KISI-KISI KISI-KISI UJIAN DAN RANGKUMAN MATERI PENJASKES LEVEL 9

Grade 9 Physical Education Examination Blueprint and Summary

PART I: TEST BLUEPRINT / KISI-KISI UJIAN

1. Chapter 1: Handball (Bola Tangan)

Topic / Sub-materi	Indicators / Indikator Soal	Question Type & Item No.
Basic Rules & Dimensions *(Aturan Dasar & Ukuran Lapangan)*	● Identify number of players and official match duration. ● Identify body parts prohibited from touching the ball. ● State 3-second rule and 3-step limit for outfield players.	Multiple Choice Checklist Short Answer
Passing & Shooting Techniques *(Teknik Passing & Tembakan)*	● Differentiate passing types (chest pass, bounce pass, overhand pass). ● Explain jump shot mechanics and release timing over defenders.	Multiple Choice Checklist Short Answer Essay
Fouls, Sanctions & Violations *(Pelanggaran & Sanksi)*	● Identify double dribble and crease/goal area violations. ● Recognize illegal tackles, 7-meter penalty throws, and 2-minute suspensions.	Multiple Choice Checklist Short Answer
Tactics & Strategy *(Taktik & Strategi)*	● Compare 6-0 zone defense versus 5-1 zone defense. ● Analyze fast break execution and attacking combinations.	Multiple Choice Checklist Essay

2. Chapter 2: Athletics – Shot Put (Tolak Peluru)

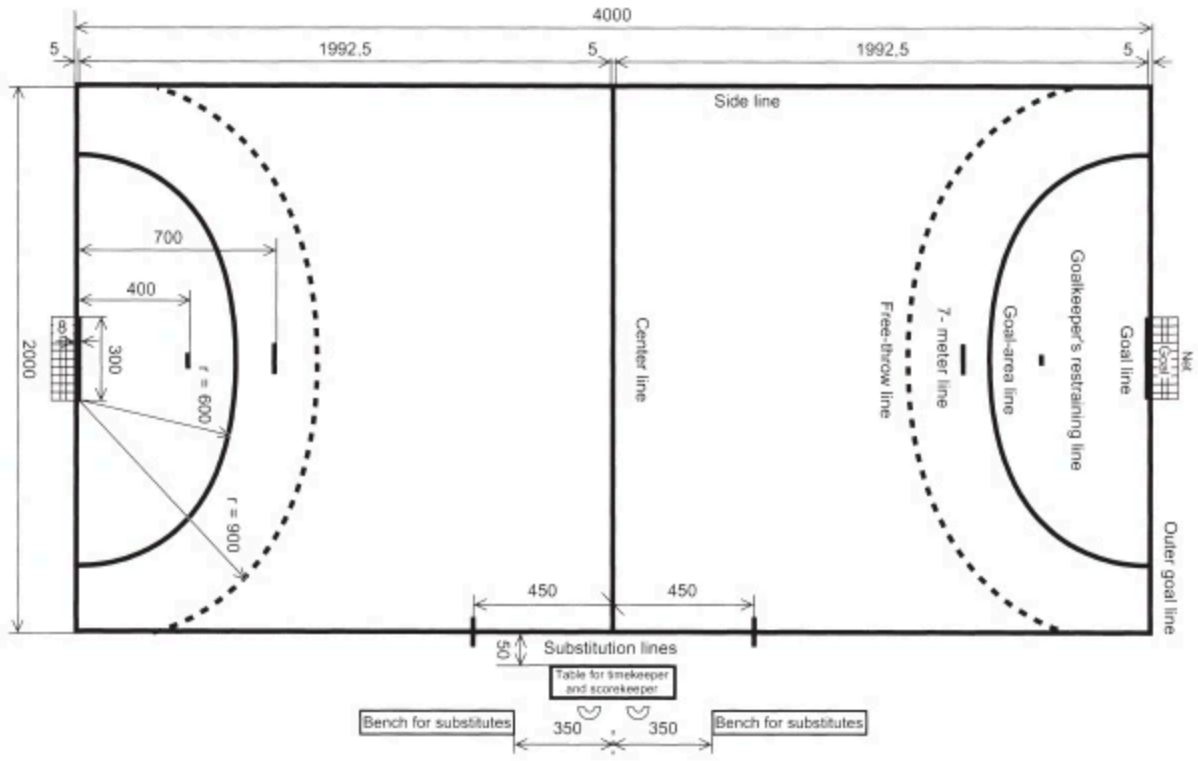
Topic / Sub-materi	Indicators / Indikator Soal	Question Type & Item No.
Specifications & Equipment *(Spesifikasi & Peralatan)*	• Identify official shot weight for Grade 9 boys (4 kg) and girls (3 kg). • State circle inner diameter (2.135 m) and landing sector angle (34.92°).	Multiple Choice Checklist Short Answer
Grip & Holding Technique *(Teknik Memegang)*	• Explain correct finger placement (base of fingers, not palm). • Describe shot placement against the neck under the chin.	Multiple Choice Checklist Short Answer Essay
Techniques & Delivery Styles *(Gaya Tolakan & Pelaksanaan)*	• Differentiate Orthodox (side-facing) and Glide / O'Brien (back-facing) styles. • Describe the power position and kinetic sequence from lower body to release.	Multiple Choice Checklist Short Answer Essay
Fouls & Biomechanics *(Pelanggaran & Biomekanika)*	• Identify foul actions (stepping on stopboard, exiting front, dropping elbow). • Analyze factors affecting distance (velocity, angle, height).	Multiple Choice Checklist Short Answer Essay

