

# ORGANIZING PHYSICAL EDUCATION CLASSES IN SCHOOLS USING ACTIVE GAMES

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**Abstract.** *This article explores the features and effectiveness of using active games in organizing physical education classes in schools. It also examines the pedagogical, psychological, and developmental significance of integrating game-based activities into the PE curriculum. A number of practical examples and classroom observations were analyzed. In each case, special attention was paid to how active games help reveal and shape students' emotional states, motivation, teamwork skills, and physical development.*

**Key words:** *active games, physical education, motivation, development, teamwork, schoolchildren.*

## INTRODUCTION.

Active games have been widely used in educational systems, sports training, children's recreation, and physical development throughout history. In modern pedagogy, their role has grown significantly, especially in physical education (PE) classes, where movement, emotional engagement, and activity serve as the foundation for students' overall development.

In physical education, active games allow students to express emotions, energy, confidence, creativity, and teamwork through physical movement. Teachers use various game-based activities to improve motor skills, develop endurance, and increase motivation. At the same time, games create a positive emotional environment, allowing students to enjoy physical exercise rather than seeing it as a routine task.

As active games have become a widely discussed topic in the field of pedagogics and child development, this article aims to analyze the pedagogical and psychological effectiveness of using active games in school PE classes.

## LITERATURE REVIEW

Many scholars describe active games using pedagogical, psychological, and physical criteria. Active games are structured forms of physical activity designed to develop coordination, motor abilities, and social interaction. Their primary purpose goes beyond physical development—games also enhance emotional well-being, cognitive growth, and social skills.

According to Vygotsky and Piaget, play is central to children's cognitive and emotional development, helping them learn cooperation, rules, communication, and creative problem solving. Physical education specialists also note that active games increase engagement, reduce behavioral issues, and make PE classes more dynamic and inclusive.

Studies conducted in various countries show that incorporating active games into PE lessons improves students' physical performance, strengthens peer relationships, and reduces stress. These findings emphasize the need to examine how active games influence students' psychological and physical development in school environments.

## ANALYSIS OF ACTIVE GAMES IN PHYSICAL EDUCATION CLASSES

A series of active games commonly used in schools were analyzed to determine their impact on children's physical, emotional, and social development. Below are selected examples examined in this study.

### 1) Relay Races

Relay races require speed, coordination, teamwork, and responsibility. They create emotional excitement, healthy competition, and motivation among students. In such games, children try not to disappoint their team, which develops cooperation and emotional control.

Relay races help develop:

- endurance
- coordination
- teamwork
- responsibility
- emotional regulation

## 2) Tag Games (Chasing and Catching)

“Tag” games demand high speed, agility, and strategic thinking. They encourage students to make quick decisions and coordinate their movements efficiently.

Emotionally, these games produce joy, excitement, and laughter. Psychologists note that tag games reduce stress and help release accumulated energy, thus improving emotional balance.

## 3) Ball-Based Games

Games such as dodgeball, passing drills, and “Hunter and Guard” develop spatial awareness, accuracy, reaction time, and cooperation. They often encourage shy or inactive students to participate due to their simple rules and dynamic nature.

Teachers frequently observe increased engagement when ball games are included in PE classes.

## 4) Coordination and Agility Games

Obstacle courses, zig-zag running, and jumping patterns improve flexibility, coordination, and decision-making. Despite being physically demanding, students describe these games as enjoyable, which boosts motivation for physical activity.

## 5) Strategy and Team-Building Games

Games like “Capture the Flag” or “Treasure Hunt” require communication, planning, and cooperation. These games strengthen social bonds, build leadership skills, and foster responsibility within teams.

Research shows that students who engage in strategic team games develop higher confidence and better interpersonal relationships.

## DISCUSSION

The analysis demonstrates that organizing PE lessons through active games significantly enhances the educational, emotional, and physical outcomes of physical training. Students develop not only motor abilities but also life skills such as leadership, teamwork, communication, and self-control.

Active games create a dynamic learning environment where students are motivated to participate. Children who otherwise avoid physical activities become more involved when learning through games. Moreover, active games help teachers manage discipline more effectively by keeping students engaged.

Each active game plays a specific role in structuring the PE lesson. Teachers use them during warm-ups, the main part of the lesson, or cool-down phases, making the overall learning process more engaging and productive.

## CONCLUSION

The conducted analysis shows that using active games in PE classes is an effective pedagogical method. It enables teachers to create enjoyable, emotionally supportive, and physically beneficial learning environments. Active games help students develop motor skills, express emotions, cooperate with peers, and maintain motivation throughout the lesson.

Traditional physical exercises alone may not always sustain students’ interest. In contrast, active games offer creativity, interaction, and dynamic movement. Therefore, integrating active games into school physical education programs plays an essential role in enhancing children’s physical development, emotional well-being, and social skills.

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