






UNIVERSITAS PAHLAWAN TUANKU TAMBUSAI
FAKULTAS ILMU PENDIDIKAN
PROGRAM STUDI PENDIDIKAN JASMANI KESEHATAN DAN REKREASI

RENCANA PEMBELAJARAN SEMESTER (RPS)

Mata Kuliah	Kode MK	Rumpun MK	Bobot (sks)	Semester	Tanggal Penyusunan
Penjas SD		Mata Kuliah Keahlian Prodi	2	3	1 Februari 2017
		Dosen Pengembang RPS  Iska Noviardila, M.Pd.	Dosen Pengampu MK  Iska Noviardila, M.Pd.		Ketua Prodi  Iska Noviardila, M.Pd.
Capaian Pembelajaran (CP)	<p>CPL Prodi</p> <p>SIKAP:</p> <ol style="list-style-type: none"> Menjunjung tinggi nilai kemanusiaan dalam menjalankan tugas berdasarkan agama, moral dan etika (S2) Berkontribusi dalam peningkatan mutu kehidupan bermasyarakat, berbangsa, dan bernegara berdasarkan Pancasila (S4) <p>PENGETAHUAN:</p> <ol style="list-style-type: none"> Menguasai prinsip dan teori pendidikan di sekolah dasar (P1). Menguasai konsep tentang karakteristik perkembangan peserta didik di sekolah dasar, baik perkembangan fisik, psikologis, dan social (P2). <p>KETERAMPILAN UMUM:</p> <p>Mampu menerapkan pemikiran logis, kritis, sistematis, dan inovatif, dalam konteks pengembangan atau implementasi ilmu pengetahuan dan teknologi yang memperhatikan dan menerapkan nilai humaniora yang sesuai dengan bidang keahliannya (KU1)</p> <p>KETERAMPILAN KHUSUS:</p> <ol style="list-style-type: none"> Mampu menerapkan prinsip dan teori pendidikan melalui perancangan dan pelaksanaan pembelajaran di sekolah dasar secara bertanggung jawab (KK1) Mampu menerapkan konsep tentang karakteristik perkembangan peserta didik baik perkembangan fisik, psikologis, dan sosial melalui perancangan dan pelaksanaan pembelajaran di sekolah dasar (KK2) 				
	<p>CP-MK</p> <ol style="list-style-type: none"> Mahasiswa mampu menguasai hakikat, pengertian Penjas SD Mahasiswa mampu menjelaskan tentang filsafat Penjas SD Mahasiswa mampu menjelaskan dan mempraktikkan jenis Olahraga di SD 				
Deskripsi Singkat MK	Tentang asas pendidikan jasmani yang menjadi landasan sebagai bagian dari pendidikan, meliputi hakikat pendidikan jasmani, tujuan, serta pertumbuhan dan perkembangan anak. Setelah mempelajari modul ini, dengan menggunakan pengalaman dan wawasan mengenai kegiatan dalam pendidikan jasmani, diharapkan Anda dapat menganalisis penerapan kegiatan pendidikan jasmani dalam konteks pendidikan di sekolah dasar.				
Materi Pembelajaran/ Pokok Bahasan	<ol style="list-style-type: none"> Hakikat pendidikan jasmani Konsep pendidikan jasmani di Sekolah Dasar Nilai-nilai sosial pendidikan jasmani. 				