PART II: SUMMARY / RANGKUMAN MATERI

Chapter 1: Handball (Bola Tangan)

1. English Version

- **Game Rules & Court Dimensions:** Played by **7 players per team** (6 court players + 1 goalkeeper) on a **40m x 20m court**. Official senior match duration is **2 x 30 minutes**.
- **Body Restrictions & Ball Handling:** Field players are **strictly prohibited from touching the ball below the knees**. A player can hold the ball for a maximum of **3 seconds** and take up to **3 steps** without dribbling.
- **Passing & Shooting Techniques:**
  - *Bounce Pass:* Best used to bypass tall, jumping defenders (contacts floor 2/3 distance to receiver).
  - *Jump Shot:* Most effective technique for scoring over a defensive wall. Release must occur while airborne before landing inside the crease.
- **Rule Violations & Crease Rules:**
  - *Double Dribble:* Dribbling, catching, and dribbling again is a violation resulting in a turnover.
  - *6m Crease / Goal Area:* Only goalkeepers are allowed inside. An offensive player stepping inside results in a turnover; a defender stepping inside to stop a shot results in a **7-meter penalty throw**.
- **Court**



- **Defensive Formations & Penalties:**
  - *6-0 Defense:* Forms a solid wall along the 6m line; compact against drives, but vulnerable to long-range shooters.
  - *5-1 Defense:* Places 1 advanced defender to disrupt the opponent's primary playmaker/center-back.
  - *2-Minute Suspension:* Signaled by two raised fingers from the referee; obligates a player to sit out, leaving the team with one fewer player on court.

