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Analysis Of Learning Outcomes Of Physical Education In 40 M Running Number Of Students Of Sd Impres Samata

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Abstract

This research is a quantitative research aimed at determining the level of Physical Education Learning Outcomes for the 40 M Running Number of Students of SD Impres Samata. The variable in this study is a single variable, namely the 40-meter Run. The population in this study were all students of SD Impres Samata as many as 414 students while the research sample consisted of 26 people. The data collection technique used an observation sheet. The data analysis technique used was descriptive statistics using computer facilities through the SPSS version 20.00 program. Based on the results of the analysis, the learning outcomes of the 40 M run were 0 students or 0% for the very poor category, 0 students or 0% for the poor category, none or 0% of students in the sufficient category, then for the good category there were 2 or 8% of students, and the category was very good with 24 or 92% of students. It can be concluded that the level of Physical Education Learning Outcomes for the 40 M Running Number of Students of SD Impres Samata. in the very good category.

Keywords: Learning outcomes, learning physical education, athletics, running .



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INTRODUCTION

Physical education is the systematic use of physical activities in a manner that is in accordance with the world education system at the national level. It aims to improve the cognitive, organic, sensory, neuromuscular, and emotional aspects of society (Melyza & Aguss, 2021). If you want to learn how to do something well, you need physical education. This type of education teaches you how to do something to be better and improve your health and education. So, PJOK teachers must know what physical education is, so that they can teach exercises in a way that meets the goals they set for their students (Mustafa & Dwiyogo, 2020). In physical education, there are eight areas where you can use it. A person's basic skills are not limited to the formation of basic skills. They can be used in various sports activities, such as big and small balls, pencak silat, and other games. arts, sports, and physical fitness are some of the things you can do. This includes things like development and gymnastics and rhythmic sports. It also includes water and safety and health. The scope of physical education includes athletic activity points, which include learning materials for sprint athletics (Hafidz et al., 2021).

Indonesian Athletics is not the same as this term, but it has the same sound. The Cross-Field Special Education Agency five is a sport where people compete against each other in terms of how many steps they take or jump or how many throws they make (Bahagia, 2014). Athletics is a branch of sport that requires a lot of physical strength, endurance, speed, coordination, agility, and other things to do well (Cania & Alnedral, 2019).

Through physical education, it is expected that students can gain various experiences to express personal impressions that are fun, creative, innovative, skilled, improve and understand human

movement. In accordance with their characteristics, children aged 6-13 years tend to still like to play. For this reason, teachers must be able to develop effective learning, in addition to understanding and paying attention to the characteristics and needs of students. At that age, all aspects of development, both cognitive, psychomotor and affective, experience changes (Suhaedi, 2016). In order for the competency standards for physical education learning to be implemented in accordance with the guidelines, intent and objectives as stated in the curriculum, physical education teachers must be able to create effective and non-boring learning. For this reason, there needs to be an approach, variation or modification in learning (Juhara, 2016). For this reason, researchers are interested in conducting research at SD Impres Samata because in terms of achievement, there are many achievements that students have achieved, but there are still many students who do not understand or do not understand the basic techniques in doing short-distance running, especially the 40-meter run, in the learning process. Learning outcomes are the level of success in the form of numbers or values that students have after participating in the learning process. In general, Grade VI students who are the subjects of the study are students who are very sensitive to learning outcomes, considering that learning outcomes are the most important thing that will be the reference for entering junior high school. And according to the results of interviews with PJOK teachers, they said that in grade VI there are still many students who are indifferent to assessment, considering the current pandemic conditions. Therefore, encouragement is needed from both teachers and parents. There are several solutions to improve learning in the 40-meter running number, namely by using variations in learning so that students do not get bored, using facilities and infrastructure that must be supportive, and using learning methods and media to improve learning outcomes. Based on the background above, the researcher is interested in researching with the title: "Analysis of Physical Education Learning Outcomes for 40 M Running Numbers of SD Impres Samata Students."

METHODS

This study is a type of quantitative descriptive research that intends to reveal the level of learning outcomes of 40 m running students at SD Impres Samata Makassar. The design of this study is a brief description of all the processes that are expanded in planning and implementation in a study. This study was conducted on June 22, 2021 at SD Impres Samata Makassar with a sample of 26 students. The sampling technique used propulsive sampling or certain considerations, namely direct appointment. Then the data collection technique used the observation method and literature study which were carried out systematically. The data analysis technique used statistical analysis with the help of a computer program SPSS version 21.0 with a significance level of 95% or $\alpha = 0.05$ then stated using 5 categories to make it easier to distribute the data. After the data was obtained, the steps to analyze the data to draw conclusions, the formula used is as follows: F

$$F = \frac{P}{N} \times 100\%$$

RESULT AND DISCUSSION

Based on the results of the study that the criteria for the results of learning to run 40 meters are. 0 students or 0% for the very poor category, 0 students or 0% for the poor category, none or 0% of students in the sufficient category, then for the good category there are 2 or 8% of students, the very good category 24 or 92% of students. So it can be concluded that the results of learning to run 40 meters of students of SD Impres Samata. in the very good category.

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not completed, 0 students or 0%. So it can be concluded that the results of the 40 m running learning of SD Impres Samata students. all complete.

One of the efforts to be able to ease thinking in carrying out physical education teaching and learning activities is one of them is Athletics learning. To be able to become one of the favorite activities in physical education (Hidayat et al., 2020). According to (Henjilito, 2017) athletics is one of the oldest sports, which has been carried out by humans since ancient times until now. In fact, it can be said that since humans have been on this earth, Athletics has existed, because the movements contained in the Athletics sport, such as walking, running, jumping, and throwing are movements carried out by humans in their daily lives. Therefore, athletics is often used as an opening or closing activity for physical education teaching units in elementary schools.

The most important factor of all is the joy in children which is shown from Athletics activities, especially running numbers, so that children will remain interested and start to like athletics. To create a joyful atmosphere, it is necessary to develop Athletics with a playful or game-like feel (Hidayat et al., 2020). Then the implementation of Athletics learning, especially running numbers, can utilize simple tools. With simple equipment that can be provided in the school environment and teachers can teach techniques in a better and more interesting atmosphere for children (Kamaruddin. I, 2018).

CONCLUSION

Based on the research results, the results of learning to run 40 meters in SD Impres Samata students showed very good achievements. There were no students who were in the very poor, poor, or sufficient categories. As many as 2 students (8%) were in the good category, while the majority, namely 24 students (92%), were in the very good category. Overall, all students (100%) achieved learning completion, with none being incomplete. Athletics learning, especially running, is one of the fun activities for students. According to research, the elements of joy and play in athletics learning play an important role in increasing children's interest and learning outcomes. This is supported by the use of simple tools available in the school environment, so that learning becomes more interesting. Athletics, as a basic sport, not only introduces basic techniques such as running, jumping, and throwing, but also teaches the values of joy and social interaction that support the success of physical education learning.

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