

ABSTRACT

MUHAMMAD DZAKWAN FAWWAZ. 2022. Efforts to Improve Learning Outcomes in Forward Roll and Backward Roll Material in Floor Gymnastics Learning Using the Reciprocal Teaching Style. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University.

This study is a Classroom Action Research (CAR) aimed at improving students' learning outcomes in forward roll and backward roll material in floor gymnastics through the implementation of the reciprocal teaching style in grade X E-8 students of SMA Negeri 3 Tasikmalaya. The study was motivated by low student learning outcomes caused by teacher-centered learning that limits student activity and minimizes movement feedback. The research was conducted in two cycles, each consisting of planning, action, observation, and reflection stages, involving 36 students as subjects. Data were collected through student activity observation, cognitive tests, and psychomotor tests, and analyzed using descriptive quantitative methods by comparing learning outcomes across cycles. The results showed significant improvement at each stage. In the initial condition (pre-cycle), the average final score was 70.12 with classical completeness of only 22.22% (8 out of 36 students). After implementing the reciprocal teaching style in Cycle I, the average final score increased to 78.47 with classical completeness of 69.44% (25 students passed). In Cycle II, the average final score further increased to 83.99 with classical completeness of 91.67% (33 students passed), exceeding the established success indicator of $\geq 85\%$. Therefore, it can be concluded that the implementation of the reciprocal teaching style is proven effective in improving student learning outcomes in forward roll and backward roll material in floor gymnastics learning, while also encouraging active participation, peer feedback, cooperation, and self-confidence in learning.

Keywords: Backward roll, Classroom action research (CAR), Floor gymnastics, Forward roll, Learning outcomes, Reciprocal teaching style