

Efforts to Increase Learning Outcomes in Game Basketball Shooting Through Force Command to Teach Students Culture of Class X High School Medan

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Abstract— Location of the study was conducted in SMA Bina Culture Medan, which is the subject of this research is class X SMA Bina Culture Medan with the number of 41 students. This research method using PTK (Classroom Action Research). The results of this study concluded that learning through teaching style Command to increase learning outcomes *shooting* in the game of basketball in class X SMA Bina Culture Terrain increased. (1). From the test results obtained studying the first cycle were 17 students (59.00%) has reached a level of mastery learning, while 24 students (41.00%) have not yet reached the level of mastery learning with a percentage value of 70.50. But not meet the completeness criteria in classical expected. (2). From the test results to learn the second cycle in the data obtained by 36 students (88.00%) who have achieved mastery learning, and 5 students (12.00%) are still not finished with a percentage of the average value of the percentage increase in the value 80.23 88.00% klasikalnya completeness.

Keywords: *shooting, command teaching style*

I. INTRODUCTION

Orchestra Penjas subjects in great demand by students, but many students are becoming saturated in the learning process resulting physical education monotonous learning process where the teacher is less creative in the use of teaching methods. The style of teaching is less support, less varied and oriented approach to the material, as well as the ability of teachers to develop learning materials can result in decreased student learning outcomes. Instructional design is a process to determine the style of teaching what is best implemented so that creating change and skills on students towards to be achieved.

Besides the presentation of the subject matter is limited to the demonstration and teaching style of command, resulting in students centered on what is conveyed by the teacher. While the mindset and circumstances, especially at the present time

where students are required to be more active than the teacher in the learning process and take an action. basketball is a team game character, but very necessary basic skills individuals before one can play in a team. Basic skills in question are shooting (shooting), receives and passes the ball (passing), lead (dribble), and pivot.

Learning like this refers to the concept of the traditional nature pembelejaraan approach. Teaching styles that are traditional, often cornering the physical education teacher into a dilemma situation, namely; whether the emphasis on skill mastery learning movement techniques, or on improving the ability to play a sport, or in both. Emphasis and applied the teachers, the results will not reflect what is really expected of the true teaching of physical education.

Obviously the traditional teaching approaches that are not lagii suitable to be applied in schools. The traditional approach, proved not fully stimulate student involvement in physical education lessons. Nor does enhance their understanding and ability to play certain sports students are taught in school, otherwise the traditional approach is it gives the impression to the student, that he did not have the basic skills necessary to be able to play well

Besides achieving the capability to student understanding of all matters related to playing a sport, students also need to be motivated to follow the physical education. That goal is achieved through a learning process in an atmosphere of fun and exciting when following physical education, regardless of the sport is taught. Physical education teachers should pay attention to teaching climate that can motivate students so that they always excited to learn new things taught by teacher. Climate perngajaran referred to, consists of factors that affect students' psychological orientation to tasks performed in pengajarann physical education, such as clarity about what teachers taught, why and for what it is taught, and how the relationship with the game application. The teaching climate must be instilled in students since the beginning of the lesson. Students will understand the reason for its involvement in

specific tasks, or reason for the implementation of certain teaching styles that teachers do.

The style of teaching is basically aimed at: students are able to combine the mastery of basic techniques are studied with the ability to play and also to instill confidence in students to be able to apply the tactics of play, in line with improving the skills he has. So the style of teaching is stressed in the game, by placing learning basic techniques associated with the form of the game. Thus, students are expected to understand the relevance of learning the basic techniques of situations in the actual game.

The basic technique is the researcher is passing, pivot, and shooting, so how the application / role of the basic techniques of passing, pivot, and shooting, if applied to the actual game and the success rate of learning the basic techniques of passing, pivot, and shooting, through the approach of playing basketball, But at ground level, a student still does not understand the rules carabermain overall basketball complex and diverse. Therefore, teachers need to teach the concept of basketball in a simple form. Meanwhile, to be able to play basketball in its simplest form students need to understand three tactical issues, namely: maintaining control of the ball, attack the basket to the opponent, and start the game in a simple manner.

