangan memperoleh skor 95,3% dengan kualifikasi sangat baik, uji coba kelompok kecil memperoleh persentase 96,2% dengan kualifikasi sangat baik, uji coba kelompok besar memperoleh persentase 96,6% dengan kualifikasi sangat baik dan uji kepraktisan mendapatkan persentase sebesar 96,9% dengan kualifikasi sangat praktis. diperoleh simpulan bahwa pengembangan model latihan gerak dasar non-lokomotor berbasis permainan untuk peserta didik kelas rendah di SD Negeri 2 Banyuning yang dikemas dalam bentuk buku ini dinyatakan sangat layak ditinjau dari hasil uji coba ahli dan uji coba lapangan, sehingga model latihan gerak dasar non-lokomotor berbasis permainan untuk peserta didik kelas rendah di SD Negeri 2 Banyuning dapat digunakan sebagai media penunjang pembelajaran PJOK materi gerak dasar non-lokomotor di sekolah.

Kata Kunci : Non-lokomotor, Permainan, ADDIE

**DEVELOPMENT OF GAME-BASED FUNDAMENTAL NON-LOKOMOTOR
EXERCISE MODEL FOR LOWER-GRADE STUDENTS AT SD NEGERI 2
BANYUNING ACADEMIC YEAR 2023/2024**

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ABSTRACT

This developmental research aims to develop a non-locomotor basic movement exercise model based on games for elementary school students at SD Negeri 2 Banyuning, packaged in the form of a book. In this research, the Research and Development (R&D) method is used, employing the ADDIE development model. The ADDIE model consists of 5 stages, namely (1) analysis, (2) design, (3) development, (4) implementation, and (5) evaluation. The trial subjects in this research involve content experts, instructional media experts, and language experts, and the development product goes through individual testing, small-group testing, large-group testing, and practicality testing. Data collection in this research uses questionnaires, and data analysis utilizes qualitative and quantitative descriptive analysis. Based on the research results, it is shown that the content expert evaluation received a score percentage of 96.3% with a qualification of excellent, the instructional media expert evaluation received a score percentage of 94.6% with a qualification of excellent, the language expert evaluation received a score percentage of 90% with a qualification of excellent, individual testing received a score of 95.3% with a qualification of excellent, small-group testing received a percentage of 96.2% with a qualification of excellent, large-group testing received a percentage of 96.6% with a qualification of excellent, and practicality testing obtained a percentage of 96.9% with a qualification of highly practical. It can be concluded that the development of the non-locomotor basic movement exercise model based on games for elementary school students at SD Negeri 2 Banyuning, packaged in the form of a book, is considered very suitable based on expert and field testing. Therefore, the non-locomotor basic movement exercise model based on games for elementary school students at SD Negeri 2 Banyuning can be used as a supporting media for Physical Education and Health (PJOK) learning for non-locomotor basic movement in the school.

Keywords: *Non-locomotor, High Grade, ADDIE Method*