

IMPLEMENTASI MODEL PEMBELAJARAN *PROJECT BASED LEARNING* (PJBL) UNTUK MENINGKATKAN HASIL BELAJAR PJOK MATERI SEPAK BOLA *PASSING KAKI BAGIAN DALAM* PADA SISWA KELAS X4 SMA NEGERI 1 TABANAN TAHUN AJARAN 2025/2026

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ABSTRAK

Hasil belajar peserta didik pada materi sepakbola teknik dasar *passing kaki bagian* tergolong masih rendah, sehingga diperlukan model pembelajaran yang inovatif untuk meningkatkan keterampilan tersebut. Penelitian ini bertujuan untuk meningkatkan hasil belajar PJOK pada materi sepak bola, khususnya teknik *passing kaki bagian dalam*, pada peserta didik kelas X4 SMA Negeri 1 Tabanan melalui implementasi model *Project Based Learning* (PjBL). Penelitian ini menggunakan metode Penelitian Tindakan Kelas (PTK) yang dilaksanakan dalam dua siklus. Subjek penelitian ini adalah peserta didik kelas X4 SMA Negeri 1 Tabanan tahun ajaran 2025/2026 yang terdiri dari 18 laki-laki dan 23 perempuan. Pada siklus I, hasil belajar teknik dasar *passing kaki bagian dalam* menunjukkan bahwa peserta didik belum mencapai ketuntasan belajar, 4 orang (10%) dalam kategori sangat kurang, 22 orang (54%) kurang, 12 orang (29%) cukup, dan 3 orang (7%) baik. Setelah perbaikan pada siklus II, hasil belajar meningkat dengan 1 orang (2%) sangat baik, 39 orang (95%) baik, 1 orang (2%) cukup, dan 1 orang (2%) kurang. Ketuntasan klasikal pada siklus II meningkat sebesar 93%. Kesimpulan dari penelitian ini adalah bahwa implementasi model pembelajaran *Project Based Learning* terbukti efektif dalam meningkatkan hasil belajar PJOK pada materi sepak bola *passing kaki bagian dalam* pada peserta didik kelas X4 SMA Negeri 1 Tabanan tahun ajaran 2025/2026, sehingga model ini dapat dijadikan alternatif dalam proses pembelajaran PJOK untuk meningkatkan pemahaman dan keterampilan peserta didik secara optimal.

Kata-kata kunci : Hasil Belajar, Sepakbola, *Passing Kaki Bagian Dalam*, *Project Based Learning*, Penelitian Tindakan Kelas

**IMPLEMENTATION OF LEARNING MODELS PROJECT BASED
LEARNING (PJBL) TO IMPROVE LEARNING OUTCOMES OF
FOOTBALL MATERIALS IN PHYSICAL AND SOCIAL SCIENCES
PASSING INNER FEET OF STUDENTS OF CLASS X4 OF STATE
SENIOR HIGH SCHOOL 1 TABANAN IN THE ACADEMIC YEAR
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ABSTRACT

Student learning outcomes in the basic football technique of passing the inside of the foot are still relatively low, so an innovative learning model is needed to improve these skills. This study aims to improve the learning outcomes of Physical Education (PJOK) in football, especially the inside of the foot passing technique, in class X4 students of SMA Negeri 1 Tabanan through the implementation of the model. Project Based Learning (PjBL). This study used the Classroom Action Research (CAR) method, which was implemented in two cycles. The subjects of this study were class X4 students of SMA Negeri 1 Tabanan in the 2025/2026 academic year, consisting of 18 males and 23 females. In cycle I, The results of learning the basic technique of passing with the inside of the foot show that students have not yet achieved learning completion, 4 students (10%) were in the very poor category, 22 students (54%) were poor, 12 students (29%) were sufficient, and 3 students (7%) were good. After improvements in cycle II, learning outcomes improved with 1 student (2%) in very good, 39 students (95%) in good, 1 student (2%) in sufficient, and 1 student (2%) in poor. Classical completion in cycle II increased by 93%. The conclusion of this study is that the implementation of the learning model Project Based Learning proven effective in improving the learning outcomes of Physical Education (PJOK) on the inside of the foot passing football material for class X4 students of SMA Negeri 1 Tabanan in the 2025/2026 academic year, so that this model can be used as an alternative in the PJOK learning process to improve students' understanding and skills optimally.

Keywords: Learning Outcomes, Football, Inside Foot Passing, Project Based Learning, Classroom Action Research