

PROFIL KECUKUPAN GERAK MATERI SENAM LANTAI PADA PESERTA DIDIK KELAS III SD NEGERI 2 BANYUNING

Oleh

Gede Mahendra Wijaya Putra, Nim 2216011030

Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi

E-mail: mahendra.wijaya.putra@student.undiksha.ac.id

ABSTRAK

Penelitian ini merupakan penelitian survei dengan pendekatan deskriptif kuantitatif yang bertujuan untuk mengetahui profil kecukupan gerak peserta didik kelas III pada materi senam lantai yang meliputi gerakan melompat, cium lutut, dan keseimbangan di SD Negeri 2 Banyuning. Populasi penelitian adalah seluruh peserta didik kelas III SD Negeri 2 Banyuning yang berjumlah 67 orang, sedangkan sampel penelitian sebanyak 28 peserta didik dari satu kelas yang dipilih menggunakan teknik simple random sampling. Pengumpulan data dilakukan melalui observasi menggunakan instrumen Analisis Proporsi Fokus (APF) untuk mengukur dua indikator utama, yaitu proporsi alokasi waktu belajar gerak (*Active Time Allotment*) dan proporsi keterlibatan langsung peserta didik dalam aktivitas belajar gerak (*Student's Direct Engagement*). Hasil penelitian menunjukkan bahwa persentase *Active Time Allotment* pada dua kali pertemuan mencapai rata-rata sebesar 76,15%, yang menunjukkan bahwa sebagian besar waktu pembelajaran telah dimanfaatkan untuk aktivitas gerak peserta didik. Sementara itu, persentase *Student's Direct Engagement* memperoleh rata-rata sebesar 58,74%, yang menunjukkan bahwa keterlibatan langsung peserta didik dalam aktivitas gerak masuk dalam kategori cukup. Kondisi ini dipengaruhi oleh pelaksanaan praktik secara bergiliran serta keterbatasan sarana dan prasarana pembelajaran. Berdasarkan kedua indikator tersebut, dapat disimpulkan bahwa profil kecukupan gerak peserta didik berada pada kategori cukup, namun masih diperlukan upaya peningkatan keterlibatan aktif peserta didik dalam pembelajaran.

Kata Kunci: kecukupan, gerak, senam, lantai.

**MOVEMENT PROFICIENCY PROFILE OF FLOOR GYMNASTICS
MATERIAL IN THIRD GRADE STUDENTS OF SD NEGERI 2
BANYUNING**

By

Gede Mahendra Wijaya Putra, Nim 2216011030

Physical Education, Health, and Recreation Study Program

E-mail: mahendra.wijaya.putra@student.undiksha.ac.id

ABSTRACT

This study is a survey research using a descriptive quantitative approach aimed at determining the profile of students' movement adequacy in third-grade floor gymnastics material, including jumping, knee-kiss, and balance movements at SD Negeri 2 Banyuning. The study employed a survey method with a descriptive quantitative approach. The population consisted of all third-grade students at SD Negeri 2 Banyuning totaling 67 students, while the research sample involved 28 students from one class, selected using the simple random sampling technique. Data were collected through observation using the Focus Proportion Analysis (Analisis Proporsi Fokus/APF) instrument to measure two main indicators: Active Time Allotment (ATA), which represents the proportion of learning time allocated for movement activities, and Student's Direct Engagement (SDE), which indicates the level of students' direct involvement in movement learning activities. The results showed that the average percentage of Active Time Allotment across two meetings reached 76.15%, indicating that most of the instructional time was effectively utilized for students' movement activities. Meanwhile, the average percentage of Student's Direct Engagement was 58.74%, which falls into the moderate category, showing that students' direct participation in movement activities was fairly adequate. This condition was influenced by the implementation of practice activities conducted in turns and the limited availability of learning facilities and equipment. Based on these two indicators, it can be concluded that the movement sufficiency profile of the students is categorized as moderate, although efforts are still needed to increase students' active engagement during physical education learning activities.

Keywords: movement, sufficiency, floor, exercise.