

**IMPLEMENTASI MODEL PEMBELAJARAN KOOPERATIF TIPE
TEAMS GAMES TOURNAMENT (TGT) UNTUK MENINGKATKAN
HASIL BELAJAR PJOK KETERAMPILAN GERAK DASAR DALAM
PERMAINAN SEPAK BOLA PADA MURID KELAS V DI SD N 2
PENARUNGAN**

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ABSTRAK

Penelitian ini bertujuan untuk meningkatkan hasil belajar PJOK materi gerak dasar permainan sepak bola melalui implementasi model pembelajaran kooperatif tipe *Teams Games Tournament* (TGT) pada murid kelas V SD Negeri 2 Penarungan Tahun Ajaran 2025/2026. Penelitian ini merupakan Penelitian Tindakan Kelas (PTK) yang dilaksanakan dalam dua siklus, dengan subjek penelitian sebanyak 15 murid. Setiap siklus meliputi tahap perencanaan, pelaksanaan tindakan, observasi, dan refleksi. Data dikumpulkan melalui tes hasil belajar aspek pengetahuan dan keterampilan, kemudian dianalisis secara deskriptif kuantitatif. Hasil penelitian menunjukkan bahwa penerapan model pembelajaran kooperatif tipe *Teams Games Tournament* (TGT) mampu meningkatkan hasil belajar murid. Ketuntasan belajar meningkat dari 40% pada kondisi awal menjadi 46,6% pada siklus I dan mencapai 100% pada siklus II. Ketuntasan aspek pengetahuan meningkat dari 53,3% menjadi 100%, sedangkan aspek keterampilan meningkat dari 46,6% menjadi 100%. Berdasarkan analisis data dan hasil penelitian yang telah dilakukandapat disimpulkan bahwa penerapan model pembelajaran kooperatif tipe *Teams Games Tournament* (TGT) efektif dalam meningkatkan hasil belajar PJOK materi gerak dasar permainan sepak bola pada murid kelas V SD Negeri 2 Penarungan Tahun Ajaran 2025/2026.

Kata Kunci: *Teams Games Tournament* (TGT), hasil belajar, PJOK, sepak bola.

**IMPLEMENTATION OF THE TEAMS GAMES TOURNAMENT (TGT)
COOPERATIVE LEARNING MODEL TO IMPROVE PHYSICAL
EDUCATION, SPORTS, AND HEALTH (PJOK) LEARNING OUTCOMES
IN BASIC MOVEMENT SKILLS IN SOCCER FOR FIFTH-GRADE
STUDENTS AT SD NEGERI 2 PENARUNGAN**

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ABSTRACT

This study aimed to improve students' learning outcomes in Physical Education, Sports, and Health (PJOK), particularly on basic movement skills in soccer, through the implementation of the Teams Games Tournament (TGT) cooperative learning model among fifth-grade students at SD Negeri 2 Penarungan in the 2025/2026 academic year. This study employed Classroom Action Research (CAR), which was conducted in two cycles and involved 15 students as research subjects. Each cycle consisted of four stages: planning, implementation of the action, observation, and reflection. Data were collected through learning outcome tests covering knowledge and skills, and were analyzed using descriptive quantitative analysis. The results showed that the implementation of the Teams Games Tournament (TGT) cooperative learning model was able to improve students' learning outcomes. The overall learning mastery increased from 40% in the initial condition to 46.6% in Cycle I and reached 100% in Cycle II. Mastery of the knowledge aspect increased from 53.3% to 100%, while mastery of the skills aspect increased from 46.6% to 100%. Based on the data analysis and the results of the study, it can be concluded that the implementation of the Teams Games Tournament (TGT) cooperative learning model was effective in improving PJOK learning outcomes in basic movement skills in soccer among fifth-grade students at SD Negeri 2 Penarungan in the 2025/2026 academic year.

Keywords: *Teams Games Tournament (TGT), learning outcomes, Physical Education, Sports, and Health (PJOK), soccer.*