

ABSTRAK

VEDO AULIA: Pengembangan Naskah video Pada Materi Senam Lantai Dalam Menunjang Pola Gerak Dominan Di Sekolah Dasar. Tesis. Jambi: Program Pascasarjana, Universitas Jambi, 2022.

Penelitian ini bertujuan: (1) menguraikan proses pengembangan naskah video pada materi senam lantai untuk menunjang pola gerak dominan di Sekolah Dasar dan (2) mengetahui kualitas naskah video pada materi senam lantai untuk menunjang pola gerak dominan di Sekolah Dasar berdasarkan kevalidan, kepraktisan dan keefektivannya.

Penelitian ini merupakan penelitian pengembangan yang mengadaptasi prosedur pengembangan ADDIE dengan tahap meliputi: (1) *Analysis* (analisis), (2) *Design* (perancangan), (3) *Development* (pengembangan), (4) *Implementation* (implementasi), dan (5) *Evaluation* (evaluasi). Penelitian ini dilaksanakan di SDN 175/III Lindung Jaya, Kerinci. Subjek uji coba terdiri dari 2 guru PJOK dan 31 siswa kelas IV C. Pengumpulan data menggunakan angket validasi naskah video pembelajaran, angket kepraktisan, dan tes pemahaman materi berupa pilihan ganda. Analisis data menggunakan statistik deskriptif kuantitatif.

Hasil penelitian pengembangan ini adalah: (1) naskah video pembelajaran pada materi senam lantai dapat menunjang pola gerak dominan di Sekolah Dasar (2) naskah video pembelajaran ini dinyatakan sangat valid dari segi materi dengan skor 115, dinyatakan sangat praktis dari penilaian guru PJOK dengan skor 58,5 dan cukup praktis dari penilaian siswa dengan skor 46,64 serta efektif digunakan dalam pembelajaran dengan ketuntasan sebesar 77,74% yang meningkat dari sebelumnya sebesar 61% atau sebanyak 19 dari 31 siswa.

Kata Kunci: naskah video, senam lantai, pola gerak dominan

ABSTRACT

VEDO AULIA: Development of Video Media on Floor Gymnastics Materials in Supporting Dominant Movement Patterns in Elementary Schools. Thesis. Jambi: Postgraduate Program, Jambi University, 2022.

This study aims to: (1) describe the process of developing script video on floor exercise material to support dominant movement patterns in elementary schools and (2) determine the quality of script video on floor exercise materials to support dominant movement patterns in elementary schools based on validity its practicality and effectiveness.

This research is a development research that adapts ADDIE development procedures with stages including: (1) Analysis (analysis), (2) Design (design), (3) Development (development), (4) Implementation (implementation), and (5) Evaluation (evaluation). This research was conducted at primary school 175/III Lindung Jaya, Kerinci. The test subjects consisted of 2 sport teachers and 31 grade IV C students. The data was collected using a learning video script validation questionnaire, a practicality questionnaire, and a multiple-choice material understanding test. Data analysis used quantitative descriptive statistics.

The results of this development research are: (1) learning videos on floor exercise material can support dominant movement patterns in elementary schools (2) this learning video script is declared very valid in terms of material with a score of 115, declared very practical from the assessment of the sport teacher with a score of 58.5 and quite practical from the assessment of students with a score of 46.64 and effectively used in learning with a completeness of 77.74% which increased from the previous 61% or as many as 19 of 31 students.

Keywords: video media, floor exercise, dominant movement pattern