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ABSTRACT

**ANALYZING LONG JUMP SKILLS
OF 7TH GRADE STUDENTS AT STATE JUNIOR HIGH SCHOOL 11
SELUMA**

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This study aims to analyze the Long Jump Skills of 7th Grade Students at State Junior High School 11 Seluma. The type of research is Quantitative Descriptive. The population used in this study consisted of 25 students in the seventh grade. The sample taken in this study amounted to 25 students through Total Sampling technique. The research results of Long Jump Skills of 7th Grade Students at State Junior High School 11 Seluma are categorized as Fair with a percentage of 40%, with the highest value of 4.04 and the lowest value of 2.15, and an average of 3.16. The details of each category are as follows: "Very Good" with 2 students at 8%, "Good" with 6 students at 24%, "Fair" with 10 students at 40%, "Poor" with 4 students at 16%, and "Very Poor" with 3 students at 12%.

Keywords: Long Jump