

# Improving Students' Radslag Movement Through Applying Exercise Method at SMPN 001 Rumbio Jaya

M Akmal\*, Zalfendi, Nurul Ihsan

*Faculty of Sport Science, Universitas Negeri Padang, Prof. Dr. Hamka, Padang, Indonesia*

*\*Corresponding author. Email: [akmalbongsuamak@gmail.com](mailto:akmalbongsuamak@gmail.com)*

## ABSTRACT

The problem in this study is most students have not been able to do the radslag movement correctly. The purpose of this study is to find out whether the training method for the VIIC class students in SMP N 001 in Rumbio Jaya sub-district can improve the movement of radslag. This type of research is classroom action research. The instrument of this study consisted of performance instruments and data collection instruments in the form of observation sheets, teacher activities and student activities. The population of the study was SMP N 001 District of Rumbio Jaya. While the research sample was VIIC class students at SMP N 001 in Rumbio Jaya district with 22 people. The results of the research, namely through the part training method, can improve the movement skills of the RADLAG VIIC students in SMP N 001 in the Rumbio district. This statement is supported by the following facts: (1) in the first cycle, the average ability of students is 43 or in the less competent category. Students have not been completed in this first cycle (2) in the second cycle, the average ability of students is reached at 75 or in the competent category. In the second cycle there was an increase in learning, and the value of classical class completeness (individual) was achieved (80%) of the total number of students, although there were still some people who received incomplete scores. This is caused by students having difficulty doing exercises part of the radslag movement. The author stops in cycle II in accordance with previous planning. So the results of this study indicate that the application of part training methods can improve the movement skills of Radslag.

**Keywords:** *Radslag Movement, Exercise Method*

## 1. INTRODUCTION

Education is an effort to prepare people through activities of guidance, teaching and training for their role in the future. At present National Education functions to develop capabilities and shape the dignified character and civilization of the nation in the context of developing the intellectual life of the nation, aiming at developing the potential of learners to become human beings who believe in and fear God Almighty, have noble, healthy, knowledgeable, capable, creative, creative, be independent and be a democratic and responsible citizen[1].

Physical education is basically an educational process that uses physical or physical activity, where interactions between students and the environment are managed systematically. Physical education is an integral part of the overall education system. Education as a process of human development that lasts a lifetime, has a very important role, namely to give students the opportunity to be directly involved in a variety of learning experiences through physical activity.

"Learning is the process of interaction between students and educators and learning resources in a learning environment"[2]. Physical education learning activities are part of the education process in schools and have a very important role in the development of communication and

in the formation of students' attitudes in physical education. The aim of physical education is to develop self-management skills in an effort to develop and maintain physical fitness and a healthy lifestyle through various physical and sport activities chosen to promote better physical growth and psychological development, and improve movement skills.

Learning is the process of change made by someone to be better, learning is assistance given by educators so that the process of gaining knowledge and knowledge can occur, mastery of skills and character and the formation of attitudes and beliefs in students. In other words learning is a process to help students learn well. The learning process is recognized throughout human life and can be applied anywhere and at any time. In the physical education learning process, the most important thing is to maximize the participation of all students, student participation can occur if the learning atmosphere is pleasant and the learning environment is supportive, students feel safe, feel recognized and valuable in their classrooms.

Physical education in sports and health at school consists of several types of activities, one of which is gymnastics. "Gymnastic learning in schools or known as educational gymnastics is learning whose main goal is directed to achieving educational goals"[3]. Gymnastics is a physical activity that can help optimize children's

development. Gymnastics are useful in developing physical components and motor skills. Through various activities, children involved in gymnastics will develop muscle endurance, strength, strength, flexibility, coordination, agility, and balance. Especially if it emphasizes activities that demand the working system of the heart and lungs of the cardio-vascular system, the exercise program will contribute to balanced physical development. "Floor gymnastics is a type of tool that is not in the form of construction tools such as parallel bars or jumping horses, but from gymnastics many basic movements can be developed in other tools. Like Kipp or lecut legs, rolling, front handspring, forward salto, and others "[4].

One of the gymnastic floor movements is the radslag (wheeled) movement which is done in a sideways motion that rests with both hands with legs wide open, wheel movements can be done with movements to the left and right. To make the right wheel, the first leg raised is the right leg, then followed by the right hand, left hand then landing left foot and finally the right foot. To do the left hand wheel, the initial leg raised is the left foot, then followed by the left hand, right hand then lands on the right leg and the last left leg.

A series of simple movements of the radslag movement (wheeled), but according to observations made by researchers at school, the researchers found that many students had difficulty practicing this movement. Like the methods used by teachers who do not match the material being taught. Other causes such as the hands resting simultaneously, preferably alternating, with many students in the body from time to time the hands are less straight, this is due to the strength of the hand muscles that are not strong enough to lift the body up. On the other hand, students do not have good guidelines that are used and implemented, the teacher must be able to give examples.