In basketball there are some basic techniques that need to be controlled by the player, ie: shooting (shooting), passing (pass the ball) and catching (catching the ball), Dribble (dribble) and pivot. Of the various basic techniques of basketball on top, basic techniques PPS (passing, pivot, and shooting), is a very important basic motion. PPS (passing, pivot, and shooting) is a technique that must be mastered by the basketball player. In connection with the objective of a basketball game is to put the ball and prevent the opponent the ball, because it is a requirement that team is declared the winner. Thus the basic techniques of passing, pivot, and shooting, in the game of basketball is very important to be well controlled, but it should not rule out other basic techniques.

According to [1] there are several factors that affect the results of the shoot, namely: (1) distance, (2) Mobility (3) The attitude of the shooter, (4) Deuteronomy shots. Shot shooting is a type of shot that is effective, because it is done at a distance as close as possible to the basket. This is advantageous because the shooter shooting can bring to the basket by performing a series of motion-step-jump prefix. Many shooting misses in a basketball game. Shooting can be done with or without the help of the board. Optimize the success when a player approaches a basketball hoop on the right side or the left, the right use of the board will increase the chances of success of the larger shots [2]

From observation and experience I have gained at the time of observation in SMA OF CULTURAL FIELD, many factors that affect student learning outcomes, such as motivation, interest, talent, spirit, physical condition, medium or media teacher learning, methods or learning strategies done by teachers, and others.

Facilities and infrastructure is a strategic part in the achievement of learning objectives. In other words, complete and incomplete infrastructure also affects the maximum learning and not maximum achievement of learning objectives. Means For the complete allows teachers to pursue specific targets into learning objectives.

Basketball is one of the materials on the subjects taught physical education class X SMA FIELD OF CULTURE, which becomes part of the material is shooting. On the basketball materials mainly sub material is shooting 22% students completed the nine students completed and 32 students did not complete on this material.

In the process of learning in the classroom teacher's teaching style and delivery of materials teachers in shooting at basketball game less understandable students, teachers still use konveksional teaching style is unidirectional. The lack of explanation of the teacher in the material, often using a variety of teaching only involves students directly for example students to pass the ball to his friend and his friend do *shooting* and so on. Rarely do teachers use cited in implementing physical education learning, especially learning shooting at basketball games so that students in the learning fast do feel saturated, causing the students learn on their own and less memahai the material being taught, and the lack of seriousness in learning to follow in doing the learning *shooting* these and many students are playing a game, the students do not understand the material, tell behind when the teacher explains, the lack of student interest in the event. Based on the study results, it can be concluded that student learning outcomes are low and the necessary repairs in physical education teaching materials *shooting* in the game of basketball. Therefore, it should be a simple solution, and can be done by the teacher. Seeing the above problems, it is an idea that emerged was the need for the proper method to teach the techniques of shooting in the game of basketball appropriately.

II. THEORETICAL FOUNDATION

A. *The Essence of Physical Education*

In essence, physical education is a process that is human interaction, efforts to prepare learners, efforts to improve the quality of life, as well as efforts by continuing to apply the principles of science and technology. Application of the interaction in question is the reciprocal relationship (two-way), Thursday 9 maret2017 PjkrUnes.com www.

According [3] Physical education is an education effort using large muscles activity to educational process taking place is not hampered by health problems and growth of the body. Physical education is an effort that aims to develop organic region, neuromuscular, intellectual, and social. Meanwhile, according to [4] Physical education is a vehicle for educating children. Physical education is a "tool" to nurture young children so that one day they can make the best decisions about physical activity carried out and lead a healthy lifestyle in all his life.

According to [5] Physical education is an integral part of the overall education that contributes to the development of the individual through the natural media, namely physical activity and movement, including sports.

The purpose of physical education is to develop the individual as a whole and not only develop physical aspects, but also develop the mental aspect, intellectual, social, emotional, and moral, spiritual, and aesthetic. Here explained the purpose of physical education in schools:

- Develop physical skills that can increase participation in the wider life activities.
- Develop physical fitness and body function adaptation system for an active life in the environment.
- Develop knowledge and understanding of the physical and social skills, physical fitness, movement science principles, and on the relationship between exercise with live plenary.
- Develop social skills that promote a standard of behavior that is acceptable to the environment and positive relationships with others.
- Developing attitudes and awards to encourage and enjoys physical participation, fitness, appearance quality, positive attitude in him, and respect for the other orange.

