

The Effectiveness of School Sports Physical Activities in Creating Educational Experiences for Health Education among Primary School Students

Benyoub Abdelaali¹, Legridi Khier², Mohammed Mahdi Yahya³, Trifa mohamed⁴

¹University of Mohamed Cherif Messaadia-Souk Ahras (Algeria), <https://orcid.org/my-orcid?orcid=0009-0009-3925-0051>

²University of Mohamed Cherif Messaadia-Souk Ahras (Algeria), <https://orcid.org/my-orcid?orcid=0009-0000-4061-6254>

³University of Mohamed Cherif Messaadia-Souk Ahras (Algeria), <https://orcid.org/my-orcid?orcid=0009-0003-0168-9292>

⁴University of Mohammed Seddik Benyahia Jijel (Algeria).

The E-mail Author's: a.benyoub@univ-soukahras.dz¹, k.legridi@univ-soukahras.dz², m.yahia@univ-soukahras.dz³, mohamed.trifa@univ-jijel.dz⁴

Received: 11/2023

Published: 03/2024

Abstract:

The study aimed to identify the effectiveness of school physical and sports activities in creating educational experiences for health education among primary school pupils. For this purpose, we used the classroom curriculum in the survey style, where the study community and sample of physical and sports education professors affiliated with the Directorate of Education represented the Ahras market, estimated at 115 of both genders, who were selected in an intentional way. To collect data, we used the questionnaire tool. After collecting and statistically processing the results, it was found that school physical and sports activities are effective in creating educational experiences for health education among primary school pupils.

Keywords: school sports physical activities, educational experiences, health education, primary.

Tob Regul Sci.™ 2024; 10(1): 970 - 987

DOI: doi.org/10.18001/TRS.10.1.63

1-Introduction

Health education is an essential part of the development of students in different educational stages, as it seeks to provide them with the knowledge and skills necessary to make the right decisions about their health and well-being. It not only provides information about a healthy diet and exercise, but also includes psychological, social and emotional aspects of health (Hijazi and Ghonim, 2021, page 23). Health education in schools also aims to encourage students to make

The Effectiveness of School Sports Physical Activities in Creating Educational Experiences for Health Education among Primary School Students

responsible decisions about their health, promote awareness of the importance of body and mind care, and develop lasting healthy life skills. School sports physical activities are essential in achieving comprehensive health education for students at different educational stages, and play a vital role in creating educational experiences in the primary stage. Sports activities are not just physical activities, but their effects extend to the mental, social and emotional aspects of students (Pan , 2016, p. 75). The integration of sports activities into the daily learning environment provides students with a unique opportunity to develop important life skills such as cooperation, leadership and self-discipline. In addition, they contribute to enhancing the physical fitness and general health of students , which enhances their readiness to participate effectively in other educational activities, so it can be said that they have A significant role in creating an appropriate educational environment and achieving healthy education for pupils in the primary stage. Numerous research indicates that students who regularly participate in school sports physical activities show better academic performance and have higher levels of concentration and attention in the classroom. In addition, these activities are considered an opportunity to promote healthy values and positive behaviors (Nashwan, 2010, p. 63), such as adhering to an active and healthy lifestyle, overcoming challenges, enhancing self-confidence and cooperating with others. It thus contributes significantly to students' overall development, including physical, mental, social and emotional aspects, making them better prepared to face life's challenges and succeed in their future educational and professional paths.

Given the importance of physical and mental health in the academic and personal success of pupils, school sports physical activities should be an essential part of primary education programs, and schools and teachers should pay attention to providing an encouraging and stimulating environment for physical activity (Hashmat, 2009, p. 44), and organizing various sports events that suit the needs and preferences of different students. Efforts should also be directed towards promoting a balance between academic and sports activities, to ensure that students benefit from the positive aspects of both types of activities without sacrificing either.

