

**PENGEMBANGAN BAHAN AJAR BERBASIS *WEBSITE* MATERI LARI
JARAK PENDEK DALAM PEMBELAJARAN PJOK PADA PESERTA
DIDIK KELAS X SMA NEGERI 3 SINGARAJA**

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ABSTRAK

Penelitian ini bertujuan mengembangkan bahan ajar berbasis Website pada materi lari jarak pendek dalam pembelajaran PJOK bagi peserta didik kelas X SMA Negeri 3 Singaraja serta mengetahui tingkat kelayakannya. Penelitian ini merupakan penelitian dan pengembangan (*Research and Development*) dengan model ADDIE yang meliputi tahap *Analysis*, *Desain*, *Development*, *Implementation*, dan *Evaluation*. Subjek penelitian terdiri atas ahli materi, ahli desain pembelajaran, ahli media pembelajaran, ahli praktisi lapangan, serta peserta didik kelas X pada uji coba perorangan, kelompok kecil, dan kelompok besar. Data dikumpulkan melalui angket dan wawancara, kemudian dianalisis menggunakan analisis deskriptif kuantitatif dalam bentuk persentase. Hasil validasi menunjukkan kualifikasi sangat baik, yaitu ahli materi 95,6%, ahli desain pembelajaran 96,4%, ahli media pembelajaran 98,4%, dan ahli praktisi lapangan 95%. Hasil uji coba peserta didik juga berkualifikasi sangat baik, yaitu uji perorangan 95,3%, kelompok kecil 96%, dan kelompok besar 93,6%. Dengan demikian, bahan ajar berbasis Website dinyatakan sangat layak digunakan sebagai media pembelajaran untuk mendukung pemahaman dan meningkatkan minat belajar peserta didik. Guru PJOK disarankan memanfaatkan bahan ajar berbasis Website ini sebagai media pembelajaran pendukung pada materi lari jarak pendek agar proses pembelajaran menjadi lebih interaktif, menarik, dan sesuai dengan karakteristik peserta didik pada era digital.

Kata-kata kunci: bahan ajar, *Website*, lari jarak pendek, PJOK, ADDIE

DEVELOPMENT OF WEB-BASED TEACHING MATERIALS ON SHORT-DISTANCE RUNNING FOR PHYSICAL EDUCATION, SPORTS, AND HEALTH (PJOK) LEARNING AMONG TENTH-GRADE STUDENTS AT STATE SENIOR HIGH SCHOOL 3 SINGARAJA

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ABSTRACT

This study aimed to develop web-based teaching materials on short-distance running for Physical Education learning among tenth-grade students at State Senior High School 3 Singaraja and to determine their feasibility. This study employed a Research and Development (R&D) approach using the ADDIE model, which consists of five stages: Analysis, Design, Development, Implementation, and Evaluation. The research subjects included a subject matter expert, an instructional design expert, a learning media expert, a practitioner, and tenth-grade students involved in individual, small-group, and large-group trials. Data were collected through questionnaires and interviews and were analyzed using descriptive quantitative analysis in the form of percentages. The validation results indicated an excellent level of feasibility, with scores of 95.6% from the subject matter expert, 96.4% from the instructional design expert, 98.4% from the learning media expert, and 95.0% from the practitioner. The student trial results also demonstrated an excellent level of feasibility, with scores of 95.3% in the individual trial, 96.0% in the small-group trial, and 93.6% in the large-group trial. Therefore, the developed web-based teaching materials were considered highly feasible for use as instructional media to support students' understanding and enhance their learning interest. Physical Education teachers are recommended to utilize these web-based teaching materials as supplementary instructional media for teaching short-distance running to create a more interactive, engaging, and learner-centered learning environment that aligns with the characteristics of students in the digital era.

Keywords: *Web-based teaching materials, short-distance running, Physical Education, ADDIE, Research and Development (R&D)*