[6] found that physical education is basically education through physical activity that is used as a medium to achieve overall development of the individual. But the acquisition of skills and other developments carnal it also serves as a destination. Through physical education, students are socialized into physical activities including exercise skills. Therefore it is not surprising that many believe and say that physical education is part of a thorough education, and also has the potential strategisuntuk educate.

According Rijdsdorp [7] points out that: Physical education is all that stem from human motion, as well as leading to a rounded and creative personality of the man, is the foundation of all education.

According to [8] function of physical education are:

- Promote growth and physical development that is in harmony and balance.
- Enhance the development of mental attitude, social, emosional, positive, be harmonious and balanced.
- Increase understanding of the benefits of physical education and meeting the needs of individuals to move and socialize actively.
- Referring to the activity development of the circulatory system, digestive, respiratory and nervous.
- Increase capacity and improve motor skills, physical fitness, mental toughness, emotional, and health

Based on the description above opinion it can be concluded that physical education is a science or an attempt to

educate children, foster and develop aspects of physical, emotional, mental, etc., both individual and overall.

B. The Nature of Learning Outcomes

Learning is a process that is characterized by a marked change in a person. To get a sense of learning, especially learning in school that objective need clearly defined sense of learning. Understanding has often raised by psychologists including educational psychology expert formulation and interpretation, but often differ from one another even though they are in the same context.

[9] explains that "learning is a process in doing one's efforts to acquire a new behavior changes as a whole, as a result of his own experience in interaction with the environment".

Meanwhile, according [10] study is "or reinforce behavior modification through experience". According to this notion, learning is a process, sustu activity and not a result or goal. Learning to not only remember, but broader than that which is experienced, indeed, if viewed very many experts have tried menfasirkan meaning of learning.

In addition to the expert opinion of the above two [11] also gives the opinion that "learning is the stage of the whole behavior changes relatively sedentary individuals as a result of experience and interaction with the involvement of cognitive processes".

From the opinion of some experts in the above on the definition of learning we can draw the conclusion that the study is the work done for someone to get a permanent change in behavior as a whole after he suffered a natural process that he himself called the learning process.

Changes that occur in a person very much. Not all change is said to be a change in the sense of learning. such as the state of someone who was in a drunken state changes that occur in him when drunk is not classed change in the sense of learning because he was unconscious. several criteria changes that could be categorized in the sense of learning, namely:

- Changes happen consciously, that is someone who learns to be aware of the change or at least it felt had occurred a change in him.
- Changes in learning and continue to be functional, ie as a result of learning, a change in him occurred on an ongoing basis is not static and will be useful in life.
- Changes in the study are positive and active, namely, in the act of learning, those changes constantly increased and focused to gain something better than before, that behavior is changed after learning to be settled.
- Changes in learning is not temporary, the changes that occur as a learning process and permanently settled.

- Changes in the aims and directed learning, namely behavioral changes that occur because there is to be achieved. The act of learning directed to changes in behavior that actually realized.

Changes include the entire aspects of behavior [12]. From several points above can be concluded notion learning is the process of change in behavior is relatively stable and permanent thanks to the training and experience of conscious. To determine the extent of student mastery of the material that has been taught generally conducted tests to prove the learning outcomes. The learning result is the actual achievement of students whose magnitude depends effort, intelligence and mastery of the material taught students

[13] says "that the learning outcomes are the abilities of the students after receiving their learning experience. Learning outcomes can be divided into three types of learning outcomes, namely, 1) the skills and habits, 2) knowledge and understanding, 3) attitudes and ideals".

[14] says "that the learning outcomes is an individual process attempts to obtain a change in behavior as a whole, as a result of the experience of the individual in interaction with the environment".

Furthermore [15] "as for the learning outcomes that really well, that is if it has the characteristics of the results it is durable and can be used in the lives of students, and the result was an original knowledge or authentic, and it can also be said that knowledge meaningful "

From the expert opinion of the above, the learning outcomes are the result of the measurement, processing, interpretation measured directly to determine the extent of education and teaching activities have been achieved and is the result of the hard work of the students themselves. From the results of this study also illustrates the progress and student failure, the type and level of difficulty experienced by each student and to investigate the causes difficulties when learning.

