

**Identifying school happiness strategies based on physical education approaches (case study: secondary schools in Aran and Bidgol)**

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**ABSTRACT**

Today, science and knowledge in schools can not be effective alone, but sports activities can have a significant impact on the achievement of science and knowledge. The purpose of this study was to identify school rejuvenation strategies based on physical education approaches in secondary schools. The research approach was qualitative and based on content analysis method. Data collection method was semi-structured interview and purposive non-random sampling method was used. Participants were secondary school students and parents and physical education teachers of Aran and Bidgol girls' schools, which included 10 physical education teachers, 10 students and 8 parents. The sampling strategy was theoretical saturation and the content analysis method was used to analyze the interviews. The results showed that school rejuvenation strategies included 11 main themes, which were holding sports competitions, morning exercises, local indigenous games, using city-level sports halls, involving parents and teachers in school physical education, and holding Sports camps, providing up-to-date sports tailored to the lifestyle needs of families and facilities in the area, promoting the attitude of education management and school principals in believing in physical education, purchasing and

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improving sports equipment for school, involving students in physical education and It was to motivate physical education teachers. As a result, it seems that in order to be more effective in the current decade and with the emergence of the virtual world, we should emphasize the strategies of school rejuvenation by focusing on sports infrastructure, human capital and teaching new sports in accordance with the lifestyle of society.

**Keywords:** parents, physical education, students, rejuvenation, schools

## 1. INTRODUCTION

Today, fewer than 20 percentages of our students in schools have a good viewpoint to physical education. Physical education in schools in the form of various competitions, proper nutrition, can refresh the school and reduce stress and make the school a living environment and teachers and parents can be active (Mozaffari, 2006). What can make the school environment attractive and happy for students is to pay attention to new approaches to physical education that school executives with the active presence of parents, can implement it with the necessary arrangements, including sports in parks, walking, sand climbing and etc. In explaining the subject, rejuvenation can be examined from different dimensions, because rejuvenation of the school environment in words leads to the creation of a suitable atmosphere and appearance. Physical education in schools leads to physical, mental and emotional health and entertainment (Sun, 2013). Given the importance of the physical education in schools and considering no research has been done on physical education and its effects on rejuvenation in schools yet, the purpose of this study is to identify school rejuvenation strategies based on physical education approaches in secondary schools. The implications of this research can have a prominent role and position in the issue of quality to educational planning of schools

and can be used by school principals, education directors and physical education teachers.

## **2. ANALYSIS**

This research was conducted using a qualitative approach. Semi-structured interviews were used to collect data. The statistical sample consisted of 10 physical education teachers, 10 students and 8 parents. The interviews continued until the theoretical saturation. Thematic analysis was used to analyze the interviews.

## **3. Findings**

The results showed that 11 main themes and 39 sub-themes were identified. The main themes included: holding sports competitions, holding morning exercises, local indigenous games, using city-level sports halls, participation giving parents and teachers in school physical education, holding sports camps, providing up-to-date sports tailored to the lifestyle needs of families and facilities in the area, promoting the attitude of education management and school administrators in believing in physical education, purchasing and improving school sports equipment , involve students in physical education lessons and promote the motivation of physical education teachers.

## **4. CONCLUSION**

Among all the physical education institutions, the Ministry of Education is undoubtedly the most important institution in the country that can be effective in relation to physical education, its physical space and architecture can also be effective in refreshing the school and children are more interested in physical education. It seems that a happy school with a physical education approach



can nurture motivated students to build the foundations of the country with health, vitality and effort. Motivation increases students' ability and helps them achieve their goals.

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