Through school sports physical activities, health education can be effectively promoted, as pupils learn several concepts and skills such as fitness, the importance of regular physical activity, and the impact of a healthy lifestyle on overall wellness. These activities also provide an opportunity to apply theoretical concepts in a practical context, enhancing students' understanding and practical application of health principles in their daily lives.

Based on what was discussed, we see that there is an integration between health education and school physical and sports activities because they represent a vital basis for the comprehensive development of students, and the enhancement of their knowledge and skills in achieving educational experiences, which contributes to building a healthy and balanced generation in the future. Based on the theoretical literature and intellectual starting points for the effectiveness of

The Effectiveness of School Sports Physical Activities in Creating Educational Experiences for Health Education among Primary School Students

school physical and sports activities on health education in the school environment, the following general question came:

- Are school physical and sports activities effective in creating educational experiences for health education among primary school students?

1-2- Partial Questions

- Are school-based physical activities effective in providing students with sound health information?
- Are school-based physical activities effective in forming positive attitudes favorable to good health among primary schoolchildren?
- Are school-based physical activities effective in providing the desired health behaviors for primary school students?

2- General hypothesis

School physical and sports activities are effective in creating educational experiences for health education among primary school pupils .

2-1 Partial hypotheses

- School physical and sports activities are effective in acquainting primary school students with sound health information.
- School physical and sports activities are effective in forming positive attitudes favorable to sound health among primary school pupils.
- School sports physical activities are effective in providing the desired health behaviors for primary school students.

2-2 The importance of the study

The importance of our study is highlighted in highlighting the role of school physical activities in creating educational experiences for health education in the primary stage. Because the activities have an effective role in promoting health awareness and developing positive behaviors in children from an early age. By exploring this role, we can include physical activities in school health education programs and enhance their quality, to meet the needs of children at this vital stage of their health development and formation.

2-3 Objectives of the study

- Highlighting the practice of school physical activities in promoting health awareness of students by enabling them to make the right decisions about their health.

The Effectiveness of School Sports Physical Activities in Creating Educational Experiences for Health Education among Primary School Students

- Identify positive attitudes of school physical activities towards health through positive experiences in school activities.
- Recognize the role of school physical activities in acquiring and promoting desirable health behaviors.

2-4 Defining terminology concepts:

- **School sports physical activities:** are educational practices that work to raise children in a sound and integrated manner in terms of emotional, social, physical and mental aspects through various sports programs and fields under the supervision of a specialized leadership that works to achieve the goals of sports activity, thus contributing to achieving the general goals of physical education at all stages of education (Fadel , 2015, p. 76).
- **Educational experiences:** It means that it is an experience that resulted from the interaction between the learner and external conditions in the school environment, and includes pupils who learn and teachers or interactions in which students learn through games and interactive software applications (Pan , 2016, p. 112).
- **Health education:** The science whose rules and foundations are concerned with the general condition of the body in order to integrate the individual in physical, psychological and mental aspects and achieve balanced growth. (Hegazy & Ghonim, 2021, p.95)
- **Primary stage:** The first stage of education in the school that ensures the child's practice of sound thinking methods and provides him with the minimum knowledge, skills and experiences that allow him to prepare for life and exercise his role as a productive citizen within the framework of regular education (Abboud, 1994, page 85).

2-5 Previous and similar studies

- Zahwani Sufian's 2022 study entitled 'The importance of practicing school physical and sports activities in the primary stage and the extent of its reflection on the child's psychosocial development'. The study aimed to identify the importance of practicing school physical and sports activities in the primary stage and the extent of its reflection on the child's psychosocial development. The researcher used the descriptive approach. To achieve the goal of the study, a questionnaire was designed. The study sample consisted of 40 teachers selected in a simple random way. The researcher concluded that the practice of physical and sports activities is of great importance in the development of the psychosocial aspect of the child in the primary education stage.
- The study of Soleimani Nouredine 2023 entitled 'Mental Health and its relationship to achievement motivation in the physical education and sports class among secondary school students from the point of view of professors'. The study aimed to identify the relationship between mental health and achievement motivation in the physical education and sports class among secondary school students from the point of view of professors. The researcher used the

The Effectiveness of School Sports Physical Activities in Creating Educational Experiences for Health Education among Primary School Students

descriptive approach. To achieve the goal of the study, a questionnaire was designed. The study sample consisted of secondary school teachers selected in an intentional way. The researcher concluded that there is a strong link between mental health and achievement motivation in the physical education and sports class among secondary school students from the point of view of professors.

