

ABSTRAK

Eben Ezer Ginting, NIM. 6213111018 “Pengembangan Model Pembelajaran Atletik Berbasis Permainan Pada Siswa SD”. (Dosen Pembimbing Skripsi : Prof. Dr. Sabaruddin Yunis Bangun, S.Si., M.Pd). Skripsi : Fakultas Ilmu Keolahragaan Universitas Negeri Medan 2026.

Penelitian ini bertujuan untuk mengembangkan model pembelajaran atletik berbasis permainan yang sesuai dengan karakteristik siswa sekolah dasar serta menilai kelayakan dan efektivitasnya dalam meningkatkan motivasi, partisipasi, dan kemampuan gerak dasar siswa. Penelitian ini dilaksanakan di SD Negeri 043951 Surbakti pada siswa kelas IV dan V, menggunakan metode *Research and Development (R&D)* dengan mengacu pada delapan langkah pengembangan menurut Sugiyono, yaitu potensi dan masalah, pengumpulan data, desain produk, validasi desain, revisi desain, uji coba produk, revisi produk, dan uji coba pemakaian. Validasi dilakukan oleh ahli materi, ahli media, dan ahli bahasa, masing-masing menunjukkan kategori “cukup layak” dengan persentase rata-rata 63%. Uji coba kelompok kecil melibatkan 10 siswa kelas IV dan menghasilkan persentase kelayakan sebesar 84% kategori “layak”. Selanjutnya, uji coba kelompok besar melibatkan 20 siswa kelas V dan memperoleh persentase 87% kategori “sangat layak”. Hasil penelitian menunjukkan bahwa model pembelajaran atletik berbasis permainan yang dikembangkan layak dan efektif digunakan dalam pembelajaran PJOK, karena mampu meningkatkan minat, antusiasme, serta partisipasi aktif siswa selama kegiatan pembelajaran. Produk akhir berupa buku saku olahraga dinilai dapat menjadi media alternatif yang menarik dan bermanfaat bagi guru dan siswa dalam pelaksanaan pembelajaran atletik.

Kata kunci: pengembangan model, atletik, permainan, siswa sekolah dasar, *R&D*.

ABSTRACT

Eben Ezer Ginting, NIM. 6213111018 " Development of a Game-Based Athletics Learning Model for Elementary School Students ". (Thesis Supervisor: Prof. Dr. Sabaruddin Yunis Bangun, S.Si., M.Pd.). Thesis: Faculty of Sport Science, State University of Medan 2026.

This study aims to develop a game-based athletic learning model that is appropriate for elementary school students and to evaluate its feasibility and effectiveness in improving students' motivation, participation, and fundamental movement skills. The research was conducted at SD Negeri 043951 Surbakti involving fourth- and fifth-grade students. This study utilized the Research and Development (R&D) approach referring to the eight development stages proposed by Sugiyono: potential and problems, data collection, product design, design validation, design revision, product testing, product revision, and usage testing. The developed product was validated by experts in athletic content, media, and language, resulting in an overall feasibility percentage of 63% categorized as "fairly feasible." Small-group trials involving 10 fourth-grade students obtained a feasibility score of 84% "feasible", while large-group trials involving 20 fifth-grade students produced a score of 87% "highly feasible". The findings indicate that the game-based athletic learning model is feasible and effective for use in Physical Education classes, as it successfully enhances students' interest, enthusiasm, and active participation in learning activities. The final product, a pocketbook containing various game-based athletic models, is considered a useful and engaging learning resource for both teachers and students.

Keywords: development model, athletics, game-based learning, elementary school students, R&D