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The importance of physical education and sports in the school environment

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ABSTRACT

Physical education and sport are important human activities that benefit human health and body on the one hand, and on the other hand to his society, as they work to form creative social values that contribute to achieving social integration and solidarity, as well as help to achieve social control and maintain the culture of society and the values of its members. This is why the Algerian school has paid attention to this activity in an effort to pay attention to the school health aspect in order to take good care of the category of teachers and raise the psychological and physical health of students, by providing them with facts related to their health, and how to maintain it, as well as helping them to learn healthy behaviors, and as a procedure developed within its academic program physical education because of its importance in the school environment.

Keywords: Importance; Physical education; Sport; School; Pupil.

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INTRODUCTION

Physical education and sports are social activities that have social importance, and their importance derives from the teachings of our true Islamic religion .

so its practice is of great importance in the formation of the individual's personality and the development of his skills and physical, mental and social abilities, this is what led to focus on it as a tool for socialization and integrate it as an activity in the school environment and urge students and encourage them to practice it because of its importance.

What are the objectives and functions of physical education and sports
in the school environment ?

2. Definition of physical education and sports in the school environment:

They are those free organized games practiced by the learner under the supervision and guidance of the supervisor and provide him with extensive experience, and lead him to rely on himself, aimed at achieving a number of educational and health goals for students, including: Various sports (collective and individual. (Tawfiq Qamar, 2008, P 143).

Ferry : believes that physical education and sports are an integral part of general education, as they occupy the motives of the activity present in each person, to develop him organically, consensually, emotionally and mentally

Charles Piot Sher: believes that physical education and sports are an integrated part of public education and an experimental field aimed at forming the purest citizen in terms of physical, mental, emotional and social, through the colors of physical activity sports.

Hence, physical education and sports is that educational process that takes place when practicing aspects of physical and sports activity depending

on the impact of all the data of modern science, and all this aims to form the individual in an integrated formation in terms of sensory, motor, social, emotional and cognitive. (Bouskra, 2006, P 5).

3. Objectives of physical education and sports in the school environment:

3.1. Developing and maintaining the physical competence of the student:

What is meant by physical sufficiency is that the student is healthy body so that his vital organs work actively and perform their functions to the fullest and is free of defects and physical obstacles that hinder his activity or spoil his general appearance as it is characterized by the qualities of strength, skin, balance and the use of his body properly in a way that saves his effort and increases his skills such qualities acquired by the individual and characterized by them according to his age, composition, physical composition and condition Physical and the opportunities available to him to participate in a balanced sports activity, and it is possible to practice another sports activity commensurate with the type of disability he suffers from in order to reform or strengthen other parts in order to live a happy life and adapt to public life. (Al-Shahat, 2007, P 34).

3.2 Developing the mental and mental competence of the student:

In order for the student or team to live up to the level of sports competition, and in order to be able to enter the field of sports courses, for example, school sports competitions, which is what he feels efficient and self-confident, it was his duty to understand the laws of the game that he practices in letter and spirit, and it was also obligatory for him to study the correct ways to perform different skills, and to recognize ways to dispose of these skills in different circumstances that Bear the interview during the course of the match, and to be familiar with the tactics of the game defensive and offensive and that all these mental skills require mental ability of a certain level, and then the attention and care of the mental aspect of the most important educational purposes of sports training in preparation for interviews and sports competitions. (Awad, P13) It means the student's acquisition of new information and improves his ability to think well, and as a result of the practice of sports activity, for example, this knowledge relates to the nature of the activity, such as the history of the game practiced, its rules, its training method and game plans.

3.3 Developing the physical skills of the student who benefits him in life:

One of the most important things necessary in life and its requirements is that the student can acquire a lot of basic physical skills such as walking and movement of all kinds and avoid the danger of moving objects, lifting, pushing, carrying and other types of activity prevailing in our daily lives, those aspects that make this student a skilled person in the manifestations of his daily life, and this student is also characterized by various other features of sports activity such as swimming, group and individual games and Promotional activity that serves physical and social competence at every stage of his life. (Al-Shahat, 2008, P 34).

