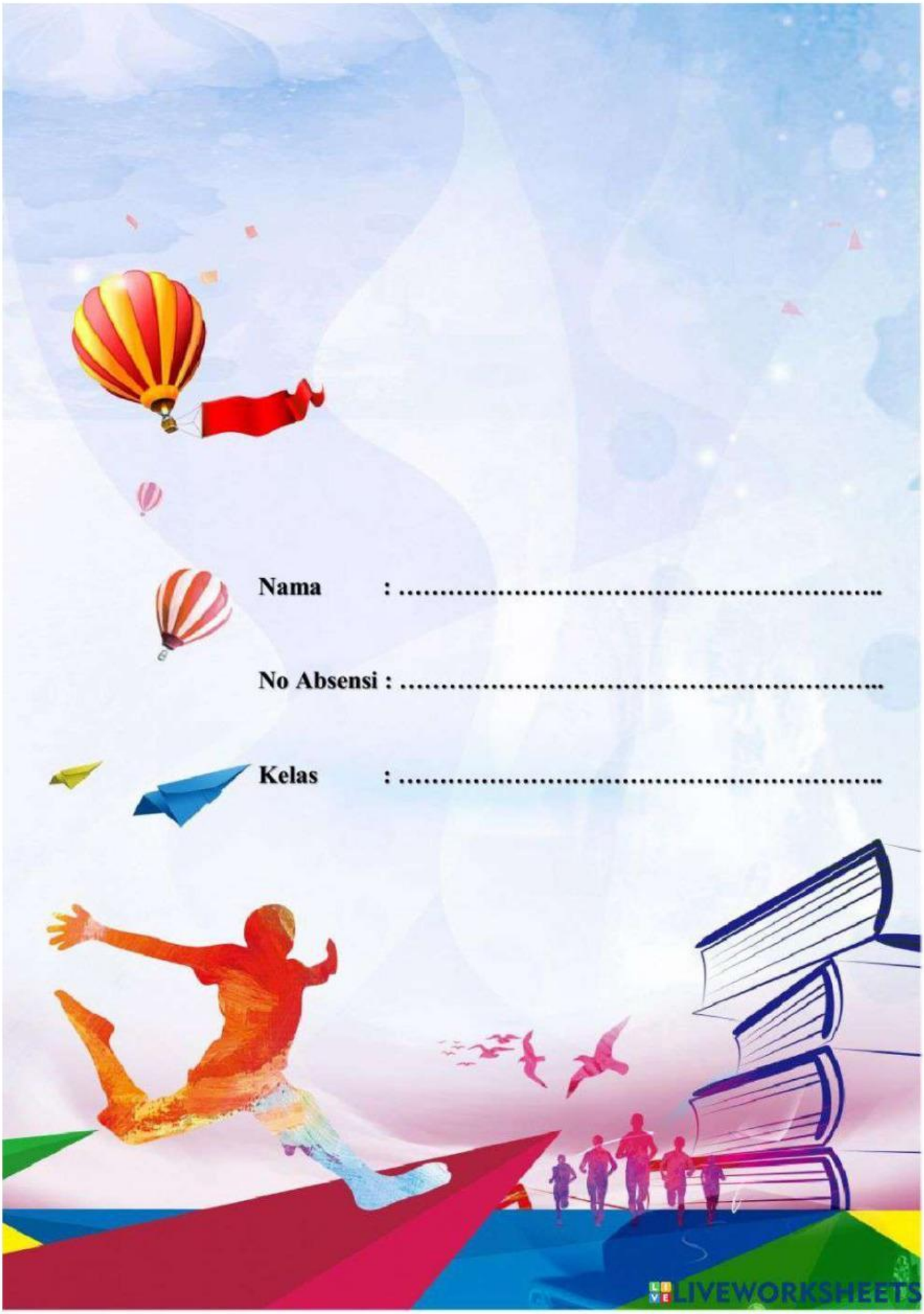
Nama : .....