- Studying the cause of Aisha. Tariq cruiser 2019 .Entitled The Role of Physical Education and Sports Programs in Promoting Health and Increasing Their Strength for Achieving Sustainable Development in Youth, a field study in Al-Jalafah. The study aimed to identify the positive role of physical education and sports programs in promoting health and increasing their strength for achieving sustainable development in youth, and also to identify the nature of the differences according to the following demographic variables: (gender -age - academic level). The two researchers used the descriptive approach, which included tools on a scale prepared by the researcher. To investigate, the sample consisted of 300 young men=104 females and 196 males=196 intentionally selected. The researchers concluded that the positive role of physical education and sports programs in promoting health and increasing their strength for achieving sustainable development in youth can be predicted through its four axes. There are no statistically significant differences at the level of significance ($\alpha \geq 0.05$) in the role of physical education and sports programs in promoting health and increasing their strength for achieving sustainable development in youth attributed to the gender variable(.Trad And Alla 2019)

- Study of Hussein Dari Ebada, Ahmed Fouad Al-Alimi Tharwat Mustafa 2022, entitled Health Aspects of Physical Education Lesson and its Relationship to the Health Behavior of Primary School Students in Al-Azhar Al-Sharif, the study aimed to identify the health aspects of the physical education lesson and its relationship to the health behavior of primary school students in Al-Azhar Al-Sharif by identifying the level of health aspects of the physical education lesson for primary school students in Al-Azhar Al-Sharif, the level of health behavior of primary school students in Al-Azhar Al-Sharif, the relationship of health aspects of the physical education lesson and the health behavior of primary school students in Al-Azhar Al-Sharif, the researcher used the descriptive approach in the survey method, the sample included 460 students selected randomly, and the study concluded that the development of the level of health aspects of the physical education lesson for primary school students in Al-Azhar Al-Sharif, and the development of the level of health behavior of primary school students in Al-Azhar Al-Sharif.

3- Methodological procedures:

3-1The exploratory study: The exploratory study was carried out at the primary level of the Directorate of Education Souq Ahras during the period from 20/11/2022 to 02/12/2022 to determine the obstacles that may occur during work and the appropriateness of the time

The Effectiveness of School Sports Physical Activities in Creating Educational Experiences for Health Education among Primary School Students

allocated for conducting the study. The study tool was also applied to 10 teachers of physical and sports education to find the coefficient of honesty and stability.

3-2 Study Methodology: In his study, the researcher relied on the class approach in the survey pattern to suit the nature of the study.

3-3 The community and sample of the study: The community and sample of the study were represented in the teachers of physical education and sports in the primary stage of the Directorate of Education Souq Ahras, which numbered 115 teachers chosen in an intentional manner.

3-4 Identification of variables

- Independent variable: school sports physical activities.
- Dependent variable: Educational experiences of health education.

3-5 Study tool and scientific foundations

- **Study tool:** A questionnaire form was used for teachers of physical and sports education in the primary stage. We adapted it and formulated its questions according to the purposes of our research in order to reach the general goal of the research, which is to identify school physical and sports activities and their effectiveness in creating educational experiences for health education in the primary stage. The form included 21 questions, divided into three axes distributed according to the triple distribution of Likert as follows:

- The first axis: The effectiveness of school sports physical activities in the knowledge of sound health information.
- The second axis: The effectiveness of school sports physical activities in forming positive attitudes favorable to good health.
- The third axis: The effectiveness of school sports physical activities in acquiring the desired health behaviors.

