

Improving Learning Outcomes Passing Chest Pass In Play Basketball With Variation Application of Learning and Modified Grade Ball SMP Santa Maria Terrain VIII Academic Year 2019/2020

Agung Nugroho¹, Fajar Mugo Raharjo²

Prodi Pendidikan Jasmani Kesehatan Dan Rekreasi, STOK Bina Guna, Jl. Alumunium Raya No.77, Tj. Mulia Hilir, Kec. Medan Deli, Kota Medan, Sumatera Utara 20241

Email: agung_nugroho@student.uns.ac.id

Abstract- This study aims to determine the learning outcome passing Chest pass in playing basketball with the application of learning variations and modifications basketball in class VIII SMP Santa Maria school year 2019/2020. This research method is a method of classroom action research (PTK). From the data analysis it can be concluded that through the application of learning variations and modifications basketball, students can improve learning results on the study material passing Chest pass. Subjects in this study were students of Class VIII Terrain Maria High School Year 2019/2020, totaling 30 people. The results of the study in the first cycle shows that the learning outcomes are passing chest pass (43.33%) students who completed the study, and (56.67%) students who did not complete her studies. The results of students in techniques of passing a chest pass in the first cycle in the classical mastery learning just reached (43.33%). In the second cycle shows that the learning outcomes are passing chest pass (83.33%) students who completed the study, and (16.67%) students who did not complete their study and student learning outcomes in classical learning completeness passing chest pass on the second cycle reached (83.33%). In this study, as calculated in classical learning completeness reached 83.33% according to experts quoted by 85% of the new can be said to be completed in the classical style.

Keywords: Chest Pass, Variations, Modifications.

1. Introduction

Physical education is essentially an integral part of the overall education system. Therefore, the implementation of physical education should be directed to the achievement of these goals. The purpose of physical education not only develop physical realm, but also develop aspects of health, physical fitness, critical thinking skills, emotional stability, social skills, reasoning and moral action through physical activity and sport.

High school physical education (SMP) has a strategic function to develop human resources and increase the potential in children. Educational success in high school (SMP) will influence the further education in junior high kerna basics learning experience. Education would be incomplete without kerna physical education physical education is a part of education as keseluruhanberperan in the promotion and development of physical, mental, social, and emotional, which are harmonious and physical seimbang.Pendidikan. sport and health are subjects that can not be separated from the curriculum. Because through physical education, sport and health learners can develop the basic motor skills attitudes and behaviors that support a clean and healthy living and physical fitness. Physical education. Sport and health, especially in high school (SMP), according to the introduction to the basics of health and safety, and activity play in creating healthy habits and fresh and helps learners achieve optimal growth direction.

But that became a question of what the teacher taught the students are able to understand. Teachers teach about the subject matter that is actually received by the students through the stages so that students can receive instruction through how teachers implement, given the task, the interaction with the teacher. This was the case in the Junior Santa Maria Medan, according to the writer's observation through direct observation on February 10, 2019, Physical Education teacher at the school yet Maximal provide material that is made of teachers themselves. Students have not been able to do a chest pass in basketball game properly. From the writer's observation during the learning basketball many students have not mastered the basic techniques in the game of

basketball, especially chest pass, still much to do chest pass covering the wrong Preparatory Phase, Implementation Phase wrong movement, and the End of the wrong movement. Whereas chest pass merupakan one of the basic techniques in the game of basketball is very important because with the chest pass is good, then we can control the course of the game.

In the game of basketball learning activities a teacher should be able to direct their students to be free and creative in learning a lesson sports games but still in control of teachers. Mengakomadisi creativity and freedom for students in participating in learning activities of a basketball game, a physical education teacher. can use the methods, models and teaching styles accordingly, so that all potential students can thrive.

Existing sports infrastructure in the Junior Santa Maria Medansudah adequate but on the basketball ball just 2 balls so that the tool on insufficient basketball, volley ball courts, a basketball court, futsal courts, badminton courts and table tennis. Meanwhile, there is also a sports equipment are adequate as volley ball, amounting to 5 balls, footballs and futsal balls numbered 3, basketball balls numbered 2, and so forth.

