

**PENGEMBANGAN MEDIA PEMBELAJARAN BERBASIS VIDEO
TUTORIAL SENAM LANTAI *ROLL* DEPAN DAN *ROLL* BELAKANG
UNTUK PESERTA DIDIK KELAS XI SMA NEGERI 3 SINGARAJA**

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ABSTRAK

Penelitian ini bertujuan untuk, (1) mendeskripsikan rancang bangun media pembelajaran berbasis video, (2) mengetahui validasi media pembelajaran berbasis video, (3) mengetahui kepraktisan media pembelajaran berbasis video. Penelitian ini merupakan penelitian pengembangan atau *Research & Development* (R&D) dengan model pengembangan ADDIE. Instrumen pengumpulan data dalam penelitian ini adalah lembar kuisioner lapangan dalam bentuk skala skor. Teknik analisis data menggunakan deskriptif kualitatif dan kuantitatif. Hasil penelitian ini menunjukkan rancang bangun media menggunakan model ADDIE dengan hasil produk sangat valid dan sangat praktis. Validasi media menunjukkan hasil “sangat valid” dengan rata-rata 87,3%. Kepraktisan media menunjukkan hasil “sangat praktis” 87,2%. Dapat disimpulkan bahwa pengembangan media pembelajaran berbasis video tutorial senam lantai *roll* depan dan *roll* belakang untuk peserta didik kelas XI SMA Negeri 3 Singaraja dari rancang bangun yang digunakan dengan hasil produk sangat valid dan sangat praktis. Saran bagi peserta didik, guru, sekolah dan peneliti selanjutnya untuk menggunakan media pembelajaran ini karena media ini sangat layak digunakan.

Kata Kunci : Pengembangan, Media Pembelajaran, Senam Lantai *roll* Depan dan *roll* Belakang.

**DEVELOPMENT OF LEARNING MEDIA BASED ON VIDEO
TUTORIALS FOR FRONT ROLL AND BACK ROLL GYMNASTICS FOR
GRADE XI STUDENTS SMA NEGERI 3 SINGARAJA**

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ABSTRACT

This study aims to (1) describe the design and development of video-based learning media, (2) determine the validity of the video-based learning media, and (3) determine the practicality of the video-based learning media. This research is a development study or Research & Development (R&D) using the ADDIE development model. The data collection instrument in this study was a field questionnaire in the form of a rating scale. Data analysis techniques used were qualitative and quantitative descriptive methods. The results of the study show that the media design was developed using the ADDIE model, and the final product was found to be highly valid and highly practical. Media validation results indicated a "very valid" category with an average score of 87.3%. The practicality of the media was also rated as "very practical" with a score of 87.2%. It can be concluded that the development of video tutorial-based learning media for front roll and back roll gymnastics for 11th-grade students at SMA Negeri 3 Singaraja resulted in a product that is both highly valid and highly practical based on the development model used. Suggestions are provided for students, teachers, schools, and future researchers to utilize this learning media, as it is highly suitable for use.

Keywords: Development 1: Learning Media 2; Front Roll and Back Roll Floor Gymnastics 3;