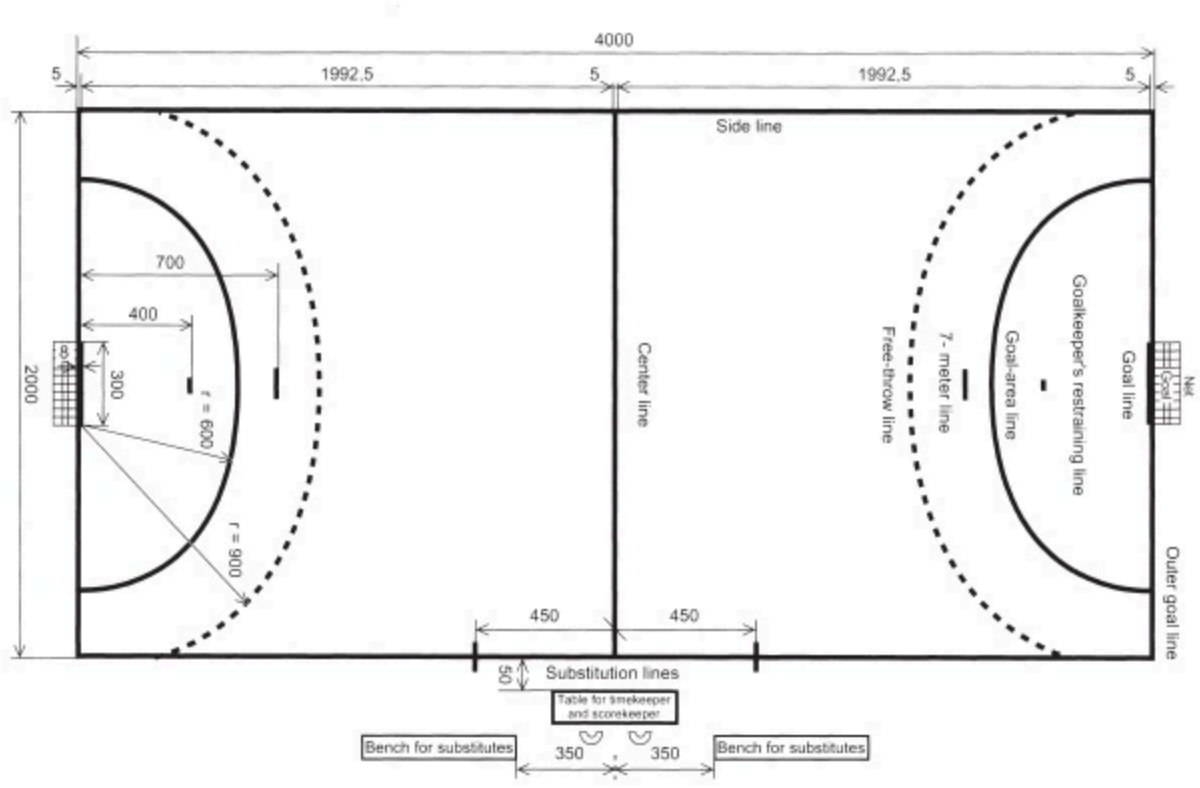
2. Terjemahan Bahasa Indonesia

- **Aturan Main & Ukuran Lapangan:** Dimainkan oleh **7 pemain per tim** (6 pemain lapangan + 1 kiper) di lapangan berukuran **40m x 20m**. Durasi pertandingan resmi adalah **2 x 30 menit**.
- **Pembatasan Anggota Tubuh & Penguasaan Bola:** Pemain lapangan **dilarang keras menyentuh bola dengan lutut ke bawah**. Pemain dapat memegang bola maksimal selama **3 detik** dan melangkah maksimal **3 langkah** tanpa memantulkan bola (dribble).
- **Teknik Passing & Tembakan:**

- *Bounce Pass (Operan Pantul):* Paling efektif melewati bek yang tinggi (memantul pada 2/3 jarak ke penerima).
- *Jump Shot:* Teknik paling efektif untuk mencetak gol melompati tembok pertahanan. Bola harus dilepaskan saat melayang sebelum mendarat di dalam area gawang.

- **Pelanggaran Aturan & Area Gawang:**
  - *Double Dribble:* Memantulkan bola, menangkapnya, lalu memantulkannya kembali adalah pelanggaran (berpindah penguasaan bola).
  - *Area Gawang (6m):* Hanya kiper yang boleh masuk. Penyerang yang menginjak area ini memicu turnover; bek yang sengaja masuk untuk memblok tembakan diganjar **lemparan penalti 7 meter**.

