

## ABSTRAK

**ILONA PRATIWI HTB. NIM. 609312041 The Effort To Improve The Learning Outcomes In Floor Gymnastic Backroll Material Trough The Learning Variation In 11th Grade Student Of Sma Swasta Harapan 2 Medan Academic Year 2013/2014**

**(Pembimbing : Suryadi Damanik)**

**Thesis :Faculty Of Sport Sciences State University Of Medan 2013**

The Objective On This Research Is To Find: The Improvement Of The Learning Outcomes Of Back-Roll Material In Floor Gymnastics Through Learning Variation In The 11<sup>th</sup> Grade Students Of SMA SWASTA HARAPAN 2 Medan Academic Year 2013/ 2014.

This research was held conducted in SMA Swasta Harapan 2 Medan. Jl. Imam Bonjol No.35 Kelurahan Jati, Kecamatan Medan Maimun-Medan 20152. This research was held on August (2meet for the lesson). Start from pre test, treatment (giving learning of process) and post test.

. This research is conducted by applying Classroom Action Research. This method give it this research about learning difficulties of the students during process learning of the physical education and also giving the solution for increase performance study of that material.

Based on the results of the data and the average percentage of the learning process can be concluded that backroll through a variation of materials such as additional stunts , relay games and games "get it ball " can provide significant influence on the learning process in a backroll material for High School class XI of SMA Harapan 2 Medan field with average value of 72 % on the initial conditions ( not completed ) , on the implementation of the post -test I value students' average initial test increased to 50 % ( not complete ) , and the post - implementation II test score average student has reached 86.84 % ( Completed ) .

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