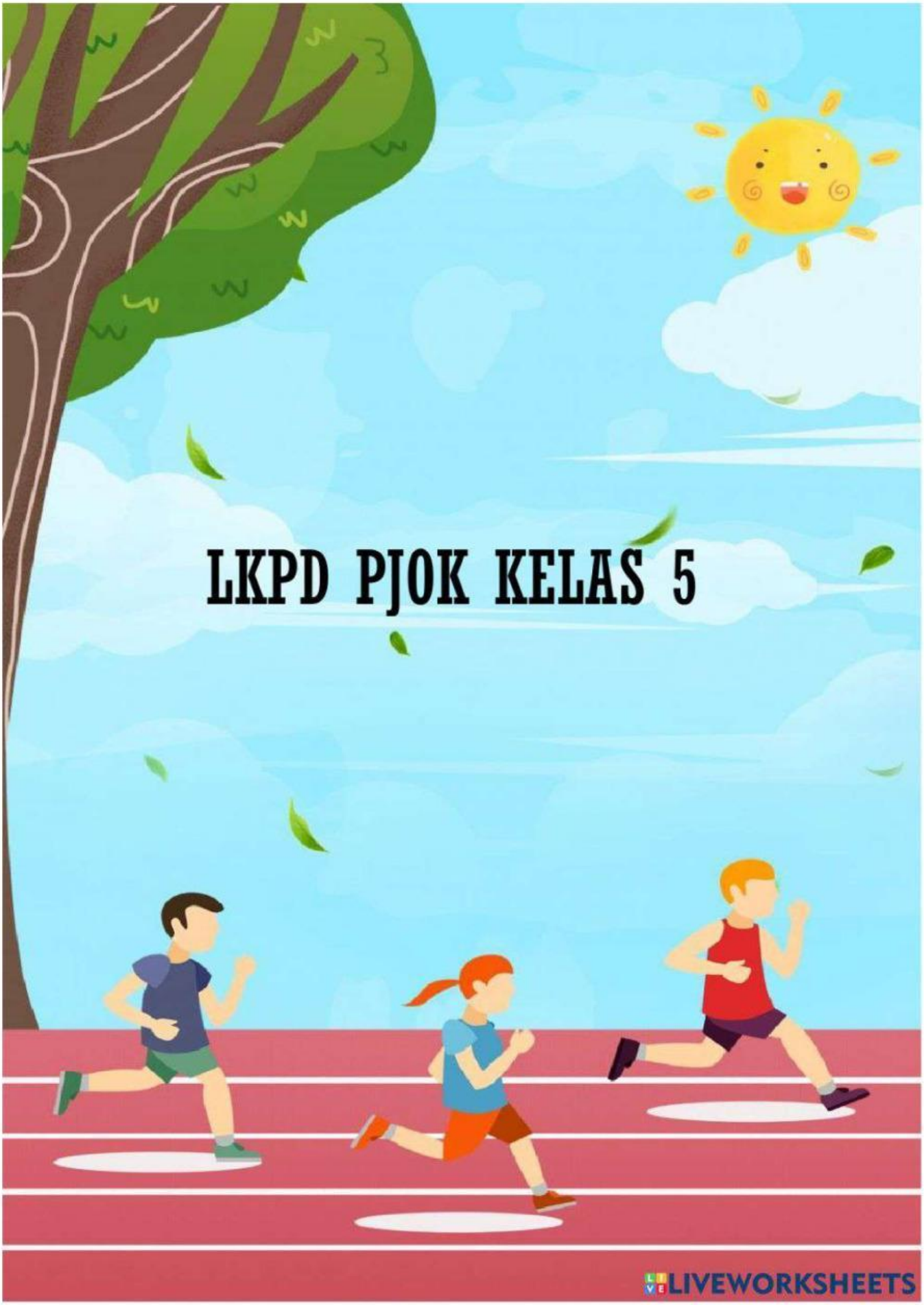
No Absensi : .....

Kelas : .....



LIVEWORKSHEETS

LKPD PJOK KELAS 5



LIVEWORKSHEETS

LIVEWORKSHEETS

1. Start yang digunakan dalam jalan cepat adalah....

a) Jongkok

b) Membungkuk

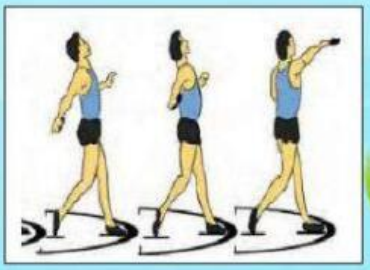
c) Berdiri

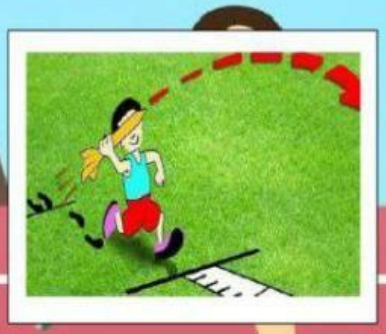
d) Membelakangi

LIVEWORKSHEETS

LIVEWORKSHEETS

2. Triklah gari sesuai gambar tulisan di bawah ini...





Lompat jauh

Lempar turbo

Lari

Tolak peluru

Lempar cakram

LIVEWORKSHEETS

LIVEWORKSHEETS

3. Letakanlah jawaban yang tepat dibawah ini...

A. Start untuk lari cepat.?

B. Tolak peluru termasuk nomor apa dalam atletik.?

C. Awalan lompat jauh adalah.?

D. Berapa jarak untuk pelari sprint.?

Lemparan

Lari Cepat

100 Meter

Jongkok

LIVEWORKSHEETS

LIVEWORKSHEETS