	4. Filsafat pendidikan jasmani 5. Pengertian pendidikan jasmani. 6. Tujuan pendidikan jasmani. 7. Prinsip-prinsip dalam pendidikan jasmani 8. Nilai-nilai dalam pendidikan jasmani 9. Mengidentifikasi pertumbuhan dan perkembangan fisik dan gerak 10. Mengidentifikasi kebutuhan gerak anak 11. Modifikasi pemanasan dalam olahraga				
Pustaka	Rujukan Utama: Budiamin, Amin. Hafidz Dedi. Daim. (2006). Perkembangan Peserta Didik, Bandung: UPI Press. Rujukan Pendukung: Hurlock, E.B 1991. Psikologi Perkembangan. Suatu Pendekatan Sepanjang Kehidupan. Alih Bahasa Istiwidayanti. Jakarta; Erlangga. Hurlock, E. 1993. Perkembangan Anak, jilid 1. a.b Meitasari Tjandrasa dan Muslichah. Jakarta: Erlangga Hurlock, Elizabeth B.1993. Psikologi Perkembangan: Suatu Pendekatan Sepanjang Rentang Kehidupan. Penerbit Erlangga. Jakarta. Santrock, J.W. 2002. Life-Span Development, Jilid I, (Terjemahan).Jakarta: Erlangga. Santrock, J.W.S. 1997. Life Span Development. Sidney: Brown and Benckark. Semiawan, Conny R. (1999).Perkembangan dan Belajar Peserta Didik, Bandung: Departemen Pendidikan dan Kebudayaan. Setiono, Kusdiratri. (2009). Psikologi Perkembangan, Bandung: Penerbit Widya Padjadjaran. Sumantri, Mulyani. Syaodih, Nana. (2008). Perkembangan Peserta Didik, Jakarta: Penerbit Universitas Terbuka. Sunarto, H. Hartono, B. Agung. (2008). Perkembangan Peserta Didik, Jakarta: Penerbit Rineka Cipta				
Media Pembelajaran	1. Projector 2. <i>Mind Mapping</i> 3. Lapangan				
Team Teaching	-				
Matakuliah Prasyarat	-				
Minggu Ke-	Kemampuan Akhir yang diharapkan (Sub-CP MK)	Indikator	Materi Pembelajaran	Metode Pembelajaran	Kriteria, Bentuk dan Bobot Penilaian
1	Orientasi perkuliahan	1. Kontrak perkuliahan 2. Perkenalan 3. Silabus / RPS	Menjelaskan kontrak perkuliahan dan RPS	-	-
2	Mahasiswa mampu menjelaskan tentang hakekat pendidikan jasmani SD.	1. Hakikat Pendidikan jasmani 2. Menjelaskan hakekat pendidikan jasmani SD	Hakikat pendidikan jasmani	1. Tugas Individu (menyusun ringkasan materi) 2. Ekspositori, dan 3. Diskusi	Kriteria: Penguasaan materi Bentuk non test: 1. Makalah kelompok 2. Resume Individu 3. Partisipasi selama proses berupa menanggapi, bertanya, dan memberikan

					jawaban Bobot 10%
3	Mahasiswa mampu menjelaskan Nilai-nilai sosial pendidikan jasmani	<ol style="list-style-type: none"> 1. Menerangkan Nilai-nilai sosial Penjas 2. Menerangkan nilai sosial penjas SD 3. Menerangkan Karakteristik anak SD dengan kehidupan sosial berolahraga 	Nilai-nilai sosial Penjas SD	<ol style="list-style-type: none"> 1. Tugas Individu (menyusun ringkasan materi) 2. Ekspositori, dan 3. Diskusi 	Kriteria: Penguasaan materi Bentuk non test: <ol style="list-style-type: none"> 1. Makalah kelompok 2. Resume Individu 3. Kemampuan Presentasi 4. Partisipasi selama proses berupa menanggapi, bertanya, dan memberikan jawaban Bobot 10%
4	Mahasiswa mampu menjelaskan Pengertian pendidikan jasmani secara keseluruhan	<ol style="list-style-type: none"> 1. Menerangkan Pendidikan Jasmani di SD secara keseluruhan 2. Menerangkan keterampilan gerak pada penjas SD 3. Pentingnya Kebugaran dan kesehatan pada usia dini 	Pengertian pendidikan jasmani secara keseluruhan	<ol style="list-style-type: none"> 1. Tugas Individu (menyusun ringkasan materi) 2. Ekspositori, dan 3. Diskusi 	Kriteria: Penguasaan materi Bentuk non test: <ol style="list-style-type: none"> 1. Makalah kelompok 2. Resume Individu 3. Kemampuan Presentasi 4. Partisipasi selama proses berupa menanggapi, bertanya, dan memberikan jawaban Bobot 10%
5	Mahasiswa mampu menjelaskan Tujuan pendidikan jasmani	<ol style="list-style-type: none"> 1. Menerangkan tujuan penjas SD 2. Menerangkan tujuan penjas SD sesuai dengan karakteristik usia 	Tujuan pendidikan jasmani	<ol style="list-style-type: none"> 1. Tugas Individu (menyusun ringkasan materi) 2. Ekspositori, dan 3. Diskusi 	Kriteria: Penguasaan materi Bentuk non test: <ol style="list-style-type: none"> 1. Makalah kelompok 2. Resume Individu 3. Kemampuan Presentasi 4. Partisipasi selama proses berupa menanggapi, bertanya, dan memberikan jawaban Bobot 10%
6	Mahasiswa mampu menjelaskan Prinsip-prinsip dalam pendidikan jasmani	<ol style="list-style-type: none"> 1. Menjelaskan prinsip-prinsip penjas SD 2. Mengimplementasikan prinsip-prinsip penjas SD kedalam bentuk kegiatan olahraga 	Prinsip-prinsip dalam pendidikan jasmani	<ol style="list-style-type: none"> 1. Tugas Individu (menyusun ringkasan materi) 2. Ekspositori, dan 3. Diskusi 	Kriteria: Penguasaan materi Bentuk non test: <ol style="list-style-type: none"> 1. Makalah kelompok 2. Resume Individu 3. Kemampuan Presentasi 4. Partisipasi selama proses