- **Lapangan**



- **Formasi Bertahan & Sanksi:**

- *Pertahanan 6-0:* Membentuk tembok rapat di garis 6m; kuat menahan terobosan, tetapi rentan terhadap penembak jarak jauh.
- *Pertahanan 5-1:* Menempatkan 1 bek maju untuk mengganggu pergerakan *playmaker* lawan.
- *Sanksi 2 Menit:* Diisyaratkan dengan dua jari diangkat oleh wasit; mewajibkan pemain keluar lapangan sementara sehingga tim bermain dengan minus 1 pemain.

Chapter 2: Athletics – Shot Put (Tolak Peluru)

1. English Version

- **Specifications & Field Setup:**
  - **Official Weight (Grade 9):** Boys = **4 kg**, Girls = **3 kg**.
  - **Circle & Sector Dimensions:** The throwing circle inner diameter measures **2.135 meters** with a wooden **stopboard** at the front. The landing sector angle is **34.92 degrees**.
- **Holding & Putting Technique:**
  - The shot must rest on the **base of the middle fingers** (not the palm) and be tucked firmly **under the chin against the neck** above the collarbone.
  - The motion is a **forward pushing/putting thrust** with a high elbow, NOT an open-arm throwing motion.
- **Putting Styles & Biomechanics:**
  - *Orthodox Style:* Athlete starts facing sideways (perpendicular) to the landing sector.
  - *Glide (O'Brien) Style:* Athlete starts facing backward; linear acceleration across the circle increases impulse distance and velocity.
  - *Power Position:* Weight is loaded heavily (80%+) on the rear foot. Hips rotate forward before the trunk and throwing arm release.
  - *Key Distance Factors:* Release velocity (most critical factor), optimal release angle (~37°–42°), and release height.

- **Foul Actions:**
  - Dropping the shot below the shoulder line or dropping the elbow during release

(converts putting into an illegal throw).
    - Stepping on top of or outside the stopboard/circle during or after the throw.
    - Exiting the circle from the front half or before the shot lands on the ground (athlete must exit from the **rear half**).

2. Terjemahan Bahasa Indonesia

- **Spesifikasi & Ukuran Lapangan:**
    - **Berat Resmi Peluru (Kelas 9):** Putra = **4 kg**, Putri = **3 kg**.
    - **Ukuran Lingkaran & Sektor:** Diameter dalam lingkaran tolakan adalah **2,135 meter** dengan papan penahan (*stopboard*) di depan. Sudut sektor pendaratan adalah **34,92 derajat**.
- **Teknik Memegang & Menolak:**
    - Peluru harus ditopang pada **pangkal jari-jari tangan** (bukan telapak) dan ditempelkan rapat **di bawah dagu/samping leher** di atas tulang selangka.
    - Gerakan tolakan adalah **dorongan lurus ke depan** dengan siku tetap tinggi, BUKAN ayunan melempar.
- **Gaya Tolakan & Biomekanika:**
    - *Gaya Menyamping (Orthodox):* Atlet mulai dengan posisi berdiri menyamping dari sektor pendaratan.
    - *Gaya Membelakangi (Glide / O'Brien):* Atlet mulai dengan membelakangi sasaran; percepatan linier melintasi lingkaran meningkatkan kecepatan dan jarak tolakan.
    - *Power Position:* Beban tubuh ditumpu kuat (80%+) di kaki belakang. Pinggul berputar ke depan terlebih dahulu sebelum dada dan lengan mendorong peluru.
    - *Faktor Jarak Tolakan:* Kecepatan rilis (faktor paling dominan), sudut rilis optimal (~37°–42°), dan tinggi rilis.
- **Tindakan Pelanggaran (Foul):**
    - Menurunkan peluru di bawah garis bahu atau menurunkan siku saat rilis (mengubah tolakan menjadi lemparan ilegal).
    - Menginjak bagian atas atau luar papan penahan/lingkaran saat atau setelah menolak.
    - Keluar dari lingkaran lewat separuh bagian depan atau sebelum peluru mendarat di tanah (atlet wajib keluar dari **separuh bagian belakang**).