

IMPLEMENTASI MODEL PEMBELAJARAN *PROJECT BASED LEARNING* UNTUK MENINGKATKAN HASIL BELAJAR PJOK MATERI BOLA BESAR SEPAK BOLA TEKNIK DASAR SHOOTING PADA PESERTA DIDIK KELAS X DI SMK TI BALI GLOBAL SINGARAJA TAHUN PELAJARAN 2025/2026

Oleh

Rajendra Nur Oktaviano, NIM 2116011096

Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi

ABSTRAK

Penelitian ini bertujuan untuk mengetahui apakah implementasi model Project-Based Learning (PjBL) dapat meningkatkan hasil belajar teknik dasar shooting sepak bola pada peserta didik kelas X SMK TI Bali Global Singaraja. Penelitian ini merupakan Penelitian Tindakan Kelas (PTK) yang dilaksanakan dalam dua siklus, dengan setiap siklus terdiri atas tahap perencanaan, pelaksanaan, observasi, dan refleksi. Hasil penelitian menunjukkan bahwa implementasi model Project-Based Learning (PjBL) secara signifikan dapat meningkatkan hasil belajar teknik dasar shooting sepak bola pada peserta didik kelas X SMK TI Bali Global Singaraja. Peningkatan terjadi secara menyeluruh pada ketiga aspek penilaian, yakni sikap, pengetahuan, dan keterampilan. Model PjBL terbukti efektif mendorong keterlibatan aktif peserta didik dalam proses pembelajaran, meningkatkan motivasi belajar, serta memfasilitasi internalisasi teknik gerak shooting secara lebih mendalam dan bermakna melalui pengalaman belajar yang kontekstual dan kolaboratif. Berdasarkan temuan tersebut, model Project-Based Learning (PjBL) direkomendasikan sebagai alternatif model pembelajaran inovatif yang dapat diterapkan dalam mata pelajaran Pendidikan Jasmani, Olahraga, dan Kesehatan (PJOK), khususnya dalam pembelajaran keterampilan teknik olahraga yang membutuhkan pendekatan praktik terpadu, reflektif, dan berbasis kolaborasi.

Kata Kunci: Project-Based Learning, PjBL, Hasil Belajar, Shooting Sepak Bola, PJOK, Penelitian Tindakan Kelas

***IMPLEMENTATION OF THE PROJECT-BASED LEARNING MODEL TO
IMPROVE LEARNING OUTCOMES IN THE BIG BALL SOCIAL SCOOP
AND BASIC SHOOTING TECHNIQUES OF GRADE 10 STUDENTS AT
SMK TI BALI GLOBAL SINGARAJA IN THE 2025/2026 ACADEMIC YEAR***

By

Rajendra Nur Oktaviano, NIM 2116011096

Physical Education, Health, and Recreation Study Program

ABSTRACT

This study aims to determine whether the implementation of the Project-Based Learning (PjBL) model can improve learning outcomes in basic soccer shooting techniques for grade 10 students at SMK TI Bali Global Singaraja. This study is a Classroom Action Research (CAR) conducted in two cycles, with each cycle consisting of planning, implementation, observation, and reflection. The results of this study indicate that the implementation of the Project-Based Learning (PjBL) model significantly improved the learning outcomes of the basic soccer shooting techniques of grade X students at SMK TI Bali Global Singaraja. Improvements occurred across all three assessment aspects: attitude, knowledge, and skills. The PjBL model proved effective in encouraging active student involvement in the learning process, increasing learning motivation, and facilitating a deeper and more meaningful internalization of shooting techniques through contextual and collaborative learning experiences. Based on these findings, the Project-Based Learning (PjBL) model is recommended as an alternative innovative learning model that can be applied in Physical Education, Sports, and Health (PJOK) subjects, particularly in the learning of sports technical skills that require an integrated, reflective, and collaborative practice approach.

Keywords: *Project-Based Learning, PjBL, Learning Outcomes, Soccer Shooting, PJOK, Classroom Action Research*