

# Efforts to Improve Learning Results Free Basketball Shot (Free Throw) Through The Application of Teaching Style Inclusion

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**Abstract** --This study aims to determine the improvement of learning result of basketball free shooting through the application of teaching style of inclusion. The research method used is classroom action research. To obtain the data of learning outcomes in this study then tested the results of learning I and the test results of learning II with assessment according to the premises portfolio that assesses the technique of doing free shots. After the data is collected, then it will be analyzed and the results of the analysis are : (1) from the test results of learning 1 in cycle I obtained 16 people (55.17%) who have achieved mastery learning, (2) from the test result II learning in cycle II obtained 27 people (93.10%) who have achieved learning mastery. Based on the results of data analysis can be said that through the application of inclusive teaching style can improve free throw learning results (free throw).

**Keywords**--Free throw basketball; learning outcomes; inclusion style

## I. INTRODUCTION

Efforts to improve the quality of physical education by improving the quality of the learning process in schools. Teachers are factors that influence the learning process. The role of teachers in improving the quality of the learning process is through the application of teaching styles that can provide a pleasant nuance for teachers and students. Applying the right teaching style in the learning process is expected to improve student learning outcomes.

In learning physical education there are several physical education teaching styles that can be used including command, exercise, reciprocal, self-examination, inclusion, guided discovery, diverging and others. One teaching style that can be

used to adjust the conditions in schools to improve the results of free basketball shooting is to use inclusive teaching styles. The style of teaching inclusion in principle is to provide the same form of task with different levels of difficulty. The style of teaching inclusion provides students with the opportunity to perform movements according to their own abilities, starting from an easy stage to a difficult stage.

The research was carried out on grade IX students of the Kartika I-1 Private High School Medan with the material presented was free shots of basketball using inclusive teaching styles, students would be divided into 3 posts or groups. Where the post or group is adjusted to the stage of the task level that can be chosen by the students themselves. The first post, in this post students do the right attitude of the right shot technique without using a ball. In the second post, students take the attitude of implementing shooting techniques using a ball. And in the third post the students carried out the advanced shooting technique with the target on the ring or basket by choosing a shooting distance consisting of a distance of 3 meters from the back line, 4 meters, 5 meters from the back line and the actual distance.

## II. METHOD

The research method used in this study is Classroom Action Research. Classroom action research is a reflection of learning activities in the form of an action that is deliberately raised in the classroom together. The action is given by the teacher or by the direction of the teacher carried out by students in the implementation.

The approach used is a qualitative approach that is useful for expressing students' learning difficulties in the learning process

as well as how to overcome these difficulties as an effort to improve learning outcomes of free basketball shots.

### III. RESULT AND DISCUSSION

From the data analysis that has been done, it can be concluded that through the application of inclusive teaching styles can improve the results of learning basketball-free shots in students of class XI Science in Medan Kartika I-1 Private High School. Because the application of inclusive teaching style provides opportunities for students to be active in understanding and exploring and giving individual freedom to be able to develop their ability to improve their ability to do basketball-free shots. The application of the inclusive teaching style is done by giving each individual the freedom to develop himself by choosing the level of task that is in accordance with their respective abilities

In cycle I researchers found difficulties experienced by students in learning free basketball shots among them:

- a. Students do not understand how to make good and correct free shot techniques. To overcome this problem the teacher and researcher provide feedback to students who have not understood and explained the explanation during the learning process.
- b. There are a lot of mistakes when shooting that do not match the assignment sheet where students have to shoot with stages starting from the prefix, implementation attitude and advanced attitude.
- c. The strength of the student's hand that has not been maximized so that the ball that is fired does not reach the ring.

Learning through the application of the teaching style of inclusion in this cycle has not been as expected and student learning outcomes are still low. Then in cycle II it can be seen that there has been an increase in student activity from the previous cycle. From the test results of the analysis carried out concluded that there had been an increase in the results of learning free basketball shots on students, especially when carrying out the implementation attitude and advanced attitude.

The increase occurred after being given learning through the application of inclusive teaching styles designed in cycle II which referred to reflection and experience in cycle I. In the learning outcomes test II the average value of student learning outcomes was 87.64 with the completeness level of 93.10% seen from the scores obtained where students able to do free ball shot technique during test results.

### IV. CONCLUSION AND SUGESTION

Based on the results of the research and discussion it can be concluded that the application of inclusive teaching styles can improve the learning process and improve the results of basketball-free shooting material for students of class XI IPA Medan I-1 Private High School Academic Year 2013/2014.

From the results of the research from the conclusions above, the researcher proposes some of the following:

For teachers, especially physical education teachers can apply the teaching style of inclusion in learning as an effort to improve learning outcomes by giving freedom to students to learn from something that is desired and in accordance with their respective abilities.

For researchers, they can use teaching style of inclusion in learning material in other basketball games or with material from other physical education learning.

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