					berupa menanggapi, bertanya, dan memberikan jawaban Bobot 10%
7	Mahasiswa mampu menjelaskan Nilai-nilai dalam pendidikan jasmani	<ol style="list-style-type: none"> 1. Mampu menjelaskan nilai-nilai pendidikan jasmani di SD 2. Mampu menjelaskan nilai-nilai penjas SD secara keseluruhan 	Nilai-nilai dalam pendidikan jasmani	<ol style="list-style-type: none"> 1. Tugas Individu (menyusun ringkasan materi) 2. Ekspositori, dan 3. Diskusi 	Kriteria: Penguasaan materi Bentuk non test: <ol style="list-style-type: none"> 1. Makalah kelompok 2. Resume Individu 3. Kemampuan Presentasi 4. Partisipasi selama proses berupa menanggapi, bertanya, dan memberikan jawaban Bobot 5%
8	Ujian Tengah Semester				
9	Mahasiswa mampu Mengidentifikasi pertumbuhan dan perkembangan fisik dan gerak	<ol style="list-style-type: none"> 1. Mengidentifikasi pertumbuhan fisik 2. Mengidentifikasi gerak 3. Melakukakn koordinasi tentang perkembangan fisik dan kemampuan gerak 	Mengidentifikasi pertumbuhan dan perkembangan fisik dan gerak	<ol style="list-style-type: none"> 1. Tugas Individu (menyusun ringkasan materi) 2. Ekspositori, dan 3. Diskusi 	Kriteria: Penguasaan materi Bentuk non test: <ol style="list-style-type: none"> 1. Makalah kelompok 2. Resume Individu 3. Kemampuan Presentasi 4. Partisipasi selama proses berupa menanggapi, bertanya, dan memberikan jawaban Bobot 5%
10	Mahasiswa mampu Mengidentifikasi kebutuhan gerak anak	<ol style="list-style-type: none"> 1. Mengidentifikasi kebutuhan anak untuk berolahraga 2. Jenis-jenis motivasi anak untuk berolahraga 3. Kebutuhan anak akan bergerak 	Mengidentifikasi kebutuhan gerak anak	<ol style="list-style-type: none"> 1. Tugas Individu (menyusun ringkasan materi) 2. Ekspositori, dan 3. Diskusi 	Kriteria: Penguasaan materi Bentuk non test: <ol style="list-style-type: none"> 1. Makalah kelompok 2. Resume Individu 3. Kemampuan Presentasi 4. Partisipasi selama proses berupa menanggapi, bertanya, dan memberikan jawaban Bobot 5%
11	Mahasiswa mampu menjelaskan Modifikasi pemanasan dalam olahraga	<ol style="list-style-type: none"> 1. Membuat jenis permainan kecil dalam bentuk aktifitas olahraga 	Modifikasi pemanasan dalam olahraga	<ol style="list-style-type: none"> 1. Tugas Kelompok 2. Tugas Individu (menyusun ringkasan) 	Kriteria: Penguasaan materi Bentuk non test: <ol style="list-style-type: none"> 1. Makalah kelompok