During this learning model sports teacher at Maria High School Medantersebut not optimally provide materials on a chest pass in basketball games. One very important in the game of basketball, namely chest pass, teachers often use methods and learning models are less varied so as to make students become saturated, lack of instructional media when the teacher gives the material and the teacher immediately release the students to play ball baskettanpa accompanied by his teacher so the time of the technical evaluation of chest pass in basketball games as well as students assume chest pass it very easy so that Shiva has not reached the minimum completeness criteria (KKM). Berdasarkan initial test results, it turns out from the 30 students of class VIII / 1SMP Santa Maria Medan hanya 9orang students or 30,00% who have gained mastery learning or acquiring a value above KKM (Criterion completeness maximum), while 21 students or 70.00% had gained mastery learning. KKM physical education lessons at SMP Santa Maria Medan adalah 75.

Based on that, then I feel compelled to examine further on improving the learning outcomes of chest pass on Student SMP Santa Maria Medan melalui study entitled "Measures to Improve Learning Outcomes Passing Chest Pass dalam Playing Basketball with Application of Variation Study and Modification Bola Grade VIII SMP Santa Maria terrain Academic Year 2019-2020".

2. Theory

2.1. The Nature of Physical Education

According Cholik Mutohir in Samsudin (2008: 2) Physical Education is a process of education a person as an individual or community members who do consciously and systematically through a variety of physical activity to obtain physical growth, health and physical fitness, ability and skill, intelligence and character development, as well as a harmonious personality in the context of human formation quality Indonesia based on Pancasila.

2.2. The Nature of Learning Outcomes

According Djamarah and Zein (2005: 5) learning outcomes is the result obtained in the form of impressions that resulted in a change in the individual as a result of activity in learning ". The learning result is the result obtained by the students after completing a package of specific learning, which can be measured in a variety of forms through the evaluation process teretentu, which can be measured in the Sharing form through the evaluation process particular, the results achieved can be either cognitive (knowledge), affective (attitude), and psychomotor (skills), all of it is reflected in student learning outcomes.

2.3. Basketball Game Itself

Basketball games based curriculum in 2013 about how learning basketball to reinforce the learning process, to achieve competence attitudes, knowledge and skills, strengthening the learning process done through scientific, ie pembelajaran that encourages students are better able to observe, ask, try / collect data, associate / upgrade, and mengkomunikasikan.

According to Jon Oliver (2007: 6) "Basketball is one of the most popular sports in the world, fans come from all ages feel that basketball is the most fun sport, competitive, educate, entertain, and healthy. The game of basketball is a game that is formed in two teams, each of which is formed 5-player".

2.4. Chest pass in Basketball Game

Chest means the chest, chest pass is to give the ball to the manner in passings fella right in front of the chest. Throw or pass the ball frequently used in the game of basketball is with two hands.

According Nuril Ahmadi (2007: 13) "Chest pass is pass the ball with both hands on the front of the chest, this is an operand that is often carried out in a basketball game. This operand is useful for short distances. Pass the ball in this way will result in speed, accuracy, and precision. Lemapan distance is 3 meters.

2.5. Learning Variation Itself

One teaching ability should also be controlled by the teacher really is a skill to hold the variation in learning activities. This skill plays a no less important than other teaching skills, to the efforts of teachers in mempelajari students to learning objectives that have been defined can be achieved by baik. Variasi very often we hear, the general purpose of the variation is: to help a process of learning produce learning outcomes in order to take actions that process improvements as appropriate.

One of the basic teaching skills must also be controlled by a master is the skill in conducting the variation in learning. Skills hold a variety of learning tidak less important in the learning process. For the teacher, the student mempelajari so that a predefined learning objectives can be achieved with good.

Variation implies a difference. In learning activities, understanding the variation refers to the actions and deeds of the teachers, who intentionally or spontaneously, which is intended to spur and attentiveness during the lesson. The main objective of teachers held a variation in the learning activities to alleviate the boredom of the students so that their attention focused on pembelajaran. Variasi implies a difference in the learning activities, the definition refers to the action and the action of teachers, deliberate or spontaneous, which is intended to spur the attentiveness of students during the lesson.

