

PENGEMBANGAN MEDIA *FLASHCARD* GERAK DASAR *ROLL* DEPAN SENAM LANTAI PADA PESERTA DIDIK KELAS RENDAH

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ABSTRAK

Penelitian ini bertujuan untuk mengembangkan media *flashcard* gerak dasar *roll* depan senam lantai bagi peserta didik SD kelas rendah. Jenis penelitian ini adalah *Research and Development* (R&D) menggunakan model ADDIE. Penelitian dilaksanakan di SD Negeri 1 Sidetapa dengan melibatkan 6 siswa pada uji kelompok kecil, 21 siswa pada uji kelompok besar, serta 27 siswa pada uji kepraktisan. Pengumpulan data menggunakan lembar kuesioner skala skor, sedangkan analisis data menerapkan metode deskriptif kualitatif dan kuantitatif. Rancang bangun media melalui lima tahapan ADDIE: (1) *Analyze* (analisis kebutuhan, lingkungan, dan materi PJOK), (2) *Design* (penyusunan *storyboard*, desain visual animasi, kuis interaktif, dan ukuran kartu 11×7 cm), (3) *Development* (pembuatan media berbasis Canva/PicsArt, pencetakan, laminasi, serta uji validasi ahli), (4) *Implementation* (penerapan pembelajaran PJOK pada uji kelompok kecil dan besar), serta (5) *Evaluation* (evaluasi formatif tiap tahapan dan evaluasi akhir kepraktisan). Hasil penelitian menunjukkan rancang bangun media teruji sangat layak. Validasi ahli isi memperoleh persentase 97,5% (sangat layak), ahli media 95,0% (sangat layak), dan praktisi lapangan 97,5% (sangat layak). Uji coba kelompok kecil menghasilkan persentase 88,3% (sangat layak) dan kelompok besar 93,9% (sangat layak). Sementara itu, uji kepraktisan mencapai persentase 92,6% dengan kualifikasi "sangat praktis". Dapat disimpulkan bahwa pengembangan media *flashcard* gerak dasar *roll* depan senam lantai berbasis model ADDIE teruji sangat layak, valid, dan praktis digunakan dalam pembelajaran. Media ini disarankan untuk dimanfaatkan oleh siswa, guru, sekolah, serta dikembangkan lebih lanjut oleh peneliti berikutnya.

Kata-kata kunci : Pengembangan, Media *Flashcard*, Senam Lantai, *Roll* Depan.

**DEVELOPMENT OF FLASHCARD MEDIA FOR BASIC FORWARD ROLL
MOVEMENTS IN FLOOR GYMNASTICS FOR LOWER-GRADE
ELEMENTARY STUDENTS**

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ABSTRACT

This study aims to develop flashcard media for the basic forward roll movement in floor gymnastics for lower-grade elementary school students. This research is a type of Research and Development (R&D) using the ADDIE model. The research was conducted at SD Negeri 1 Sidetapa, involving 6 students in the small-group trial, 21 students in the large-group trial, and 27 students in the practicality test. Data collection utilized score-scale questionnaires, while data analysis applied descriptive qualitative and quantitative methods. The media design followed the five stages of ADDIE: (1) Analyze (needs assessment, environment analysis, and physical education content analysis), (2) Design (storyboard drafting, visual animation design, interactive quizzes, and card dimensions of 11×7 cm), (3) Development (media creation using Canva/PicsArt, printing, laminating, and expert validation testing), (4) Implementation (application of physical education learning in small- and large-group trials), and (5) Evaluation (formative evaluation at each stage and final practicality evaluation). The results indicated that the media design was proven to be highly feasible. Content expert validation achieved a score of 97.5% (highly feasible), media expert validation scored 95.0% (highly feasible), and field practitioner validation reached 97.5% (highly feasible). The small-group trial yielded a percentage of 88.3% (highly feasible), and the large-group trial reached 93.9% (highly feasible). Meanwhile, the practicality test reached 92.6%, categorized as "highly practical." In conclusion, the development of flashcard media for the basic forward roll movement in floor gymnastics based on the ADDIE model is proven to be highly feasible, valid, and practical for classroom instruction. This media is recommended for use by students, teachers, and schools, as well as for further development by future researchers.

Keywords: Development, Flashcard Media, Floor Gymnastics, Forward Roll.