



## Evaluation of the effectiveness of dynamic yard design on physical, psychological dimensions and academic performance of students of elementary school (with public sports development approach)

### Oral Presentation

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### Abstract

**Introduction:** Education is a social process in which human beings reach social competence and individual growth. This process is done by an institution called "school". School should be lovable so that students can eagerly learn science and knowledge [3]. Among schools, primary schools are the most important environment for socialization and education of children, so that physical education programs at this stage can provide conditions for the development of motor literacy and thus a healthy and active lifestyle. The dynamic yard design, while refreshing the school yard and stimulating and encouraging the students' visual sense to engage in sports, provides a suitable ground for children to play spontaneously [4]. The purpose of this study was to investigate the performance of the dynamic yard design on the physical, psychological dimensions and academic performance of elementary school students.

**Methods:** This research was done by library method to review related articles, take notes so that valid inferences could be drawn.

**Results:** The results indicated that between the implementation of the dynamic yard plan and the variables of physical activity, vitality, reduction of behavioral incompatibilities, academic performance and physical self-concept (Exercise fitness, fat burning, physical appearance, flexibility, health and self-esteem) was a positive and significant relationship.

**Conclusion:** Enriching school yards by drawing game shapes and purposeful plans and encouraging students to do physical activities in their spare time can have positive effects on behavioral patterns, vitality, learning, institutionalization of sports at an early age, development of basic skills and development of public sports. Therefore, due to the inactivity and overweight of students and the cheapness and numerous benefits of the plan, the authorities are recommended to implement it in all primary schools in the country.

### Keywords

Dynamic Yard Design; Effectiveness; Public Sports; physical; Psychological

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