

ABSTRACT

Qory Fitriyani Rahman, 2023. *Efforts to Improve Learning Outcomes of Pencak Silat Punches Through the Cooperative Learning type jigsaw model in Class VII J SMP Negeri 2 Tasikmalaya 2023*. Department of Physical Education, Faculty of Teacher Training and Education. Siliwangi University

In the process of learning pencak silat, many students have difficulty performing pencak silat punching techniques so that the movements and forms of movement produced are not optimal. The author assumes that there is a need for group discussions with students who take part in extracurricular / martial arts experts to help the difficulties experienced by other students, the application of cooperative learning type jigsaw learning is an option to make it easier for students to discuss between students who have not maximally mastered the hitting technique with students who have mastered the hitting technique. The purpose of this study was to determine the improvement of learning outcomes of pencak silat punches through the cooperative learning type jigsaw model in class VII J students of SMP Negeri 2 Tasikamalaya. The method used in this research is a classroom action research model. The subjects used in this study were students of class VII J SMP Negeri 2 Tasikmalaya, totaling 32 students. Research instruments used by researchers through rubric assessment of lesson plans which include knowledge (cognitive) and movement ability tests (psychomotor). So that the results obtained show that there is an increase in learning outcomes of pencak silat punches through the cooperative type jigsaw model in class VII J SMP Negeri 2 Tasikmalaya students.

Keywords: Learning, Cooperative Learning Method, Jigsaw Type, Pencak Silat, Straight Punch, Upright Punch, Circular Punch, Pendulum Punch.