

## ABSTRAK

**SRI ALVIRA. Pengaruh Permainan Lari Estafet Terhadap Keterampilan Gerak Dasar Pada Siswa Kelas IV SDN 105388 Kuala Bali. Skripsi. Medan: Fakultas Ilmu Pendidikan Universitas Negeri Medan 2026.**

Keterampilan gerak dasar merupakan kemampuan penting yang harus dimiliki siswa sekolah dasar karena menjadi dasar dalam perkembangan fisik dan penguasaan berbagai aktivitas jasmani. Namun, berdasarkan hasil pengamatan di SDN 105388 Kuala Bali, keterampilan gerak dasar siswa kelas IV masih tergolong rendah, khususnya pada kemampuan berlari, koordinasi gerak, dan ketepatan dalam melakukan perpindahan tongkat pada permainan lari estafet. Oleh karena itu, diperlukan metode pembelajaran yang efektif dan menyenangkan untuk meningkatkan keterampilan tersebut. Penelitian ini bertujuan untuk mengetahui pengaruh permainan lari estafet terhadap keterampilan gerak dasar siswa kelas IV SDN 105388 Kuala Bali. Penelitian ini menggunakan pendekatan kuantitatif dengan metode *eksperimen* melalui desain *One Group Pretest–Posttest*. Sampel penelitian berjumlah 18 siswa yang diambil menggunakan teknik total sampling. Data dikumpulkan melalui tes keterampilan gerak dasar yang meliputi aspek proses dan hasil, serta tes lari berdasarkan Tes Kesegaran Jasmani Indonesia (TKJI). Analisis data dilakukan menggunakan *uji t*. Hasil penelitian menunjukkan adanya peningkatan keterampilan gerak dasar siswa setelah diberikan perlakuan berupa permainan lari estafet. Dengan demikian, dapat disimpulkan bahwa permainan lari estafet berpengaruh signifikan terhadap peningkatan keterampilan gerak dasar siswa kelas IV.

**Kata Kunci : Lari Estafet, Gerak Dasar, Kuala Bali**



## ABSTRACT

**SRI ALVIRA. The Effect of Relay Race Games on Basic Motor Skills in Fourth-Grade Students of SDN 105388 Kuala Bali. Skripsi. Medan: Faculty of Education. State University of Medan. 2026.**

Basic movement skills are essential for elementary school students as they form the foundation for physical development and mastery of various physical activities. However, based on observations at SDN 105388 Kuala Bali, fourth-grade students' basic movement skills are still relatively low, particularly in running ability, motor coordination, and accuracy in passing the baton in relay races. Therefore, effective and enjoyable learning methods are needed to improve these skills. This study aims to determine the effect of relay races on the basic movement skills of fourth-grade students at SDN 105388 Kuala Bali. This study used a quantitative approach with an experimental method using a One Group Pretest–Posttest design. The study sample consisted of 18 students selected using a total sampling technique. Data were collected through a basic movement skills test covering both process and outcome aspects, as well as a running test based on the Indonesian Physical Fitness Test (TKJI). Data analysis was performed using a t-test. The results showed an improvement in students' basic movement skills after being exposed to relay races. Therefore, it can be concluded that relay races have a significant effect on improving fourth-grade students' basic movement skills.

**Keywords: Relay Race, Basic Movements, Kuala Bali**