- Scientific foundations of the tool:

- **First Honesty**

- **Virtual validity**

The questionnaire was presented to ten competent arbitrators to consider the appropriateness of the questionnaire for what they were developed for, and the arbitrators agreed by more than 90%.

- **Internal consistency validity:** We calculated the Pearson correlation coefficient between the degree of each of the axis statements and the total degree of the axis as follows:

Table 1: shows the internal consistency of the statements of the first axis

Statements	Correlation coefficient
Integrates sound health knowledge into physical education and sports classes	0.658
Pupils benefit healthily from their participation in school sports activities	0.975
Methods are used to ensure maximum effectiveness in guiding sound health information	0.821
Guides students through physical activities to enhance their understanding of health concepts	0.517
School sports activities contain mental health information	0.914
Promotes positive communication between students to create healthy social relationships	0.736
Your health education programs are related to classroom learning	0.881

Source: *Prepared by Researchers, 2024*

It is clear from the above table that all paragraphs are statistically significant, that is, there is a moral correlation from which the paragraphs of the first axis are considered honest and internally consistent.

Table 2: Shows internal consistency of Axis II statements

Statements	Correlation coefficient
Mathematical practice influences the formation of pupils' attitudes towards good health	0.962
Changing school sports activities Health culture for pupils inside the school	0.578
Physical Education and Sports Classes Enhance Awareness and Emotional Stability	0.881
School activities are positive trends towards good health among pupils	0.622
School sports activities contribute to self-confidence	0.789

Sports practice motivates pupils to make positive health decisions for themselves	0.901
Sports during the class enhance students' self-control skills	0.759

Source: *Prepared by researchers, 2024.*

It is clear from the above table that all paragraphs are statistically significant, that is, there is a moral correlation from which the paragraphs of the first axis are considered honest and internally consistent.

Table 3: Shows internal consistency of Axis III statements

Statements	Correlation coefficient
Exercise can affect sleep quality and psychological balance of pupils	0.821
Sports activities contribute to reducing stress and anxiety levels	0.900
The sports activities practiced contribute to improving the healthy lifestyle of students	0.774
School sports promote awareness of the importance of personal health and self-care	0.862
Exercise helps control weight and keep your heart healthy	0.862
Exercise improves the eating habits and nutrition pattern of pupils	0.621
Sports practice contributes to the discipline, dedication and perseverance of students	0.881

Source: *Prepared by researchers, 2024.*

It is clear from the above table that all paragraphs are statistically significant, that is, there is a moral correlation from which the paragraphs of the first axis are considered honest and internally consistent.

- **Validity of the structural consistency of the questionnaire:** We calculated the Pearson correlation coefficient between the score of each axis and the total score of the questionnaire, and the following table shows this:

Table 04: Demonstrates the validity of the structural consistency of the questionnaire axes

Questionnaire Dimensions.		correlation	Result
The first axis	Correlation coefficient	0.748	There is a correlation
	Moral significance	0.05	
The second axis	Correlation coefficient	0.904	There is a correlation
	Moral significance	0.05	
The third axis	Correlation coefficient	0.923	There is a correlation
	Moral significance	0.01	

Source: *Prepared by Researchers, 2024*

Through the above table, we find that the Pearson correlation coefficients (0.748, 0.904, 0.923) are greater than the tabular r-value at the significance level of 0.01 and 0.05.

Second: The stability of the study tool: The stability of the questionnaire: The stability of the study questionnaire was verified, through the Cronbach alpha coefficient, as shown in the table for the following:

Table 05: Cronbach's alpha coefficient for the questionnaire axes

Dimension	The number of phrases	Cronbach's Alpha Laboratories
The first axis	07	0.822
The second axis	07	0.923
The third axis	07	0.778
Total Dimensions	21	0.841

Source: *Prepared by Researchers, 2024*

The questionnaire was found to have a high degree of stability, with a stability coefficient of alpha Cronbach 0.841.

3_6 Statistical tools: We used statistical methods: the arithmetic mean – the standard deviation – the Pearson correlation coefficient – the Cronbach alpha coefficient - percentages - K squared, using the Statistical Package for Social Sciences version 28 (SPSS).