For this reason, an appropriate and effective learning method is needed so that students can understand and comprehend the learning material presented in accordance with the expected goals. One way is to use the part method.

The method part is a form of learning to complete one part of a motion or series of movements into smaller parts. Breaking the movement into smaller parts has the goal of eliminating or minimizing the possibility of motion errors.

The observations found by researchers in the field of students who are less able to do gymnastic movements are because the methods that have been used so far are not optimal, and during the implementation of the rumbio jaya students' community movements are unable to do the movements correctly. That's because the floor gymnastic material is still unfamiliar to students. Students feel stiff in doing gymnastics activities. Finally, the movements made are not in accordance with the steps/ phases of implementation or a series of movements in radslag gymnastics. While the facilities and infrastructure in schools are sufficient to support Radslag learning.

## 2. METHODOLOGY

In accordance with the problems and questions raised, this research is Classroom Action Research. Classroom Action Research is research conducted by teachers in their classrooms through self-reflection with the aim of improving their performance as teachers, so that student learning outcomes improve. Classroom action research (CAR) is research conducted in class with the aim of improving or improving the quality of learning practices[5].

The population of this study was students of class VIIC SMP N 001 in Rumbio Jayad district with a total of 22 people. Because this research is CAR, all populations are sampled. So the sample in this study were all students of class VIIC SMP N 001 Rumbio Jay District with a total of 22 people. The research was conducted at SMP N 001 Rumbio Jaya District, the study period was 1 month for 4 meetings.

## 3. RESULTS AND DISCUSSION

The results of this study are about increasing the movement of radslag skills through the application of part training methods. Research on improving learning outcomes or classroom action research (CAR) produces data about teacher activities and student activities. In this case, improvement of the Radslag movement skills through the application of part training methods for VIIC grade students of SMPN 001 Rumbio Jaya Regency. These data have been obtained and discussed based on PTK steps. The steps in question are planning, implementation, observation and reflection.

Before the implementation of the Radslag movement learning through the application of part training methods, preparation or planning is carried out before the implementation phase. Then after the required subjects are met, learning the radslag movement is done through the application of the part training method. In the implementation phase, the observation phase is also carried out to observe teacher activities, student activities and student abilities. The purpose of observation is to find out the strengths and weaknesses in learning.

Based on data starting from the specific data obtained in this study, it can be seen that, through the section training method, it has succeeded in increasing the Radslag movement skills.

Radslag is a body twisting movement to the side. Wheel movement resembles the movement of a round wheel. This movement rests on both hands. The arms and legs in this motion act as spokes of the wheel. In the wheel movement the component strength, flexibility, and balance are needed when resting in both hands[6].

In this study the method applied is part training to improve students' radslag movement skills. Seeing the improvement of students' abilities in each cycle, the section training method needs to be developed, where by doing the section training method can improve learning outcomes especially in radslag soccer movements. Based on the data, where in the first cycle 22 students none received a complete score. Then the second cycle is

needed. In the second cycle there was an increase in learning compared to Cycle I, which was 82% (18 students had completed or 82%, although there were still 4 students who received incomplete grades or 18.2%. This was due to students having difficulty doing the exercise part of the movement radslag, even though in those 8 items they can do it, but they cannot in resting hand movements and upright positions open directly above and land one foot at a time on the floor in an open and upright position. with prior planning.

So it can be concluded that the part training method is a very good way to learn radslag movements, so that the techniques in radslag movements can be understood and done easily.

#### 4. CONCLUSION

Based on the results of research and discussion, conclusions are obtained, namely the method of the training section that can improve the results of student movements in class VIIC at SMP Negeri 1 Rumbio Jaya.

#### REFERENCES

- [1] Undang-Undang No. 20 tahun 2003. UU Sisdiknas. 2003, pp 23-54.
- [2] Dimiyati, dkk. "Belajar dan Pembelajaran". Direktorat Jenderal Pendidikan Tinggi Depdikbud: Jakarta. 1994, pp 12-34
- [3] Agus Mahendra. "Pembelajaran Senam Di Sekolah Dasar". Jakarta: Departemen Pendidikan Nasional. 2001, pp 10-22.
- [4] Syahara, Sayuti.. Senam alat untuk anak-anak. FPOK: IKIP Padang. 1994, pp 41-43.
- [5] Arikunto, Suharsimi dkk. "Penelitian Tindakan Kelas". Jakarta: PT. Bumi Aksara. 2014, pp 56-64.
- [6] Husdarta, dkk. "Pendidikan Jasmani, Olahraga, dan Kesehatan SMP Kelas VIII". Jakarta: Kementerian Pendidikan Nasional Tahun 2010, pp 23-55.