 **PENILAIAN AKHIR SEMESTER II ( GENAP )**

**SLB/B-C KASIH BUNDA JAKARTA BARAT**

**TAHUN AJARAN : 2019 / 2020**

Mata Pelajaran : Penjas Orkes Nama : .................................

Hari/ tanggal : ......................................... Kelas : ...................................

1. **Lakukan Sesuai Perintah...!**
2. **Senam sehat gembira ikuti contoh video dengan irama musik .**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| No | Aspek Yang di Nilai | Skor  mak | Skor perolehan | | | |
| 0 | 1 | 2 | 3 |
| 1 | Gerakan kepala sepaeti contoh seirama music. | 3 |  |  |  |  |
| 2 | Gerakan tangan kanan dan kiri sesuai irama. | 3 |  |  |  |  |
| 3 | Gerakan badan seperti contoh dan irama musik. | 3 |  |  |  |  |
| 4 | Gerakan kaki kanan dan kiri sesuai irama. | 3 |  |  |  |  |
| 5 | Mengikuti senam sesuai contoh | 3 |  |  |  |  |
| Jumlah Skor | | 15 |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| N1 = | Skor perolehan | X 10 = | ..................... |
| Skor maksimum |

1. **Lakukan Senam ( penguin /,chicken dens ) dengan video mengikuti irama musik**.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| No | Aspek Yang di Nilai | Skor  mak | Skor perolehan | | | |
| 0 | 1 | 2 | 3 |
| 1 | Berdiri tegak pandangan ke depan. | 3 |  |  |  |  |
| 2 | Gerakan tangan sesuai irama music . | 3 |  |  |  |  |
| 3 | Gerakan kaki sesuai irama music. | 3 |  |  |  |  |
| 4 | Gerakan kepala sesuai irama music. | 3 |  |  |  |  |
| 5 | Keseriusan dalam mengikuti senam bersama | 3 |  |  |  |  |
| Jumlah Skor | | 15 |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| N2 = | Skor perolehan | X 10 = | ..................... |
| Skor maksimum |
|  |  |  |  |

1. **Lakukan senam pemanasan sesuai instruksi dengan benar !.**

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| --- | --- | --- | --- | --- | --- | --- |
| No | Aspek Yang di Nilai | Skor  mak | Skor perolehan | | | |
| 0 | 1 | 2 | 3 |
| 1 | Gerakan kepala putarkan ke kanan dan ke kiri. | 3 |  |  |  |  |
| 2 | Gerakan tangan ke depan ke belakang | 3 |  |  |  |  |
| 3 | Putarkan pinggul ke kanan dan ke kiri . | 3 |  |  |  |  |
| 4 | Jalan di tempat . lari di tempat dengan benar. | 3 |  |  |  |  |
| Jumlah Skor | | 12 |  |  |  |  |

|  |  |  |  |
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| N3 = | Skor perolehan | X 10 = | ..................... |
| Skor maksimum |

1. **Laksanakan perintah dengan benar.**

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| --- | --- | --- | --- | --- | --- | --- |
| No | Aspek Yang di Nilai | Skor  mak | Skor perolehan | | | |
| 0 | 1 | 2 | 3 |
| 1 | Merangkak sesuai ketentuan. | 3 |  |  |  |  |
| 2 | Melompat sambil jongkok / jalan seperti katak | 3 |  |  |  |  |
| 3 | Jalan sambil jongkok sesuai ketentuan. | 3 |  |  |  |  |
| 4 | Lari dengan jarak sesuai ketentuan. | 3 |  |  |  |  |
| 5 | Lari di tempat sesuai ketentuan. | 3 |  |  |  |  |
| Jumlah Skor | | 15 |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| N4 = | Skor perolehan | X 10 = | ..................... |
| Skor maksimum |

|  |  |  |  |
| --- | --- | --- | --- |
| NA = | N1+ N2 + N3 + N4 | X 10 = | ..................... |
| 4 |
|  |  |  |  |