

## ABSTRAK

### IMPLEMENTASI MODEL PEMBELAJARAN BERBASIS *EDUCATIONAL CARDS* DALAM UPAYA PENINGKATAN HASIL BELAJAR *FORMULA ONE* PADA SISWA KELAS V SDN KALISARI

*Dini Asih Oktalistanti, Moh. Nanang Himawan Kusuma, Didik Rilastyo Budi*

**Latar Belakang:** Kesadaran akan pentingnya aktivitas fisik masih rendah sehingga dapat berdampak pada tingkat cedera olahraga pada anak. Olahraga yang terlalu berat dan tidak sesuai akan menimbulkan kesalahan gerakan yang menimbulkan cedera. Bentuk latihan untuk anak dan remaja sangat direkomendasikan untuk tidak bersifat spesifik dan tidak terpisah-pisah, melainkan dengan menggunakan sirkuit. Penelitian ini bertujuan untuk mengetahui hasil modifikasi metode pembelajaran *Formula One* menggunakan *Educational Cards* pada siswa kelas V SDN Kalisari.

**Metodologi:** Penelitian tindakan kelas dengan menggunakan pendekatan kolaborasi dan partisipasi. Subyek penelitian adalah siswa kelas V SDN Kalisari yang berjumlah 20 siswa. Teknik pengumpulan data yang digunakan adalah observasi, tes pengetahuan dan ketrampilan. Uji data normalitas dan hipotesis menggunakan uji beda t-test.

**Hasil penelitian:** Hasil Uji menunjukkan bahwa terdapat perbedaan sebelum dan sesudah dilakukan tindakan modifikasi pembelajaran *formula one* dengan *educational cards*. Tingkat perbedaan berdasarkan ketuntasan pengetahuan pra siklus (5%), siklus 1 (25%) dan siklus 2 (90%). Sedangkan berdasarkan ketuntasan ketrampilan pra siklus (30%), siklus 1 (55%) dan siklus 2 (75%).

**Kata kunci:** *Formula One*, *Educational Cards*, Ketuntasan Belajar Siswa.

## Abstract

### **The Implementation of Learning Method Using Educational Card to Improve the Students' Learning Outcomes at Formula One in Grade Five Students of SDN Kalisari.**

*Dini Asih Oktalistanti, Moh. Nanang Himawan Kusuma, Didik Rilastyo Budi*

**Background :** The awareness of the importance of physical activity was still low. Therefore, it could be have an impact on the level of injures for children. Sport that were too hard and not in accordance with them would make movement errors and cause injury. Kind of excercise for children and teenagers was highly recomended not to be specific and not fragmented, but rather by using circuit. This research aimed to know the result of modification of formula one learning method using Educational card in grade five students of SDN Kalisari.

**Methodology :** This research was classroom action research. This research used collaborative and participant approach. The subjects of the research were grade five students of SDN Kalisari. The class has 20 students. Technique data collection used observation, knowledge and skill test. normality and hypotetis test used T-test.

**The result of research:** Based on the research result, there were differentiation before and after did learning modification action of formula one using educational card. The level of difference based on knowledge mastery were pre cyclus (5%), cycle 1 ( 25%) and cycle 2 (90%). While, based on skills mastery were pre cycle (30%), cycle 1 (55%) and cycle 2 (75%).

**Keywords :** Formula One, Educational Card, Students' Learning Mastery.