Teachers are the primary learning source. In addition the school environment can be used. The main objective of teachers held a variation in the learning activities to reduce boredom that their attention focused on pelajaran. Menurut senior official Hamid (2009: 3) Skill held variation consists of three principal groups, namely the transfer of the use of the senses variation and variation patterns of interaction. Variations of teaching include a sound, pause, concentration, movement and eye contact. Variasi transfer can be done with the use of the senses pemanipulasi listener senses, sight, smell, touch, and taste. Components of this variation is closely related to variations in the use of media or teaching aids. Variations include patterns of interaction patterns the teacher and student relationship.

2.6. The essence Media Modification

In general, the media is plural of "medium", which means the intermediary or introduction. The term media is used also in the field of teaching or education, so the term becomes a medium of education or learning media. There are several concepts or definitions of media education or learning media. Rossi and Breidle (in Vienna Sanjaya2008: 3) suggested that learning media is all over the tools and materials that can be used to achieve the goals pendidikan. Bila media is a source of learning, then the media can be interpreted broadly as people, objects or events that allow students gain knowledge and skills. Media can also be interpreted as any tools that can be used as a conduit to achieve the goal of teaching message.

3. Research methodology

a) Research Sites

Location ini akan research conducted in Grade VIII SMP Santa Maria Jl. 15 Red Cross district of Medan Maimun Medan.

b) Research time

The research was conducted on Wednesday, August 14 and August 21, 2019 held two meetings in accordance with the regulations of curriculum, starting from the implementation of the observation (data collection beginning), then the first cycle and Post-Test I performed, and Cycle II and Post-Test II will be implemented ,

Table 3.2.




Format Portfolio Assessment Process of Learning passing Chest (Chest Pass) In ploy Basketball.

- 1) First read the statement below before filling sheets assessment indicators.
- 2) Please tick v (checklist) on all of the items carried out in accordance with the right moves.

Student's name:

class:

Gender :

Rated aspect			
indicators valuation	Diskriptor Ratings	Descriptors The Looks	
		Checklist (v)	amount
Preparation phase 	<ol style="list-style-type: none"> 1. Standing with stepped attitude. Slebar feet shoulder position. 2. The ball held with both hands in front of chest. 3. Body leaning slightly forward. 		
The implementation 	<ol style="list-style-type: none"> 1. Dorongkan ball forward to straighten both arms along the back foot stepped forward and weight were brought to the fore. 2. Remove the ball from the handrails after both arms straight. 3. Direction parallel straight ball chest. 		
end of movement 	<ol style="list-style-type: none"> 1. Weight loss is brought forward. 2. Both arms straight ahead relax. 3. The views follow the direction of movement of the ball. 		
Maximum score		9	

(Ministry of Education and Culture of the Republic of Indonesia, 2014: 30)

4. Results and Discussion

Of the implementation cycle I can conclude that the indicator 1 (preparation) is also on the indicator 3 (end of the movement) value is still low, the students still have not reached it should be, a teaching strategy approach to scientific and variety of learning are still not familiar with the stages of implementation is applied to the student's teacher.

The achievement given in the cycle I as much as one meeting student achievement test given I thus obtained sebanyak13 (43.33%) of people who have achieved mastery learning, while 17 (56.67%) who have not reached the level of mastery learn what is expected.

From the description above can be didsimpulkan based on the observation of Master in the second cycle (second cycle) the learning process that teachers already increased from the previous cycle that is accomplished with a value of 95.23. means the number of indicators have not been achieved from the observation of teachers in the second cycle is 4.76. So the learning process that teachers already EXCELLENT,

5. Conclusion

From the results of this study concluded that learning through Learning Approach Variations and Modifications Ball Can Improve Learning Outcomes Basketball Game Chest Passdalam individually with the average value of classical completeness KKM 85 and 83.33, according to the

theory that in kuti [classical completeness when it exceeds 85% of the number of students who completed his KKM in Class VIII SMP Santa MariaTahun Doctrine 2019/2020.

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