		2. Mempraktikkan jenis permainan kecil kedalam sebuah aktifitas		materi) 3. Ekspositori, dan 4. Diskusi	2. Resume Individu 3. Kemampuan Presentasi 4. Partisipasi selama proses berupa menanggapi, bertanya, dan memberikan jawaban Bobot 5%
12	Mahasiswa mampu menjelaskan pemanasan dalam olahraga	1. Mampu membuat dan menjelaskan modifikasi pemanasan yang dibuat 2. Mampu mempraktikkan jenis-jenis pemanasan dalam olahraga	Modifikasi pemanasan dalam olahraga	1. Tugas Kelompok 2. Tugas Individu (menyusun ringkasan materi) 3. Ekspositori, dan 4. Diskusi	Kriteria: Kemampuan simulasi & penguasaan materi Bentuk non test: 1. Simulasi 2. Partisipasi selama proses berupa menanggapi, bertanya, dan memberikan jawaban Bobot 5%
13	Praktik Lapangan Modifikasi pemanasan dalam olahraga	1. Melakukan penjelasan terkait jenis pemanasan yang di buat seperti seorang guru 2. Mempraktikkan dengan beranggotakan semua anggota kelas	Modifikasi pemanasan dalam olahraga	3. Tugas Kelompok 4. Tugas Individu (menyusun ringkasan materi) 5. Ekspositori, dan 6. Diskusi	Kriteria: Penguasaan materi Bentuk non test: 1. Makalah kelompok 2. Resume Individu 3. Kemampuan Presentasi 4. Partisipasi selama proses berupa menanggapi, bertanya, dan memberikan jawaban Bobot 5%
14	Praktik Lapangan Modifikasi pemanasan dalam olahraga	1. Melakukan penjelasan terkait jenis pemanasan yang di buat seperti seorang guru 2. Mempraktikkan dengan beranggotakan semua anggota kelas	Modifikasi pemanasan dalam olahraga	1. Tugas Kelompok 2. Tugas Individu (menyusun ringkasan materi) 3. Ekspositori, dan 4. Diskusi	Kriteria: Penguasaan materi Bentuk non test: 1. Makalah kelompok 2. Resume Individu 3. Kemampuan Presentasi 4. Partisipasi selama proses berupa menanggapi, bertanya, dan memberikan jawaban Bobot 10%
15	Praktik Lapangan Modifikasi pemanasan	1. Melakukan penjelasan terkait jenis pemanasan	Modifikasi pemanasan dalam olahraga	individu	Kriteria: Penguasaan materi Bentuk non test:

	dalam olahraga	yang di buat seperti seorang guru 2. Mempraktikkan dengan beranggotakan semua anggota kelas			1. Kemampuan Presentasi 2. Partisipasi selama proses berupa menanggapi, bertanya, dan memberikan jawaban Bobot 10%
16	Ujian Akhir Semester				

UNIVERSITAS PAHLAWAN TUANKU TAMBUSAI
FAKULTAS ILMU PENDIDIKAN
PROGRAM STUDI PENDIDIKAN GURU SEKOLAH DASAR

BATAS MATERI KULIAH

Mata Kuliah : PENDIDIKAN JASMANI DAN OLAHRAGA SD

Semester / SKS : 5 / 2

Kelas/Tahun Akd : D / 2021/2022 Ganjil

Dosen Pengampu : ISKA NOVIARDILA, S.Pd, M.Pd

Dosen Pengajar :

NO	HARI/TGL	MATERI	PARAF DOSEN	P. KETUA KELAS
1	4/9/2021	Kelelahan Pendidikan Jasmani SD		4
2	11/9/2021	Konsep Pendidikan Penjas SD		4
3	18/9/2021	Nilai - Nilai Sosial Penjas		4
4	27/9/2021	Filsafat Penjas SD		4
5	18/10/2021	Pengertian Penjas SD		4
6	25/10/2021	Tujuan Penjas SD		4
7	1/11/2021	Prinsip - Prinsip Penjas SD		4
8	10/11/2021	Nilai - Nilai Penjas SD		4
9	17/11/2021	Identifikasi Pertumbuhan fisik		4
10	24/11/2021	Identifikasi kebutuhan gerak		4
11	1/12/2021	Pemilihan di lapangan		4
12	8/12/2021	Pemilihan di lapangan		4
13	15/12/2021	Pemilihan di lapangan		4
14	22/12/2021	Pemilihan di lapangan		4
15	29/12/2021	Pemilihan di lapangan		4
16		UAS		