4- Presentation and interpretation of results

4-1 Presentation, interpretation and discussion of the first hypothesis: School physical and sports activities are effective in acquainting primary school students with sound health information.

Table06: Shows the effectiveness of school sports physical activities in the knowledge of sound health information

The first dimension: the effectiveness of school sports physical activities in the knowledge of sound health information	bearings	Repetition seen	Percentage	quadrature	Significance
Question: Is sound health knowledge integrated into physical education and sports classes? Purpose: Survey Include Sound Health Knowledge Physical Education and Sports	Rare	47	44.76	11.886	Significant
	On occasion	39	37.14		
	Always	19	18.09		
	total	105	100%		
Question: How can students benefit healthily from their participation in school sports activities? Purpose: Explore how pupils benefit from participating in school sports activities	Rare	48	45.71	12.400	Significant
	On occasion	38	36.19		
	Always	19	18.09		
	total	105	100%		
Question: Are methods used to ensure maximum effectiveness in guiding sound health information? Purpose: To explore the possibility of using it to ensure that proper health information is directed.	Rare	42	40.00	11.029	Significant
	On occasion	44	41.90		
	Always	19	18.09		
	total	105	100%		
Question: Do you guide students through physical activities to enhance their understanding of health concepts? purpose: To survey the extent to which students	Rare	36	34.28	13.771	Significant
	On occasion	50	47.61		
	Always	19	18.09		

are guided to reinforce health concepts.		total	105	100%		
Question: Do school sports activities contain mental health information? Purpose: to identify that sports activities contain mental health information.		Rare	43	40.95	10.971	Significant
		On occasion	43	40.95		
		Always	19	18.09		
		total	105	100%		
Question: Do you promote positive communication between students to create healthy social relationships? Purpose: The extent to which school sports activities contribute to creating an interactive environment.		Rare	15	14.28	21.771	Significant
		On occasion	36	34.28		
		Always	54	51.42		
		total	105	100%		
Question: Are your health education programs related to classroom learning? Purpose: To explore the extent to which health education programs are integrated with teaching.		Rare	42	40.00	11.029	Significant
		On occasion	44	41.90		
		Always	19	18.09		
		total	105	100%		
Expected frequency: 35.00	K Tabular: 5.991	level of significance: 0.05			Degree of freedom: 2	

Source: Prepared by Researchers, 2024

Through the results shown in Table No. (6), the differences were statistically significant, as (CAF squared) was estimated at all the phrases of the first dimension by (11.886, 12.400, 11.029, 13.771, 10.971, 21.771, 11.029) respectively, which is greater than the value of (CAF tabular estimated at (5.991) at the level of significance 0.05 and the degree of freedom 2.

4-2 Presentation, interpretation and discussion of the second hypothesis: School physical and sports activities are effective in forming positive attitudes favorable to sound health among primary school pupils.

Table 07: Shows the effectiveness of school sports physical activities in forming positive attitudes conducive to good health

The second dimension: the effectiveness of school sports physical activities in forming positive attitudes favorable to good health	bearings	Repetition seen	Percentage	quadrature	Significance
Question: Does sports practice affect the formation of students' attitudes towards sound health? Purpose: to find out the effect of mathematical practice on the formation of pupils' attitudes.	Rare	34	32.38	13.771	Significant
	On occasion	51	48.57		
	Always	20	19.04		
	total	105	%100		
Question: Do school sports activities change the health culture of pupils within the school? Purpose: Explore changing school sports activities on health education for pupils.	Rare	44	41.90	11.029	Significant
	On occasion	42	40.00		
	Always	19	18.09		
	total	105	%100		
Question: Does the physical education and sports class affect the promotion of awareness and emotional stability? Purpose: Knowledge to promote physical education and sports for emotional stability.	Rare	42	40.00	14.114	Significant
	On occasion	46	43.80		
	Always	17	16.19		
	total	105	%100		
Question: Are school activities positive trends towards good health among pupils? purpose: to find out the formation of school activities for positive attitudes.	Rare	48	45.71	7.600	Significant
	On occasion	31	29.52		
	Always	26	24.76		
	total	105	%100		
Question: Do school sports activities contribute to self-confidence? Purpose: to explore the ability of school sports activities to boost confidence.	Rare	51	48.57	14.629	Significant
	On occasion	35	33.33		
	Always	19	18.09		
	total	105	%100		
Question: Does sports practice motivate pupils	Rare	41	39.04	11.200	Significant

