

PAPER

METHODS OF IMPROVING THE EFFECTIVENESS OF PHYSICAL EDUCATION LESSONS IN GENERAL EDUCATION SCHOOLS

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Abstract

Physical education is one of the essential components of students' comprehensive development in general education schools. It not only contributes to the formation of physical fitness but also plays a significant role in improving mental capacity, discipline, social interaction, and the promotion of a healthy lifestyle. However, traditional approaches to teaching physical education often fail to ensure active participation and long-term motivation among students. This study explores methods of improving the effectiveness of physical education lessons through the application of modern, student-centered teaching strategies, the integration of digital technologies, and the use of game-based and competitive activities. Special attention is given to individualized training approaches and differentiated instruction, which allow tasks to be adapted to students' age, gender, and fitness level. Furthermore, the paper highlights the importance of cooperation between teachers, parents, and healthcare professionals in ensuring the safety and effectiveness of physical activities.

Key words: Physical education, general education schools, effectiveness, student-centered methods, digital technologies, game-based learning, individualized training, differentiated instruction, collaboration, healthy lifestyle.

Introduction

Physical education in general education schools is one of the main components of students' comprehensive development. It plays a vital role

not only in the formation of physical fitness but also in the development of mental capacity, discipline, social interaction, and a healthy lifestyle. In fact, physical education contributes to the holistic growth of children by ensuring the balance

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between intellectual and physical activities, which is considered one of the key requirements of modern pedagogy.

However, the effectiveness of physical education classes often depends on several factors such as teaching methods, the availability of sports facilities and resources, the motivation and active participation of students, as well as the professional competence and individual approach of teachers. Without addressing these factors, it becomes difficult to achieve the desired outcomes in strengthening students' health and shaping lifelong healthy habits. In Uzbekistan, reforms in the education system emphasize not only academic achievements but also the physical and psychological well-being of students. Considerable attention is being paid to creating favorable conditions for their physical activity through the modernization of sports infrastructure, the introduction of innovative teaching methods, and the integration of digital technologies in physical education. These efforts are aimed at enhancing the efficiency of physical training, increasing students' interest, and promoting mass participation in sports. Thus, identifying and implementing effective methods for improving the efficiency of physical education lessons in schools remains a relevant and pressing research issue. This includes the development of scientifically grounded teaching approaches, the adaptation of international best practices to national conditions, and the creation of individual programs that meet the needs and interests of students.

Discussion

The results indicate that traditional methods of conducting physical education lessons are often insufficient to fully engage students and achieve the desired educational and health outcomes. While conventional approaches may ensure basic levels of physical activity, they frequently lack the ability to stimulate long-term interest, maintain motivation, and address the diverse needs of students. This limitation often leads to a decrease in active participation, reduced enthusiasm for physical activity, and, in some cases, a negative attitude toward sports and exercise. Such challenges highlight the necessity of adopting more dynamic, flexible, and student-oriented strategies in the

physical education process.

In contrast, the application of innovative methods—such as game-based activities, individualized training plans, and the integration of digital technologies—has demonstrated a significant positive impact on the overall effectiveness of lessons. Game-based learning not only encourages active participation but also helps to develop creativity, problem-solving skills, and teamwork among students. Individualized training plans allow teachers to differentiate workloads and adapt content according to each student's physical abilities, interests, and developmental needs. This personalized approach ensures that students with different levels of preparedness are equally motivated and capable of progress. Furthermore, the integration of digital tools—including fitness applications, wearable monitoring devices, and interactive learning platforms—provides valuable opportunities for real-time assessment, self-monitoring, and feedback. These technologies not only enhance students' engagement but also foster self-awareness and accountability in maintaining an active lifestyle.

The use of data-driven insights helps teachers to evaluate students' progress more effectively and adjust lesson content based on objective indicators. Another important finding of the study is the necessity of close cooperation between teachers, parents, and medical staff. Such collaboration guarantees that physical activities are conducted in a safe and supportive environment, aligned with students' health conditions, developmental stages, and psychological well-being. Parental involvement, in particular, strengthens the connection between school-based activities and home practices, ensuring continuity and reinforcing healthy habits beyond the classroom. Meanwhile, medical professionals contribute to preventing injuries, monitoring health indicators, and recommending appropriate physical loads for students with special needs. One of the most effective approaches identified in the study was differentiated instruction, where tasks, exercises, and workloads are adapted according to students' age, gender, physical fitness levels, and even individual health characteristics. This method provides equal opportunities for participation, eliminates the risk of overexertion, and builds

students' confidence by allowing them to succeed at their own pace. Differentiation also helps to maintain inclusivity, ensuring that no student feels left out due to lower performance or specific health constraints.

In addition, the implementation of motivational strategies—such as competitions, reward systems, peer encouragement, and recognition of achievements—proved to significantly increase students' enthusiasm, persistence, and commitment to physical activity. These strategies not only enhance lesson outcomes but also instill positive values such as teamwork, mutual respect, responsibility, and leadership. As a result, students develop not only physical competencies but also essential life skills that contribute to their overall personal growth. Overall, the findings suggest that a combination of innovative pedagogical methods, technological integration, differentiated instruction, and collaborative efforts between stakeholders provides the most effective framework for conducting physical education lessons. Such a multidimensional approach ensures that physical education is not only about physical training but also about fostering holistic development, preparing students for a healthy, active, and socially responsible lifestyle.

Conclusion

Improving the effectiveness of physical education in general education schools requires a comprehensive and systematic approach that integrates modern pedagogical, technological, and organizational strategies. First and foremost, the application of modern, student-centered teaching methods is essential. Such approaches ensure that lessons are tailored to the interests, abilities, and developmental characteristics of students, thereby increasing engagement and motivation. Equally important is the effective use of digital technologies for monitoring, assessment, and motivation. Digital tools—such as fitness trackers, interactive applications, and virtual platforms—can provide real-time feedback, promote self-assessment, and encourage students to set personal goals, making the learning process more dynamic and individualized. The organization of game-based and competitive activities represents another powerful tool for enhancing participation. Games, contests,

and friendly competitions not only create a positive and enjoyable atmosphere but also stimulate teamwork, discipline, and emotional resilience. These activities make physical education lessons more attractive and meaningful, especially for younger students.

Furthermore, the development of individualized training approaches ensures that every student, regardless of their fitness level or health condition, can benefit from physical education. By adapting tasks according to age, gender, and physical preparedness, teachers can provide equal opportunities for all learners to succeed and progress at their own pace. Finally, strengthening collaboration between teachers, parents, and healthcare professionals is a critical factor in ensuring both the safety and the long-term benefits of physical activity. Joint efforts help monitor students' health, prevent injuries, and promote healthy habits outside of school hours. This holistic support system contributes to sustainable improvements in students' overall well-being.

Thus, the systematic application of these methods will significantly increase the quality and efficiency of physical education classes. More importantly, it will ensure the healthy physical, mental, and social development of schoolchildren, while also fostering positive attitudes toward lifelong physical activity and a healthy lifestyle.

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