The student must also when he wants to develop his physical skills to start with simple physical movements and then move from one stage to another stage through permanent training and this makes the student skilled after a period of training in order to raise his physical level.

3.4 Teaching the student to practise the democratic way of life:

During sports competition, the student practises many of the elements of a correct democratic life, whether in school or the society in which he lives, which include the following:

1. Respect the rights of others, whether from his friends students at school or the surrounding individuals in the community
2. Taking into account the rules and laws regulating the school and society as a whole
3. Not to discriminate between one person and another because of religion or social status.
4. Estimating the rest of the students according to the amount of effort he makes as a contribution to the work and according to the extent of his cooperation with the group.
5. Working with others cooperatively to achieve the goal of the group
6. Respect the opponent and try to win in an honest way
7. Taking into account the principles and rules of clean competition

Otherwise, what is evident during sports matches and interviews

makes these matches a school of training in the correct democratic ways of life. (Awad, P 16)

3.5. Strengthening social relations between him and his colleagues and peers:

Sports activity produces many opportunities for moral and social formation, which develops in the student the quality of work to serve the community, serve the public interest, respect its laws, respect for peers, cooperation with others, loyalty to the group, as the individual is accustomed to self-confidence, as well as the acquisition of many social and moral qualities (Fallahi, 2003, P 97).

The good social relations such as friendship, between students practicing physical exercise make each of these practitioners of physical exercise accept his role in the team and learn the rules of play, competitions, social discipline and compliance with the systems of society.

3.6 Developing the student's leadership and subordination qualities:

Physical education seeks by its multiple means and methods to develop the leadership characteristic among its members, that leadership, and thus develops the good dependency under which individuals become members of organized groups that work and assume responsibilities for the benefit of the group. (Al-Shahat, 2007, P37).

3.7 Help the student to spend his free time:

One of the biggest problems in the era is the increase in the length of leisure time and how to build society free time available to them and social research has shown that the majority of deviations that see juveniles and adults but occur during leisure time, and sports competition and sports courses are the regular form of it and is considered one of the best means to spend leisure time, and thus be sports courses one of the means successful and strong impact in contributing to Raising this important part of the educational features of peoples and nations in our modern era (Awad, P 17) and leisure time is one of the problems suffered by young people, so we find them deviating from the right path, but when he participates in sports activities, this activity helps him to occupy his free time in a useful activity.

3.8 Helps the student to practise a healthy life:

Physical education seeks to provide multiple opportunities for health and functional education and the practise of healthy life and identify the facts of the body and its good use for the student, and that the organisation of all types of sports activity in accordance with the best principles of health education, and physical education is closely related to health education because they are similar in their origins and goals. Physical education seeks to take care of the health of young people and well-being to accustom the student to healthy habits sound towards his body and how to maintain it (Shahat, 2007: 37). The physical health of the student who practises physical education is the proper use of the body members that provides them with the necessary energy in order to increase their physical skill.

4. Second Subtitle Physical education and sports functions in the school environment:

we will try to highlight the most important functions of physical education and sports in the school environment:

4.1 The function of physical education as a tool for socialization in the school environment:

As stated in the book Ikhlas Mohamed Abd el Hafeez, "Socialization in physical education aims to provide the individual (student) with physical fitness, skills, motor and various sports information and the development of social relations with other members of the team and with other teams through social interaction processes, and also aims to provide the student with values, trends and standards of correct sports behavior, that is, it transfers culture to students to qualify them to be good citizens with the ability to Proper positive interaction with society The various educational institutions play an important role in the process of socialization, for example, clubs, youth centers, schools and universities are considered educational social institutions in which various sports activities are practiced in groups and they play their role in the process of socialization of individuals belonging to them. (Abdelhafiz, 2004, P 21).

4.2 The role of physical education and sports in the school environment in the formation of social values among students:

Physical education reflects the elements of social life because it illustrates social relations and the prevailing culture in society, sports culture is part of the general culture, concerned with the cognitive and informational aspect of a society in the sports field as a whole, which is a set of transmitted experiences or customs and traditions of that society, and so that these habits are acquired by the individual being part of the formation of society where it affects and is affected by all the experiences of the former, "and the influence of culture is not direct, but through bodies social and the different groups to which the individual belongs" (Abdelhafiz, 2004,P 44).

