

DAFTAR TABEL

Tabel	Halaman
1. Format Penilaian Lari Sprint	45
2. Deskripsi Data Penilaian.....	49
3. Deskripsi Hasil Data Awal Lari Sprint	51
4. Deskripsi Hasil Post Test Siklus I	58
5. Deskripsi Hasil Post Test Siklus II	66
6. Nilai Rata-Rata Test Awal,Siklus I dan Siklus II	67

UNIVERSITAS NEGERI
SEMARANG
UNIMED
THE
Character Building
UNIVERSITY