

## THE EFFECTS OF SPORTS ACTIVITIES CLASSES IN THE PHYSICAL EDUCATION CURRICULUM

### **Abstract**

*The basic aim of physical education is to, by means of an organized process of education, carry out a positive influence on the psycho-somatic status of schoolchildren and to use the transformations in the somatic status to correct the influence of biological factors which have been determined to be insufficient during the period of intense growth and development. In this research we will try to study the effects of sports activities classes in the form of a third physical education class per week. The sample of participants consisted of sixth graders, all male, who chose basketball as part of their third class of sports activities per week. The sample of participants consisted of two sub-samples, a control and experimental group, which consisted of 50 participants each. The control group, which had two physical education classes per week, took part in the regular physical education classes, while the experimental group, which in addition to two classes of physical education, also took part in one class of sports activities. The obtained results indicate that the experimental group, at the final measuring, achieved better results than the control group, which leads us to the conclusion that the contents of sports activities class (basketball) during the experimental period which lasted during one school semester, contributed to the improvement in the motor skills of the sixth graders.*

**Key words:** *physical education, sports activities, program effects*

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