IMPLEMENTASI MODEL PEMBELAJARAN KOOPERATIF TIPE *TEAM GAMES TOURNAMENT* (TGT) UNTUK MENINGKATKAN HASIL BELAJAR PJOK MATERI ATLETIK (LARI JARAK PENDEK) PADA PESERTA DIDIK KELAS X-11 DI SMAN 9 DENPASAR TAHUN AJARAN 2023/2024

Oleh

Rizki Ihsan Kurniyanto, NIM 2016011021

Jurusan Pendidikan Olahraga

ABSTRAK

Penelitian ini bertujuan untuk mengetahui peningkatan hasil belajar PJOK Materi Atletik (Lari Jarak Pendek) menggunakan Model Pembelajaran Kooperatif Tipe *Team Games Tournament* (TGT) pada Peserta Didik kelas X-11 di SMA Negeri 9 Denpasar. Rancangan penelitian menggunakan penelitian tindakan kelas dengan 2 siklus tiap siklusnya terdiri dari 2 kali pertemuan. Subjek penelitian yaitu peserta didik kelas X-11 berjumlah 39 orang dengan rincian 18 putra dan 21 putri. Metode pengumpulan data dengan observasi dan tes. Data dianalisis menggunakan analisis deskriptif kuantitatif. Hasil penelitian menunjukkan bahwa data hasil belajar secara klasikal pada materi lari jarak pendek siklus 1 tuntas 20 orang (51,2%), tidak tuntas 19 orang (48,8%) sedangkan pada siklus II tuntas 36 orang (92,2%), tidak tuntas 3 orang (7,8%), dengan demikian terjadi peningkatan antar siklus sebesar 41,02%. Disimpulkan berdasarkan analisis data tersebut bahwa hasil belajar PJOK materi atletik (lari jarak pendek) meningkat melalui implementasi model pembelajaran kooperatif tipe *team games tournament* (TGT). Implikasi penelitian ini diharapkan guru PJOK dapat menggunakan model pembelajaran kooperatif tipe TGT karena dapat meningkatkan hasil belajar atletik (lari jarak pendek).

Kata-kata kunci: model pembelajaran kooperatif tipe TGT, hasil belajar, lari jarak pendek.

IMPLEMENTATION OF A COOPERATIVE LEARNING MODEL OF TEAM GAMES TOURNAMENT (TGT) TYPE TO IMPROVE LEARNING OUTCOMES ON ATHLETIC MATERIALS (SHORT DISTANCE RUNNING) IN CLASS X-11 STUDENTS OF SMAN 9 DENPASAR ACADEMIC YEAR 2023/2024

By

Rizki Ihsan Kurniyanto, NIM 2016011021

Department of Sports Education

Abstrack

This research aims to determine the improvement in learning outcomes for PJOK Athletic Material (Short Distance Running) using the Team Games Tournament (TGT) Type Cooperative Learning Model for students in class X-11 at SMA Negeri 9 Denpasar. The research design uses classroom action research with 2 cycles, each cycle consisting of 2 meetings. The research subjects were 39 class X-11 students, 18 boys and 21 girls. Data collection methods are observation and tests. Data were analyzed using quantitative descriptive analysis. The research results show that learning outcome data is clasical in short distance running material cycle 1 completed 20 people (51.2%), incomplete 19 people (48.8%) completed the short distance running material while in cycle II 36 people (92.2%) completed it. 3 people (7.8%) did not complete it, resulting in a classical increase of 41.02%. It was concluded based on the data analysis that PJOK learning outcomes for athletic material (short distance running) increased through the implementation of the team games tournament (TGT) type cooperative learning model. The implication of this research is that it is hoped that PJOK teachers can use the TGT type cooperative learning model because it can improve athletic learning outcomes (short distance running).

Keyword: TGT type cooperative learning model, learning outcomes, short distance running.