4.3 The function of physical education and sports as a tool for social interaction between students:

Physical education and sports are a necessary means of social interaction, as they lead to deepening social awareness and consolidating human relations between their various practitioners, whether they are within the same team, school group or sports club, because the process of social interaction between athletes is an existing process and is a key axis in achieving victories and sports achievements, whether during the preparation and training process or during competitions and sports and school tournaments, as well as in addition to the nature of social relations and existing social interaction. Between coaches and teachers on the one hand and between the pupils themselves on the other

The sports team as a social group in which social interaction takes place and social relations are strong and developed and attracted by the state of social cohesion, which represents the basic phenomenon of the continuation of student players in the team membership, because the sense of team members collective responsibility generates in them strong motives for cohesion and social interaction. (Al-Ghazzawi and Ibrahim, 2002, P 62)

The process of social interaction in physical education is necessary and necessary because it is considered the main pillar of each team in order to achieve victories and achievements in sports competitions through consensus, cooperation and understanding that occurs between members of the sports team and coaches on the other hand.

4.4 The function of physical education and sports as a tool for social control

Internal controls are formed through the codification of standards " in the individual's conscience, feelings and conscience through family and religious upbringing. And the school aims to make students carry self-motivation help them to behave socially and as if they are one person, ie be united behavior or similar to the behavior of the general assembly prevailing in society, and internal discipline occurs when students accept the standards of the group or society as representing part of their social consciences and considered part of their self-identity instilled by the process of family upbringing at the beginning of its stage to make it one of the aspects of the same individual to the extent that when he is alone away from the eyes of people and there is no Someone who watches him acts according to them and abides by them, and on the other hand, there are external controls." (Maan, (2006, P 47).

Societies always seek to find means aimed at unifying the efforts of their " children by organizing and unifying their tendencies, desires and different interests and benefiting and investing the right leisure time by finding sports and youth institutions that deal with the activities and events practiced in these institutions, including educational institutions, which have positive trends common to individuals so that the required goals required by the social interest and required by the nature of the community system are achieved. Its importance in instilling many social values and controls in students and is an important tool in their cultural, sports and social construction and school sports events in their social aspects." (Al-Ghazzawi and Ibrahim, 2002, P 64).

Physical education and sport in the school environment teach students the values and political considerations in physical education and standards of fair play and away from violence and the principles of justice in dealing with other players. (Abdelhafiz, 2004, P 21).

4.5 The functionality of physical education and sport as a tool for psychological stability among students:

Sports practice creates a state of psychological stability and emotional balance in the individual in general and the student in particular, the participant with its various effectiveness, and also develops the spirit of

readiness to excel and reach the highest levels of sport and physical education in the school environment. It has its importance in enabling the student to perform their role in society effectively and distinctly and creates a sense of motivation and perseverance to work effectively and in a positive spirit that enables them to control their psychological emotions and the ability to behave well in difficult situations. Which requires psychological and social balance

In addition to these qualities and characteristics developed by physical education and its effectiveness among students, we find that they also contribute to the creation of feelings that are characterized by the aesthetic of creativity and keep the student away from feelings of loss and frustration, and therefore we find that the majority of individuals who practice physical education and its games and events are characterized by positive personal, psychological and social characteristics where the sports participation of these individuals creates active elements in their communities (Al-Ghazzawi and Ibrahim, 2002, P60-63), physical education has a state of balance and psychological stability for students as well as develop their sportsmanship and create a balanced and effective personality within their society.

5. CONCLUSION

physical education and sports are of great importance in the school environment through their effectiveness in the process of healthy preparation of the student and the preservation of his body and body through the goals and public functions that they provide to him and contribute to the formation of his personality and improve his abilities and physical and psychological skills, so it was necessary for the Algerian state to pay attention to it and give enough time from the study program to practice it in school, as well as encourage students to practice it outside the times of School.

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