

**PENERAPAN MODEL PEMBELAJARAN *PROJECT BASED LEARNING*
(PjBL) UNTUK MENINGKATAN HASIL BELAJAR PJOK MATERI
PASSING BOLA VOLI PADA PESERTA DIDIK KELAS VIIA SMP
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ABSTRAK

Penelitian ini bertujuan untuk mengetahui peningkatan hasil belajar (PJOK) melalui materi teknik dasar *Passing* bola voli pada peserta didik kelas VIIA SMP Negeri 1 Seririt dengan Penerapan model pembelajaran *Project Based Learning* (PjBL). Penelitian ini merupakan Penelitian Tindakan Kelas. Subjek penelitian ini adalah peserta didik kelas VIIA SMP Negeri 1 Seririt, sedangkan objek penelitian adalah materi teknik dasar *Passing* bola voli dalam permainan bola voli dengan penerapan model pembelajaran *Project Based Learning* (PjBL). Data diambil dengan cara observasi tes terhadap gerakan teknik dasar *Passing* atas dan *Passing* bawah bola voli pada aspek kognitif dan aspek psikomotor. Data dianalisis menggunakan analisis *Statistik Deskriptif*. Hasil penelitian menunjukkan bahwa Penerapan Model Pembelajaran *Project Based Learning* (PjBL) untuk meningkatkan hasil belajar (PJOK) melalui teknik dasar *Passing* bola voli pada peserta didik kelas VIIA SMP Negeri 1 Seririt. Dapat dilihat pada siklus I dan siklus II persentase peningkatan hasil belajar aspek pengetahuan dari ketuntasan 23 orang (56%) menjadi ketuntasan 41 orang (100%), peningkatan hasil belajar aspek keterampilan dari ketuntasan 23 orang (56%) menjadi ketuntasan 41 orang (100%). Dapat disimpulkan bahwa penerapan model pembelajaran *Project Based Learning* (PjBL) dapat meningkatkan hasil belajar PJOK materi *passing* atas dan *passing* bawah bola voli. Untuk itu disarankan bagi guru untuk memilih model pembelajaran *Project Based Learning* (PjBL) pada Penelitian Tindakan Kelas jika ingin mengatasi masalah hasil belajar dan keaktifan peserta didik.

Kata-kata kunci: *Project Based Learning*, Hasil belajar, PJOK, *Passing*.

**APPLICATION OF PROJECT BASED LEARNING (PjBL) MODEL TO
IMPROVE LEARNING OUTCOMES OF PASSING VOLLEYBALL
MATERIALS FOR STUDENTS OF CLASS VIIA OF SMP NEGERI 1
SERIRIT IN THE 2025/2026 ACADEMIC YEAR**

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ABSTRAK

This study aims to determine the improvement of learning outcomes (PJOK) through the basic technique of volleyball Passing material on class VIIA students of SMP Negeri 1 Seririt with the Application of the Project Based Learning (PjBL) learning model. This study is a Classroom Action Research. The subjects of this study were class VIIA students of SMP Negeri 1 Seririt, while the object of the study was the basic technique of volleyball Passing material in volleyball games with the application of the Project Based Learning (PjBL) learning model. Data were taken by means of observation tests on the basic technique movements of the upper Pass and lower Pass of volleyball on the cognitive and psychomotor aspects. Data were analyzed using Descriptive Statistics analysis. The results of the study showed that the Application of the Project Based Learning (PjBL) Learning Model to improve learning outcomes (PJOK) through the basic technique of volleyball Passing on class VIIA students of SMP Negeri 1 Seririt. It can be seen in cycle I and cycle II the percentage of increase in learning outcomes in the knowledge aspect from completeness 23 people (56%) to completeness 41 people (100%), increase in learning outcomes in the skills aspect from completeness 23 people (56%) to completeness of 41 people (100%). It can be concluded that the application of the Project Based Learning (PjBL) learning model can improve the learning outcomes of the material of volleyball upper and lower passing. For this reason, it is recommended for teachers to choose the Project Based Learning (PjBL) learning model in Classroom Action Research if they want to overcome the problem of learning outcomes and student activity.

Keywords : Project Based Learning, Learning outcomes, PJOK, Passing.