to make positive health decisions for themselves? Purpose: Explore the impact of exercise on making positive health decisions.		On occasion	45	42.85		
		Always	19	18.09		
		total	105	%100		
Question: Do sports during the class enhance students' self-control skills? Purpose: To explore the possibility of sport enhancing students' self-control skills.		Rare	35	33.33	20.629	Significant
		On occasion	54	51.42		
		Always	16	15.23		
		total	105	%100		
Expected frequency: 35.00	K Tabular: 5.991	level of significance: 0.05			Degree of freedom: 2	

Source: *Prepared by Researchers, 2024*

Through the results shown in Table No. (7), the differences were statistically significant, as (CAF squared) was estimated at all the phrases of the first dimension by (13.771, 11.029, 14.114, 7.600, 14.629, 11.200, 20.629) respectively, which is greater than the value of (CAF tabular estimated at (5.991) at the level of significance 0.05 and the degree of freedom 2.

4-3 Presenting, interpreting and discussing the third hypothesis of school physical and sports activities is effective in providing the desired health behaviors among primary school students.

Table 08: Shows the effectiveness of school sports physical activities in acquiring desirable health behaviors

The third dimension: The effectiveness of school sports physical activities in acquiring desirable health behaviors	bearings	Repetition seen	Percentage	quadrature	Significance
Question: How can exercise affect the quality of sleep and psychological balance of students? Purpose: to know the effect of exercise on the psychological balance of pupils.	Rare	33	31.42	8.400	Significant
	On occasion	48	45.71		
	Always	24	22.85		
	total	105	100%		

The Effectiveness of School Sports Physical Activities in Creating Educational Experiences for Health Education among Primary School Students

Question: Do sports contribute to reducing stress and anxiety levels? Purpose: Identify the Effect of Sports Activities in Reducing Stress and Anxiety Levels.		Rare	22	20.95	9.657	Significant
		On occasion	35	33.33		
		Always	48	45.71		
		total	105	100%		
Question: Do the sports activities practiced contribute to improving the healthy lifestyle of students? Purpose: To explore the possibility of improving sports activities for a healthy lifestyle.		Rare	23	21.09	9.829	Significant
		On occasion	33	31.42		
		Always	49	46.66		
		total	105	100%		
Question: Does school sport promote awareness of the importance of personal health and self-care? Purpose: The potential of school sports to promote self-care awareness.		Rare	25	23.80	8.914	Significant
		On occasion	31	29.52		
		Always	49	46.66		
		total	105	100%		
Question: Does exercise help with weight control and heart health? Purpose: to explore the effect of exercise on weight control.		Rare	25	23.80	15.486	Significant
		On occasion.	26	24.76		
		Always	54	51.42		
		total	105	100%		
Question: Does exercise improve the eating habits and nutrition pattern of students? Purpose: The contribution of exercise to improving the feeding pattern.		Rare	23	21.90	8.229	Significant
		On occasion	35	33.33		
		Always	47	44.76		
		total	105	100%		
Question: Does the practice of sports contribute to enhancing the discipline, dedication and perseverance of students? Purpose: to know the reinforcement of exercise for students' discipline and perseverance.		Rare	22	20.95	10.457	Significant
		On occasion	34	32.38		
		Always	49	46.66		
		total	105	100%		
Expected frequency: 35.00	K Tabular: 5.991	level of significance: 0.05			Degree	of

			freedom: 2
--	--	--	------------

Source: Prepared by Researchers, 2024

Through the results shown in Table No. (8), the differences were statistically significant, as (enough squared) was estimated at all the phrases of the first dimension by (8.400, 9.657, 9.829, 8.914, 15.486, 8.229, 10.457) respectively, which is greater than the value of (enough tabular estimated at (5.991) at the level of significance 0.05 and the degree of freedom 2.