Mata Kuliah : PENDIDIKAN JASMANI DAN OLARAGA SD
 Semester / SKS : 5 / 2
 Kelas / Tahun Aka: D / 2021/2022 Ganjil

PROGRAM STUDI PENDIDIKAN GURU SEKOLAH DASAR - FAKULTAS FAKULTAS ILMU PENDIDIKAN
DAFTAR HADIR KULIAH

Dosen Pengampu : ISKA NOVYARDILA, S.Pd, M.Pd
 Dosen Pengajar :

Validation ID: 20211-FIP-86206-125

NO	NIM	NAMA MAHASISWA	PERTEMUAN KE / HARI / TANGGAL																Ket
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
1	1986206003	ASISYAH ARISKA PUTRI	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	
2	1986206004	ANISA FITRI	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	
3	1986206007	ANJELI PUTRI	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	
4	1986206013	CORNELLYA BUDIARTI	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	
5	1986206014	DELLA FITRIANA	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	
6	1986206023	MARINA SASMITA	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	
7	1986206031	ZAKIYAH	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	
8	1986206038	SUSANTI	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	
9	1986206042	MIRA HELPIANA	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	
10	1986206050	NURAZLANI	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	
11	1986206053	NURUL HAFIZA	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	
12	1986206056	SELPI YANDA	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	
13	1986206057	PUTRI ELIZA	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	
14	1986206060	PUTRI RAHMAYANI	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	
15	1986206061	PUTRI REZA REZITA	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	
16	1986206064	QHORY ISLAMI ALDIRA	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	
17	1986206066	RAHMA NUR HIDAYAH	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	
18	1986206069	RAHMI SHAFTRI	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	
19	1986206070	RAHMI SYAH FITRI	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	
20	1986206076	ROSNITA	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	had	

Ketua Program Studi,


RIZKI ANANDA, S.Pd, M.Pd

CATATAN :

- Jumlah tatap muka / pertemuan mahasiswa tidak boleh kurang dari 80%
- Absen harus di tandangangi tidak boleh di cheklisi
- Pakain untuk mahasiswa : tidak boleh memakai sandal, kaos oblong, sandal, anting, kalung, gelang
- Pakain untuk mahasiswa : Tidak boleh memakai sandal, kaos ketat dan baju transparan

Bangkirang,

10/1/2024

Dosen Pengajar,


Rizki Ananda, M.Pd



**YAYASAN PAHLAWAN TUANKU TAMBUSAI
UNIVERSITAS PAHLAWAN TUANKU TAMBUSAI**

DAFTAR PESERTA & NILAI AKHIR

PRODI : PENDIDIKAN JASMANI KESEHATAN DAN REKREASI
NAMA : ISKA NOVIARDILA, M.Pd
NIP : 096542166

TAHUN AJARAN : 2021/2022 Ganjil
MATA KULIAH : PENJAS SD
KELAS : C

NO	NIM	NAMA	Nilai Tugas Mandiri	Nilai Tugas Terstruktur	Nilai UTS	Nilai UAS	Nilai Angka	Nilai Huruf
1	1886206098	IKA DIANA	85	85	85	88	90	A
2	1986206074	RIRIN NADIA PUTRI	85	85	85	88	90	A
3	1986206085	SITI AISYAH	85	85	85	88	90	A
4	1986206095	WAHYU SAFITRI	85	85	85	88	90	A
5	1986206102	ALDI AMANDA PUTRA	85	85	85	88	90	A
6	1986206103	ERNITA NURYANI	85	85	85	88	90	A
7	1986206107	NURHANIP FITRI NUGRAHASARI	85	85	85	88	90	A
8	1986206108	INDRI SAPITRI	85	85	85	88	90	A
9	1986206113	NURHASANA	85	85	85	88	90	A
10	1986206114	ONI SISWANTO	85	85	85	88	90	A
11	1986206117	ROSI ROSINTA	85	85	85	88	90	A
12	1986206119	YUSNITA IMLATUL KHASANAH	85	85	85	88	90	A
13	1986206150	NURMALA SARI	85	85	85	88	90	A

Bangkinang, 22 Januari 2022

ISKA NOVIARDILA
NIP TT. 096542166