

ABSTRACT

WINI ISLAMIATI. 2022. *Improving Learning Outcomes of Neck Spring Exercises Using Guided Discovery Learning Models Based on ICT and TPACK.* Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

Learning activities on the elastic bolster floor (neck spring) in its implementation has not been effective and students find it difficult to learn. This study aims to determine the increase in learning outcomes for neck spring gymnastics activities through guided discovery learning models in class VIII SMPN Satu Atap 1 Mangunreja in the 2021/2022 academic year. This study uses a Classroom Action Research (CAR) model carried out for 2 cycles. The research procedure consists of the stages of planning, implementation, observation, and reflection. The subjects of this study were students of class VIII of SMPN Satu Atap 1 Mangunreja totaling 26 students (15 men and 11 women). The object of this research is the learning result of neck spring gymnastic activities through the guided discovery learning model. The research instrument applies observation tests and tests for work on the Learning Implementation Plan (RPP). The learning outcomes of neck spring exercise activities for class VIII SMPN Satu Atap 1 Mangunreja in the first cycle, the percentage of completeness is 62% with 16 students in the complete category and an increase in the second cycle with the percentage of completeness 81% with 21 students in the category completed by exceeding the KKM (Minimum Completeness Criteria) which is 70. So it can be concluded that there is an increase in learning outcomes for neck spring gymnastics activities for class VIII SMPN Satu Atap 1 Mangunreja.

Keywords: *Guided discovery, Learning outcomes, ICT and TPACK, Gymnastics (Neck Spring)*