5– Discussion:

Discussing the results related to the first hypothesis: The hypothesis states that school sports physical activities are effective in acquainting primary school students with sound health information according to the view of the teachers themselves, and this is through the results reached in the phrases of the first dimension and explained in controversy No. (6). The researchers attributed this to the fact that school sports physical activities provide an opportunity for direct interaction between students and teachers in a non-school environment, which contributes to building positive relationships and effective communication between them, which leads students to understand the importance of physical activity for physical and mental health, and enhances their interest in maintaining their physical fitness. This can be a platform for the exchange of health information and advice between teachers and pupils, which leads to enhancing awareness of the importance of proper nutrition and healthy lifestyles. Finally, exercise is also an essential part of health education programs, as it contributes to enhancing discipline and regularity and enhancing social integration. Sports activities also promote sportsmanship and cooperation between students and teachers, which positively affects the school environment in general (Pan , 2016). These results came in line with the study of (Zahwani Sufian 2022), which found that physical and sports activities are of great importance In the development of the psychological and social aspect of the child in the primary education stage and the study (Soleimani Nouredine 2023), which found that there is a strong relationship between mental health and achievement motivation in the physical and sports education class for secondary school students from the point of view of teachers.

Discussing the results related to the second hypothesis: The hypothesis states that school sports physical activities are effective in forming positive attitudes favorable to healthy health among primary school students according to the teachers ' own view. This is through the results reached in the statements of the first dimension and explained in controversy No. (7). This is due to the fact that school sports physical activities enable the students to directly experience the pleasure and benefit of physical activity, which encourages them to adopt an active and healthy lifestyle outside the school environment. Teachers play an effective role in guiding and motivating students to participate through them, which contributes to building students' confidence in their physical abilities and increasing their involvement in sports activity, which

The Effectiveness of School Sports Physical Activities in Creating Educational Experiences for Health Education among Primary School Students

allows teachers to be a positive model of healthy health by participating in physical activities and adopting healthy lifestyles, which inspires students and motivates them to imitate these positive behaviors. School sports activities also promote communication and social interaction between students and professors outside the academic environment, which enhances belonging to the school and a sense of belonging to a healthy and interconnected community (Heshmat, 2009). These results were approved for the study of (Ailah Aisha. Trad Tariq 2019), which concluded that the positive role of physical education and sports programs can be predicted in promoting health and increasing its strength in order to achieve sustainable development among young people through its four axes, and the study of (Hussein Dari Ebada, Ahmed Fouad Al-Alimi, Tharwat Hamouda Mustafa 2022), which concluded that developing the level of health aspects of the physical education lesson for primary school students in Al-Azhar Al-Sharif, and developing the level of health behavior for primary school students in Al-Azhar Al-Sharif.

Discussing the results related to the third hypothesis: The hypothesis states that school sports physical activities are effective in acquiring the desired health behaviors among primary school students according to the view of the teachers themselves, and this is through the results reached in the phrases of the first dimension and explained in controversy No. (08). The researchers attributed this to the fact that school sports physical activities provide an opportunity for students to experience multiple types of physical activities, which contributes to enhancing awareness of the importance of physical activity and motivating them to adopt an active and healthy lifestyle. The teachers also play a vital role in guiding students and encouraging them to participate. They can highlight the importance of physical activity for public health and promote physical fitness. Professors are also a vital model of healthy behaviors, as their direct interaction with students during sports activities can inspire them and motivate them to adopt healthy behaviors. School sports activities also encourage communication and social interaction between students and professors, which helps in building a healthy and interconnected school community that encourages cooperation and knowledge exchange about desirable health behaviors (Nashwan, 2010). These results came in approval of the study (Zahwani Sufian 2022), which found that the practice of physical and sports activities is of great importance in the development of the aspect Psychosocial in the child in the primary education stage, and the study of (Aisha Bug . Tarad Tariq 2019), which concluded that the positive role of physical education and sports programs in promoting health and increasing its strength in order to achieve sustainable development among young people can be predicted through its four axes.

