



PENERAPAN PERMAINAN TRADISIONAL UNTUK MENINGKATKAN KETANGKASAN DAN KEBUGARAN JASMANI ANAK USIA SD DI SD NEGERI 3 JETIS SUKOHARJO TAHUN PELAJARAN 2013/2014

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Abstract

This research is a class act who aims: to determine the extent of adoption of traditional games to improve physical fitness and agility age SD in SD Negeri 3 Jetis Sukoharjo Academic Year 2014/2015. This type of research is a classroom action research to find out about the Application of traditional games to improve physical fitness and agility age SD in SD Negeri 3 Jetis Sukoharjo Academic Year 2014/2015. The study population was all students of SD Negeri 3 Sukoharjo Jetis. Samples in this study were 30 students consisting of grade one (1) through six (6), the sampling technique dengan proportional random sampling. Collecting data in this study is to conduct a class action, through tests, observations, interviews and questionnaires given to students of SD Negeri 3 Jetis.

The data analysis of this research is the analysis of quantitative and qualitative. The results showed that the results of physical fitness, increased from 25% at baseline to 55% at the end of the first cycle and increased to 80% at the end of the second cycle. While the dexterity of students increased from 15% at baseline to 60% at the end of the first cycle and increased to 95% at the end of the second cycle.

The results of this study are expected to provide utility in the realm of education, particularly through the application of traditional games in physical education to increase physical fitness and agility of the child as a learning approach in a clump of science education that is expected to make the next generation to participate in maintaining and preserving culture, because culture is an asset of the nation in warding off foreign cultural rights does not correspond to our national identity

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