

PENGEMBANGAN MEDIA PEMBELAJARAN BERBASIS *FLIPBOOK* MATERI ATLETIK LARI JARAK PENDEK DI KELAS X SMA NEGERI 4 SINGARAJA

Oleh

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ABSTRAK

Penelitian ini bertujuan mengembangkan media pembelajaran berbasis *flipbook* materi atletik lari jarak pendek di kelas X SMA Negeri 4 Singaraja. Subjek penelitian ini adalah 1 orang ahli isi pembelajaran, 1 orang ahli desain, 1 orang ahli media, 2 orang guru olahraga, dan peserta didik kelas X SMA Negeri 4 Singaraja sebanyak 3 orang uji perorangan, 6 orang uji kelompok kecil, 12 orang uji kelompok besar, serta 30 orang uji kepraktisan. Metode pengembangan dengan model ADDIE digunakan dalam penelitian ini. Model Pengembangan terdiri dari 5 tahapan yaitu analisis (*analyze*), perancangan (*design*), pengembangan (*development*), implementasi (*implementation*), evaluasi (*evaluation*). Metode pengumpulan data yang digunakan yaitu dengan menggunakan angket. Hasil penelitian (1) rancang bangun media pembelajaran berbasis *flipbook* materi atletik lari jarak pendek yaitu media pembelajaran dikemas dengan mengkombinasikan teks, gambar, audio, dan video, serta dikembangkan dengan bantuan perangkat lunak berupa *canva* dan *flip pdf professional* dan disusun secara sistematis, terdiri dari cover depan, petunjuk penggunaan, prakata, daftar isi, capaian pembelajaran, tujuan pembelajaran, materi atletik lari jarak pendek, video teknik melakukan lari jarak pendek, evaluasi pengetahuan dan keterampilan, daftar referensi, dan cover belakang (2) hasil uji validitas memperoleh rata-rata persentase sebesar 97,9% dengan kategori sangat baik, dan (3) uji kepraktisan memperoleh uji kepraktisan guru dengan rata-rata persentase sebesar 100% pada kategori sangat praktis dan uji kepraktisan peserta didik dengan rata-rata persentase sebesar 97,9% pada kategori sangat praktis. Dapat disimpulkan bahwa media pembelajaran berbasis *flipbook* materi atletik lari jarak pendek layak dan praktis untuk digunakan dalam kegiatan pembelajaran khususnya materi atletik lari jarak pendek.

Kata Kunci : Media, *Flipbook*, Lari Jarak Pendek

FLIPBOOK-BASED LEARNING MEDIA DEVELOPMENT FOR SHORT-DISTANCE RUNNING ATHLETICS IN GRADE 10 OF SMA Negeri 4 SINGARAJA

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ABSTRACT

This study aims to develop flipbook-based learning media for short-distance running athletics in grade 10 of SMA Negeri 4 Singaraja. The subjects were 1 learning content expert, 1 design expert, 1 media expert, 2 physical education teachers, and 30 grade 10 students of SMA Negeri 4 Singaraja. The subjects were 3 individuals for individual testing, 6 for small group testing, 12 for large group testing, and 30 for practicality testing. The ADDIE model was used in this study. The development model consists of 5 stages: analysis, design, development, implementation, and evaluation. The data collection method used was a questionnaire. The results of the study (1) design of flipbook-based learning media for short-distance athletics, namely learning media packaged by combining text, images, audio, and video, and developed with the help of software in the form of Canva and Flip PDF Professional and arranged systematically, consisting of a front cover, instructions for use, preface, table of contents, learning outcomes, learning objectives, short-distance athletics material, short-distance running technique videos, knowledge and skills evaluation, reference list, and back cover (2) the results of the validity test obtained an average percentage of 97.9% with a very good category, and (3) the practicality test obtained a teacher practicality test with an average percentage of 100% in the very practical category and a student practicality test with an average percentage of 97.9% in the very practical category. It can be concluded that flipbook-based learning media for short-distance athletics material is feasible and practical for use in learning activities, especially short-distance athletics material.

Keywords: Media, Flipbook, Short Distance Running