

## ABSTRACT

**Engga Tafsyr Lukman (2019): Development of a Teaching Game For Understanding Model of Physical Fitness and Learning Motivation for Class V Students of SDN O4 Situjuah Batua Lima Puluh Kota Kabupaten.**

This study began in the low physical fitness and learning motivation that occurs due to the lack of attention from PJOK teachers. Another factor is the lack of variety of teachers in the presentation of material at SDN 04 Situjuah Batua. The main purpose of this study was to develop the TGFU learning model with valid, practical and effective criteria.

This research is an ADDIE (Analysis Design, Development, Implementation, and Evaluation) model development study, conducted at SD Negeri 04 Situjuah Batua from April to July 2019. The model validation design is the expert validity, practicality and effectiveness, and physical fitness tests. and motivation to learn using data analysis questionnaires using the TGFU Valid model, Practicality and effectiveness.

The results of the validation of the learning model obtained an average of 87.2% and the average practicality obtained a percentage of 91.5%. Furthermore, the TGFU model can effectively improve physical fitness and student motivation in learning physical education in sports and health in the fifth grade of elementary school.

**Keywords: Physical Fitness, Learning Motivation, Teaching Games For Understanding**

## ABSTRAK

**Engga Tafsyr Lukman (2019) : Pengembangan Model *Teaching Game For Understanding* terhadap Kebugaran Jasmani dan Motivasi Belajar Siswa Kelas V SDN 04 Situjuh Batua Kabupaten Lima Puluh Kota.**

Penelitian ini bermula pada rendahnya rendahnya kebugaran jasmani dan motivasi belajar yang terjadi karena kurangnya perhatian guru PJOK. Faktor lain ialah kurang bervariasinya guru dalam penyajian materi di SDN 04 Situjuh Batua. Tujuan utama penelitian ini untuk mengembangkan model pembelajaran TGFU dengan kriteria Valid, Praktis dan efektif.

Penelitian ini merupakan penelitian pengembangan model ADDIE (*Analysis Design, Development, Implementation, dan Evaluation*), yang dilakukan di SD Negeri 04 Situjuh Batua pada bulan April sampai Juli 2019. Desain validasi model yaitu ahli uji validitas, praktikalitas dan efektifitas, serta tes kebugaran jasmani dan motivasi belajar menggunakan kuisioner analisis data menggunakan model TGFU Valid, Praktikalitas dan efektifitas.

Hasil validasi model pembelajaran diperoleh rata-rata sebesar 87,2% dan rata-rata praktikalitas didapat persentase 91,5%. Selanjutnya bahwa model TGFU efektif dapat untuk meningkatkan kebugaran jasmani dan motivasi belajar siswa dalam pembelajaran pendidikan jasmani olahraga dan kesehatan dikelas V sekolah dasar.

**Kata Kunci :Kebugaran Jasmani, Motivasi Belajar, *Teaching Games For Understanding***