

## ABSTRACT

### AN ANALYSIS OF THE 30-METER SPRINT SKILL LEVELS OF GRADE V STUDENTS AT ELEMENTARY SCHOOL 57 IN LEBONG REGENCY

By:  
**TIO ANDELTA PRAWIRA**

*Physical Education Study Program*  
*Universitas Dehasen Bengkulu*

*Physical education, sports, and health taught in schools play a very important role and serve as a means to promote physical growth. With regard to the importance of understanding physical abilities, Public Elementary School 57 in Lebong Regency aims to develop students' talents and interests to excel, particularly in the 30-meter sprint. However, in reality, the students still encounter difficulties in carrying out activities, especially in sprinting. This has prompted the researcher to study the 30-Meter Sprint skills of students in Grade V at Elementary School 57 in Lebong Regency. This research is a quantitative descriptive study with a sample size of 21 students. The instruments used in this research include tests and measurements of the students' 30-meter sprint. Data analysis techniques used in this research involve quantitative descriptive statistical techniques with percentages. Based on the research findings and discussions, it can be concluded that out of the 21 Grade V classes at Elementary School 57 in Lebong Regency: 4 students (19.05%) fall into the category of Excellent, 4 students (19.05%) fall into the category of Good, 8 students (38.1%) fall into the category of Fair, 3 students (14.29%) fall into the category of Poor, and 2 students (9.52%) fall into the category of Very Poor. The average sprint ability class rating is 5.50 in the Fair category.*

**Keywords:** *Sprint, Physical Ability, Quantitative Descriptive, Descriptive Statistics.*