[13] that there are several factors that affect learning outcomes are:

Internal factors (from within the individual learning). The main factors that affect the learning activities that psychological factors of students themselves in the form of motivation, attention, observation, feedback and others.

External factors (external individual study). Factors that affect student learning outcomes that come from outside that gets knowledge, planting concepts and skills and attitude formation. It is strongly associated with the system created a learning environment must be conducive (hlm.23).

[14] that the learning outcomes are influenced by two factors:

Internal factors, including the physical aspect is the physical condition of the students regarding the completeness and health power senses of sight and hearing. Psychological aspect is psychological health conditions of students, intellectual ability, social, psychomotor, and affective and cognitive of the individual.

External factors, including family environment, namely bagaimana how parents educate, relationships between family members, the atmosphere of the household, the family's economic circumstances and cultural background. Society, namely the activities of students in the public realm.

Meanwhile, according [15] that there are several factors that affect learning outcomes are:

- Internal factors (From within the individual learning). The main factors that affect the learning activities that include interest, motivation, IQ, and talent.
- External factors (external individual study). Factor affecting learning outcomes of students who come from outside, namely that includes the family, community and learning facilities owned.

From the description of the learning outcomes above can be simplified that learning outcomes is what is obtained after experiencing a learning process that has been completed. And if it is associated with the learning outcomes Shooting Shooting is the ability to do the Shooting after experiencing learning activities and the final results of the learning process. Means what is obtained after he followed prorses student learning is a learning outcome is the result of his labor itself. However, if in view of the basic concept of the main objectives of learning not only for the learning outcomes alone, but focuses on how the learning process takes place. If the process is good then it will get a good result anyway.

Basketball is one of the sports most popular in the world that His fans came from all ages feel that basketball is a sport fun, competitive, educate, entertain and, healthful, skills of individuals such as fire, bait, dribel, and rebounding, and teamwork for attack or defense is a prerequisite for success in playing this sport [16].

"Basketball is a game played by two teams, both male and female, each team consists of five players" [17]. Basketball game aims to get as much value by putting the ball into the opponent's basket and the basket itself from intruding keep the ball from an opponent. As mentioned by [18] that "the objective of the game of basketball is getting value (score) by inserting the ball into the opponent's basket and to prevent the other team does the same thing. "Basketball is a game played by two teams, both male and female, each team consists of five players" [19].

According [20] Basketball is a team ball game consists of two teams. Each team consists of five people. Substitute of

seven people, then the number of players each team numbered 12 people. Both teams compete to score points by putting the ball into the opponent's basket. Basketball relatively large ball sports games. Balls used were made of rubber. Basketball games played on hard courts, both open field and a closed field.[21], states "as for the purpose of a basketball game is to try to put the ball into the opponent as much as possible basketball with a sportsmanlike manner in accordance with the agreed rules" In basketball there are several sub material being taught. But in this study, sub materials discussed are Shooting the basketball game.

There are seven basic techniques in the shooting, according to what is said [16] in general, the basic techniques of shooting Shooting there are seven types: (a) The shot of the hand (One-Hand Set Shoot), (b) Free throws (free throw), (c) shots while jumping (jump Shoot), (d) His three numbers (three point Shoot), (e) The shot hook (Hook Shoot), (f) Lay-up Shoot, (g) Runeer (layup extended)

- Shooting with one hand (One-Hand Set Shoot), the shot of the hand is often done by every player, to perform one-handed shooting technique is basically the same as that used in the free shots, including sight, balance, hand position, setting the elbows, shots rhythm and implementation. For a shot at close range requires flexibility wrists and fingers provide a stronger impetus, while the long-distance shooting requires requires encouragement from both legs, back and shoulders.
- Free throws (Free throw), in a free shot requires skill, habits, concentration and confidence. Langakah important before starting the free throw is to eliminate all the distractions in your mind and focus on the basketball hoop.
- Shooting, jumping (Jump Shoot), shooting, jumping technique often used than other shots. This shot is difficult hindered because it is done at the highest point of the jump. While doing Jump Shoot (jump shot), jump with knees bent, accusing the body with both feet, and straighten the legs. At the top of the jump, lecutkan wrist shot straight towards the ring. Prod wrist will cause the ball thrown with backspin (round twist), when the ball apart from the palms of the fingers toward the target. Perform high-arching shot. Be sure to always follow shot by maintaining the position of the wrist, and forearm were shot the same as when a shot until the ball reaches the basket.
- Three-point shots (Three Point Shoot), in general, three point Shootdilakukan done while performing a jump motion, well done with one hand and using two hands. Before doing these shots usually knees slightly bent and ready to drive both feet upwards and after the high jump, release the ball which has been controlled by the fingers.
- Shot hook (Hook Shoot), the advantages of the hook Shootadalah difficult to be deterred either by the other party is high. Hook Shoot only when the gunman near a basketball hoop within 3 to 4 meters. Shoot the escape hook shot should be considered as a pass to himself. Opponents who try to block the hook Shoot will not be outside the circle, because it will keep trying hard to obstruct the opponent.
- Lay-up Shoot, lay up shots done with a basketball hoop, after dribbling.
- To perform a high jump in the movement lay up, then the required speed in the last three or four steps.