6- Conclusions and Suggestions

-Conclusions

Through all that has been presented in the research, it is possible to reach a set of conclusions and suggestions. From these results, we mention the following:

The Effectiveness of School Sports Physical Activities in Creating Educational Experiences for Health Education among Primary School Students

- School sports physical activities are effective in acquainting with sound health information, forming positive attitudes favorable to good health and acquiring desirable health behaviors.
- Sports physical activities in schools contribute to improving the health of students in general.
- Physical activities contribute to improving academic performance, by improving concentration and attention while performing them.
- Practicing regular sports activities contributes to reducing levels of stress, anxiety and depression.

-Proposals

- Launching promotional and motivational campaigns to increase students' participation in school sports activities.
- : Organizing awareness sessions and workshops for parents to explain the importance of school physical activities and enhance their role in supporting and encouraging their children to participate in sports activities.
- Conducting continuous evaluation studies to measure the impact of school physical activities on students' health and academic and social performance, and using the results to improve programs and make future decisions.

6- List of sources and references approved in the study:

- Ibrahim Abdul Rahim Ban . (2016). *Health education and personal health in physical education*. Jordan: Dar Degla Publishers and Distributors.
- Hussein Aziz Fadel . (2015). *Modern Sports Education* (Version 1). Jordan: Jaffa Scientific House for Publishing and Distribution.
- HUSSEIN (2009). *Sports biology and health*. Cairo: Al-Kitab Publishing Center.
- Samir Abdelkader Hegazy , and Ibrahim Elsayed Issa Ghonim. (2021). *Health Education Reality and Future Scenarios* (Version 1). Alexandria: University Education House.
- 'ABDUL-GHANI (1994). *Education in the first stage and trends in its development*. Egypt: The Egyptian Renaissance Library.
- Abdullah Nashwan Nashwan. (2010). *The art of sports and health*. Amman: Dar Al-Hamed for Publishing and Distribution.

Benyoub Abdelaali et.al

The Effectiveness of School Sports Physical Activities in Creating Educational Experiences for Health Education among Primary School Students

- Zahwani Sufian, The importance of practicing physical activities and school sports in the primary stage and the extent of its reflection on the child's psychosocial development, Journal of Psychology and Anam, Volume 6 (1), 2022, pp. 56-75.

<https://www.asjp.cerist.dz/en/article/231320>

- Soleimani Nouredine, Mental Health and its Relationship to Achievement Motivation in the Physical and Sports Education Class for Secondary School Students from the Teachers' Point of View, [Rawafed Journal for Studies and Research in Sports Sciences](#), Volume 3 (1), 2023, pp. 77-88.

<https://www.asjp.cerist.dz/en/article/231320>

- A living ailment. Tarad Tariq, The Role of Physical Education and Sports Programs in Promoting Health and Increasing Their Strength for Achieving Sustainable Development in Youth, Concepts Journal for In-depth Philosophical and Humanistic Studies, Volume 2 (1), 2019 , pp. 77-89.

[|https://www.asjp.cerist.dz/en/article/100920](https://www.asjp.cerist.dz/en/article/100920)

- Hussein Dari Ebada, Ahmed Fouad Al-Alimi, Tharwat Hammouda Mustafa, Health Aspects of Physical Education Lesson and Its Relation to the Health Behavior of Primary School Students in Al-Azhar Al-Sharif, Journal of Physical Education and Sports Sciences, Volume 27 (13), 2022, pp. 80-107.

https://sjes.journals.ekb.eg/article_262488_5a6e710026b81c9696383617558a3dec.pdf