



THE IMPORTANCE OF USING VOLLEYBALL IN PHYSICAL EDUCATION CLASSES

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Abstract: This article analyzes the pedagogical, psychological and physical development of using volleyball in physical education classes. Volleyball develops motor activity, teamwork, reaction speed and coordination in students. Also, this sport forms healthy competition, socialization and self-control skills in children. The article discusses the use of the game style in lessons, motivational factors, as well as ways to increase efficiency based on methodological approaches. According to the results of the research, effective integration of volleyball into physical education classes has a positive effect on the overall physical and psychological development of students.

Keywords: Volleyball, physical education, motor activity in students, pedagogical style, teamwork, coordination, psychological development, game methodology, motivation, healthy lifestyle

Аннотация: В статье анализируется педагогическое, психологическое и физическое развивающее значение использования волейбола на занятиях по физическому воспитанию. Игра в волейбол развивает у учащихся двигательную активность, командную работу, скорость реакции и координацию. Этот вид спорта также помогает детям развивать навыки здоровой конкуренции, социализации и самоконтроля. В статье рассматриваются вопросы использования игровых методов на уроках, мотивационные факторы, а также пути повышения эффективности на основе методических подходов. Исследования показывают, что эффективная интеграция волейбола в уроки физкультуры оказывает положительное влияние на общее физическое и психологическое развитие учащихся.

Ключевые слова: Волейбол, физическое воспитание, активность учащихся, педагогический стиль, командная работа, координация, психологическое развитие, игровая методика, мотивация, здоровый образ жизни.

Introduction



In the modern education system, the subject of physical education plays an important role not only in strengthening students' physical condition but also in maintaining their mental health, developing social skills, and fostering the need for a healthy lifestyle. The decisions and decrees of the President of the Republic of Uzbekistan aimed at strengthening youth health, popularizing sports, and deeply integrating physical education into the education system further enhance efforts in this direction. Using sports games in physical education classes—particularly volleyball—helps students develop high motor activity, coordination skills, speed, agility, teamwork, and coordinated thinking. The multifaceted impact of volleyball—through factors such as game dynamics, moderate physical load, cooperation, and strategic thinking—positively influences the young body. Therefore, the effective use of volleyball elements in school physical education classes not only develops sports skills but also strengthens important aspects such as socialization, psychological stability, and the aspiration for a healthy lifestyle.

The Role of Volleyball in Physical Development. Volleyball is a sport that requires a high level of physical activity, incorporating various movements such as running, jumping, hitting, and receiving the ball. This contributes to strengthening the cardiovascular, muscular, and skeletal systems of students, as well as developing essential physical qualities such as coordination, agility, and speed. According to researchers (Weinberg & Gould, 2019), active sports games stimulate physical development in children, which is particularly important during adolescence. One of the distinctive features of volleyball is that it requires balanced engagement of muscle groups, which also has a therapeutic effect from a medical perspective.

Developing Socio-Psychological Skills through Volleyball. Volleyball is a team sport in which players' cooperation, communication, and strategic thinking play a crucial role. This helps students cultivate social qualities such as teamwork, responsibility, mutual respect, and leadership. Research shows (Bailey et al., 2010) that through sports games, young people acquire self-expression, stress resilience, and social adaptation skills more quickly. In volleyball, every player plays an important role, and the overall result depends on individual activity. This accelerates both self-awareness and the process of adapting to the team.

Methodology for the Effective Use of Volleyball in the Educational Process. Using volleyball in physical education classes requires a specific methodological approach. This approach includes the following main stages:





Preparatory Stage: Formation of basic motor skills (catching, passing, jumping).

Main Stage: Combining game elements and developing mutual cooperation.

Control and Evaluation Stage: Testing knowledge and skills in technique and tactics.

Through methodological approaches, volleyball can be adapted to students of different age groups. For example, in primary grades, the focus may be on teaching basic movements, while in higher grades, organizing competition-style games can increase interest and motivation (Gulick & Burton, 2018).

Shaping a Healthy Lifestyle through Volleyball. Today, inactivity, poor nutrition, and stress are widespread among young people. From this perspective, volleyball can be used to instill the need for regular physical activity in children and engage them in a healthy lifestyle. According to the World Health Organization (WHO, 2020), at least 60 minutes of daily physical activity is crucial for maintaining students' health and mental stability. Volleyball meets this need in an enjoyable and effective way. In an inclusive educational environment, adapted forms of sports games for all students, including those with physical disabilities, play an important role. Simplified types of volleyball—such as table volleyball or sitting volleyball—create an environment where every child can participate according to their abilities. This, in turn, ensures equality and inclusion in education (UNESCO, 2017). In recent years, digital technologies such as video analysis, online simulators, and mobile applications for learning game techniques have been introduced into the educational process. Using these tools in volleyball lessons makes it possible to analyze students' movements, point out mistakes, and accelerate the learning process. Furthermore, interactive teaching tools foster deeper student interest in sports (Casey, Goodyear, & Armour, 2017).

Conclusion

The use of volleyball in physical education classes not only improves students' physical health but also significantly contributes to their psychological and social development. The complexity and dynamics of volleyball develop various physical qualities in students, including speed, strength, endurance, coordination, and balance. At the same time, this game teaches students to communicate, work in teams, and think strategically, thereby fostering their social maturity. Research shows that effectively integrating volleyball into physical education lessons increases students' motivation for classes and engages them in regular physical activity. Lessons conducted in a game format





enhance interest among students, reduce stress, and create an environment of healthy competition. This is of great importance for strengthening the mental stability of young people. In addition, simplified and adapted forms of volleyball help provide equal opportunities in an inclusive educational environment for every student, including those with physical disabilities. This supports the principles of inclusion in education, promotes the socialization of children, and increases their self-confidence. The integration of digital technologies and interactive teaching tools into physical education lessons makes learning volleyball more engaging and effective. With the help of these technologies, teachers can effectively analyze students' movements, identify and correct mistakes. Therefore, it is essential to introduce volleyball more widely and systematically into school physical education programs, further develop its methodological foundations, and provide teachers with modern educational tools. This will not only strengthen students' health but also contribute to their development as well-rounded individuals, helping them grow into active and healthy citizens. Overall, the inclusion of volleyball in physical education lessons is an effective tool for ensuring the multifaceted development of students. For this reason, incorporating this sport into curricula makes a significant contribution to raising a healthy and strong younger generation.

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