It is important to be able to keep the head would remain upright during and for a shot. The ball should be thrown near kepapan by the wrist and fingers. And should touch the board first and get into the ring. This is better than the direct fired the ball into the ring so that it is easier to get into the ring.

In doing Shooting physical component plays an important role as berhasinya someone does Shooting. Described [22] "any movement elements can contribute to motor skills, as someone who has the motor skills are capable of performing efficient motion and was mechanically". So it can be concluded that the physical condition of an important role in the success of the athlete to improve performance.

Furthermore [22] describes the eight components that support increased achievement of a player in playing basketball. Eight of these components namely; (1) endurance (endurance), (2) stamina, (3) flexibility (fexibility), (4) power (strength), (5) the explosive power (power), (6) agility (agility), (7) velocity (speed), and (8) coordination.

Of the components mentioned above can be analyzed components into a person's success in doing sShooting. Broadly speaking, the physical components supporting Shooting is broken down into several elements, including:

- Flexibility (Flexibility), flexibility is the ability to perform the movements in the space of motion and flexibility movements influenced by whether or not elastic muscles, tendom and ligamen. Shooting flexibility of the wrist and fingers become very vital in order to whip the ball as the ball backspin.
- Strength, muscle strength is to raise the voltage to a tahanan.Sedangkan according to Hartmann that power is kapasitan someone using muscle activity to counteract or overcome energy / power that comes from outside the high school level children dirinya.Untuk arm muscle strength is one factor of success in doing shooting. This is because the posture is still short coupled with a fairly heavy basketball makes when doing muscle strength Shooting should require considerable arm. Keep in mind also when the position of the shooter away from the basket of the forces

needed more compared to the position near the basketball hoop premises.

- Coordination, coordination is susatu motion capability that is very complex and closely degan speed, strength, endurance, flexibility and physical fitness. While doing Shooting coordination between the strength, flexibility and the eye will affect the precision of a ball fired.

According to [17] there are five factors that influence the success of the shooting, namely:

- Distance, doing shooting distances closer to the ring will be easier to insert the ball for accuracy in any shooting to be more precise. But do Shooting just below the ring becomes very difficult to do because the ball must enter through the side of the ring.
- Mobility, doing shooting with attitude stops (silence) is easier to do than to run or play attitude. By being stopped shooter can focus on the sasaran.Hal caused too because the basic technique has not been a good shooting owned, as well as the toxicity is done during practice.
- Attitude Shooter, attitudes facing, diagonally or back to the basket affects difficult or easy shooter. shooting with the attitude of facing the basket easier to do than with his back to the basket. When his back to the basket players do not know where the actual ring and to be able to do the players need to practice to become terbiasa.
- Deuteronomy Shots, deuteronomy shots or the number of opportunities that are shooters to do the shooting, the less gets the number of shooting opportunities increasingly difficult to obtain success shooter. When do the shooting have not managed to get in then the player will make mistakes koresi shooting at him and when the shooters perform next shooting could be true.
- The situation and atmosphere

Situational factors and physical and psychological atmosphere becomes a critical issue for all players. Tired or exhausted when conditions will have an effect in the game, because the physical factor is the most important factor in all sports. Friend and foe factor also affects the players to make shots like when the company could not cooperative and that sanggat formidable opponent in the last, thus affecting the shooter in doing their job in producing a good shot.

