
Atletik Lompat Jauh

dinas pendidikan kabupaten tulang bawang sma negeri 1 ... - tentang pemahaman atletik lompat jauh ". dalam kesempatan ini penulis mengucapkan terima kasih kepada : 5 ayah dan ibu tercinta yang selalu memberi doa restu nasehat serta dukungan selama ini kepada penulis baik materil maupun moril 6 bapak drs.fxesman roesin atmodjo selaku kepala sekolah sma **lompat jangkit sejarah lompat jangkit - penjasmana** - lompat jangkit dibagi dalam beberapa tahap gerakan: ancan-ancang, "jingkat", "langkah", "lompat' dan mendarat. jarak yang ditempuh atlet dalam lompat jangkit dapat diuraikan menjadi rangkaian gerak yang sama seperti pada lompat jauh. dalam lompat jangkit, take off dan landing untuk tiap dua fase pertama (hop dan step) **upaya meningkatkan hasil pembelajaran lompat jauh melalui ...** - dalam olahraga khususnya cabang atletik lompat jauh, seperti penulis mengamati saat mengajar lompat jauh di kelas v sd negeri 05 jebed kecamatan taman kabupaten pemalang dalam presentasi hasil belajar siswa menunjukkan bahwa 85% siswa belum mencapai kriteria ketuntasan minimum (kkm) yaitu 7,2. **sarana dan prasarana atletik - mari belajar bersama** - lintasan lari, lapangan lompat jauh & jangkit, lapangan lompat tinggi, lapangan lompat tinggi galah, lapangan lempar lembing, lapangan tolak peluru, lapangan lempar cakram, lapangan lontar martil dan lintasan lari steple chees. gambar 1: lapangan atletik berikut akan di uraikan satu persatu. a. lari 1) lintasan lari **lompat jangkit - gustiarables.wordpress** - lompat jangkit termasuk salah satu nomor lompat di antara nomor-nomor lompat yang lainnya seperti lompat jauh, lompat tinggi dan lompat tinggi galah. menurut ketentuan si pelompat harus melakukan tiga kali menumpu, menumpu dua kali dengan kaki yang sama yang disebut hop dan step dan diakhiri dengan gerakan jump atau lompat. **satuan acara perkuliahan (sap) atletik ... - file.upi** - pl 201 atletik (teori dan praktek), s1, 2 sks topik bahasan : tes lompat jauh dan lempar cakram tujuan pembelajaran umum : mahasiswa dapat melakukan gerakan lompat jauh dan lempar cakram dengan baik dan benar (kompetensi) jumlah pertemuan : 1 (satu) kali pertemuan pertemuan ke tujuan pembelajaran khusus ...

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