

**PENGEMBANGAN MODUL PEMBELAJARAN PENDIDIKAN
JASMANI OLAAHRAGA KESEHATAN MATERI KETERAMPILAN
GERAK DASAR ATLETIK BERBASIS PERMAINAN
TRADISIONAL TINGKAT SEKOLAH DASAR**

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui rancang bangun modul pembelajaran pendidikan jasmani olahraga dan kesehatan (PJOK), Validitas modul pembelajaran PJOK, kepraktisan modul pembelajaran PJOK, dan efektivitas modul pembelajaran PJOK terhadap pencapaian kompetensi gerak dasar atletik peserta didik. Metode pengembangan menerapkan lima tahapan ADDIE. Melibatkan enam ahli dalam validasi, sebanyak 13 peserta didik dilibatkan dalam uji coba kelompok kecil, penguji kepraktisan melibatkan 4 guru PJOK dan 20 peserta didik. Uji efektivitas menggunakan *quasi experimental design* dengan rancangan *posttest-only control group* pada 17 peserta didik sebagai eksperimen dan 17 kontrol. Analisis data uji kepraktisan menggunakan PAK, dan efektivitas dianalisis dengan ANAVA. Hasil penelitian menunjukkan nilai validitas 0,94 (sangat tinggi), kepraktisan respon guru 83% dan peserta didik 86%. Nilai signifikansi $p = 0,000 < 0,05$, menunjukkan modul efektif meningkatkan hasil belajar. Berdasarkan hasil penelitian tersebut modul pembelajaran PJOK materi keterampilan gerak dasar atletik berbasis permainan tradisional sudah mencapai kriteria valid, praktis, dan efektif dalam meningkatkan hasil belajar pada aspek pengetahuan, sikap, dan keterampilan gerak dasar atletik peserta didik kelas IV Sekolah Dasar.

Kata kunci: Modul Pembelajaran PJOK, Keterampilan Gerak Dasar Atletik, Permainan Tradisional.

DEVELOPMENT OF PHYSICAL EDUCATION LEARNING MODULE SPORTS AND HEALTH MATERIAL ON BASIC ATHLETIC MOVEMENT SKILLS BASED ON TRADITIONAL GAMES AT ELEMENTARY SCHOOL LEVEL

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ABSTRACT

This study aims to determine the design of the physical education, sports and health (PJOK) learning module, the validity of the PJOK learning module, the practicality of the PJOK learning module, and the effectiveness of the PJOK learning module on achieving students' basic athletic movement competencies. The development method applies five ADDIE stages. Involving six experts in validation, 13 students were involved in small group trials, practicality testers involved 4 PJOK teachers and 20 students. The effectiveness test used experimental design with a planposttest-only control group of 17 students as an experiment and 17 control. The practicality test data analysis used PAK, and effectiveness was analyzed using ANOVA. The results showed a validity value of 0.94 (very high), practicality of teacher responses of 83% and students of 86%. The significance value of $p = 0.000 < 0.05$, indicating the module is effective in improving learning outcomes. Based on the results of the study, the Physical Education learning module for basic athletic movement skills based on traditional games has met the criteria. valid, practical, and effective in improving learning outcomes in the aspects of knowledge, attitudes, and basic athletic movement skills of grade IV Elementary School students.

Keywords: Physical Education Learning Module, Basic Athletic Movement Skills, Traditional Games.