III. RESEARCH METHODOLOGY

In pursuit of this study, used a phased action is called a cycle. Each cycle consists of four stages: action planning, action, observation, and reflection for the next planning. The study was planned in 2 cycles.

1) Action Planning Phase 1

At this stage is to plan the activities carried out in the form of action makes Learning Implementation Plan (RPP) which is adapted to the material shooting a basketball with the teaching

style of command. The material that will be taught are doing shooting techniques using the right hand.

2) Measures Implementation Stage 1

After planning carefully compiled then be taken to the difficulties students. Researchers studied the results of the implementation of the shooting, the ability to perform a series of shooting movement and activity during the learning takes place, which acted as a teacher in learning activities is a physical education teacher. At the end of the action teachers assess student learning outcomes of students who achieved after administration of the action.

3) Observation 1

At this stage, the observation of the implementation of the action that uses observation sheets that have been prepared. Teachers of physical education who served as an observer filling the observation sheet to see whether the conditions of teaching and learning has been implemented in accordance teaching program when actions are performed.

4) Reflection Phase 1

The results of the action and observation phase collected and analyzed at this stage, so it can be inferred from the actions performed on the test effectiveness of the learning 1. The results of this reflection is used as a basis for planning stage 2 cycle.

After the implementation of cycle 1 and the results have not correspond to the level of control that has been set, then in this case carried out cycle 2. When it is obvious what the result of cycle 1, then the next set new next plan. Is the second cycle is done or just to cycle 1 only.

The instrument used in this study is to test the effectiveness of learning penigkatan *shooting* on the right hand menggunakan basketball assessed under the rubric (criteria) was observed motion assessment using fortfolio sheet. In this assessment did not assess or not to his ball into a basketball hoop.

Data analysis was conducted consisting of several stages including:

1) Individual completeness

Based on the minimum completeness criteria (KKM) established by the school, a student said to have been thoroughly studied if the learning outcomes of students has reached 75.

To give value to the learning outcomes of students are given tests to students using teacher-made tests shaped test shooting. Individually, students said to have been thoroughly studied if the absorption rate > 75. Based on the description above can be seen in a complete student learning and students who did not complete the study.

2) Mastery learning

Students are said to be thoroughly studied if it reaches the absorption of 75 (In the range 0-100) based KKM in charge of the school. A class is said to be thoroughly studied, if the class already have 80% of students who have reached a value of 75 (according to the specified school KKM).

PKK = Percentage Complete Classical

IV. ACTION RESULTS AND DISCUSSION

Based on the results of research on Efforts to Improve Learning Outcomes Shooting the Basketball Game Through teaching style command in Class X-1 SMA OF CULTURAL FIELD. Learning physical education conducted in two cycles at each learning provision shooting a basketball through the application of the teaching style of command can be given a description of the initial data as follows.

TABLE I. DESCRIPTION OF THE INITIAL DATA SHOOTING BASKETBALL

No.	Test results	Total students	Percentage	Information
1	Score 71	32	78%	not Completed
2	Score 72	9	22%	complete

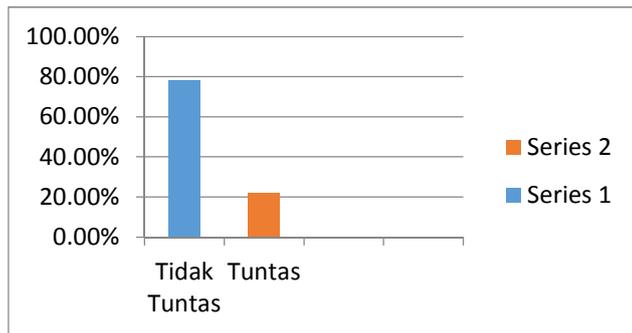


Fig. 1. Diagram of learning outcomes shooting a basketball at the start of test

Based on the description of the test results table shooting basketball above it can be seen that the implementation of the pre-test only 17 students who successfully shooting a basketball, or 41% of all students who did the test. And 24 students were not able to shoot a basketball, or 59% of all students who did the test.

V. CONCLUSION

Based on the research results pada cycle I and cycle II, it can be said that the teaching style of command can be used as an alternative to improve the learning process, especially the process of learning the shooting basketball. Based on the results it can be concluded that the application of the teaching style of command can improve students' learning process of shooting at the high school Class X Field Of Culture.

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