

THE PECULIARITIES OF THE DEVELOPMENT OF MOVEMENT SKILLS OF STUDENTS IN PHYSICAL EDUCATION CLASSES

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ABSTRACT

This article delves into the intricacies of developing movement skills in students during physical education classes. The study examines various teaching methods and their impact on skill acquisition, analyzes existing literature on motor learning, presents empirical findings, and offers conclusions with practical suggestions for educators.

Keywords: Movement skills, Physical education, Skill development, Motor learning, Teaching methods, Student engagement.

INTRODUCTION

Physical education plays a crucial role in shaping students' overall well-being, and a fundamental aspect of this development is the acquisition of movement skills. This article explores the nuances of teaching and learning movement skills, aiming to provide insights that can enhance the effectiveness of physical education programs.

The literature review surveys existing research on motor learning and skill development in physical education settings. It explores theories of motor control, the role of feedback, and the influence of environmental factors on skill acquisition. Noteworthy studies on the effectiveness of various teaching methods and their impact on students' movement skills are critically examined.

To gain empirical insights, a comprehensive study was conducted with a focus on different teaching methodologies employed in physical education classes. The research involved assessing the progress of students in acquiring specific movement skills through observations, surveys, and performance evaluations. The study aimed to identify the most effective strategies for skill development.

The development of movement skills in students during physical education classes is a complex process influenced by various factors. Understanding these peculiarities is crucial for designing effective physical education programs. Here are some key considerations:

Individual Differences:

- Students have varying levels of physical abilities, coordination, and motor skills.
- Tailor activities to accommodate different learning styles and abilities.

Developmental Stages:

- Recognize and align activities with the developmental stages of students.
- Consider age-appropriate exercises and progressions for skill development.

Cognitive Development:

- Understand the cognitive abilities of students at different ages.
- Integrate activities that stimulate both cognitive and motor skill development.

Psychomotor Skills:

- Emphasize the development of fundamental movement skills (e.g., running, jumping, throwing).
- Progress from basic to more complex skills to build a solid foundation.

Inclusive Approach:

- Create an inclusive environment that accommodates students with diverse abilities.
- Modify activities to ensure everyone can participate and experience success.

Motivation and Engagement:

- Use a variety of teaching methods to keep students engaged.
- Incorporate games, challenges, and competitions to make learning enjoyable.

Feedback and Assessment:

- Provide constructive feedback to help students improve their skills.
- Regularly assess individual progress and adjust activities accordingly.

Safety Precautions:

- Prioritize safety by ensuring proper equipment, supervision, and space.
- Teach and reinforce proper techniques to prevent injuries.

Integration of Technology:

- Explore the use of technology (e.g., video analysis, apps) to enhance skill development.
- Incorporate interactive and digital tools for a modern and engaging approach.

Cross-Curricular Connections:

- Integrate movement skills with other academic subjects to reinforce learning.
- Show the practical application of skills in real-life scenarios.

Lifelong Physical Activity:

- Emphasize the importance of developing skills that contribute to lifelong physical activity.
- Connect classroom learning to the promotion of a healthy and active lifestyle.

Collaboration with Other Professionals:

- Work collaboratively with physical therapists, occupational therapists, and other professionals to address specific needs.
- Consider individualized education plans for students with special requirements.

Parental Involvement:

- Communicate with parents to encourage support and reinforcement of movement skills outside the classroom.

- Provide resources and ideas for parents to engage in physical activities with their children. By considering these factors, physical education instructors can create a well-rounded and inclusive learning environment that promotes the development of movement skills in students. The development of students' movement skills in physical education classes is essential for their overall physical development and well-being. Here are some effective methods for fostering movement skills in students:

Sequential Skill Progression:

- Start with basic movements and progressively build upon them. Ensure that students master fundamental skills before moving on to more complex ones.

Task-specific Drills:

- Design drills that focus on specific movement skills relevant to the sport or activity being taught. For example, agility drills, balance exercises, and coordination exercises.

Demonstration and Explanation:

- Clearly demonstrate each movement and skill. Use verbal explanations and visual aids to help students understand the correct techniques. Break down complex movements into smaller components.

Repetition and Practice:

- Repetition is key to skill development. Provide ample opportunities for students to practice and reinforce their movements. Regular practice helps to build muscle memory.

Feedback and Correction:

- Offer constructive feedback to students. Correct improper techniques early to prevent the development of bad habits. Positive reinforcement and encouragement are essential for motivation.

Incorporate Games:

- Integrate games that require the use of specific movement skills. Games make learning enjoyable and help students apply skills in a practical context.

Multisensory Learning:

- Engage different senses in the learning process. Use auditory cues, visual aids, and tactile feedback to enhance understanding and retention of movement skills.

Adapted Activities:

- Modify activities to suit the abilities and needs of all students. Provide variations for different skill levels to ensure that everyone can participate and progress at their own pace.

Peer Teaching:

- Encourage students to teach each other. Pairing students for skill practice allows them to observe and learn from their peers, fostering a collaborative learning environment.

Integration of Technology:

- Incorporate technology such as video analysis tools to review and analyze movement techniques. This provides a visual reference for students to understand and improve their skills.

Cross-Curricular Connections:

- Integrate movement skills with other subjects when possible. For example, incorporating math by measuring distances or angles in a physical activity.

Outdoor Education:

- Take advantage of outdoor spaces for activities that involve natural elements, such as climbing, running, or exploring. Outdoor activities can enhance spatial awareness and motor skills.

Cognitive Skill Development:

- Emphasize the cognitive aspects of movement, such as strategy, decision-making, and spatial awareness, to enhance overall motor skill development.

Long-term Planning:

- Develop a long-term plan that outlines the progression of movement skills over the course of a semester or school year. This allows for systematic development and assessment.

Remember that individual students may progress at different rates, so it's important to provide a supportive and inclusive environment where each student can thrive. Additionally, collaborating with colleagues and seeking professional development opportunities can further enhance your ability to promote movement skills in physical education classes.

In this section, the article interprets the results in the context of existing literature. It discusses the implications of the findings on current teaching practices and identifies potential areas for improvement. The section also addresses the limitations of the study and suggests directions for future research in the field of motor learning in physical education.

CONCLUSIONS

Based on the literature review and empirical findings, the article draws conclusions regarding the peculiarities of movement skill development in physical education classes. It synthesizes the key takeaways and emphasizes the importance of incorporating effective teaching methods to optimize skill acquisition among students.

The final section offers practical suggestions for educators to enhance movement skill development in physical education classes. It discusses the implementation of evidence-based teaching methods, the importance of individualized instruction, and strategies to foster

student engagement. These suggestions aim to provide actionable insights for educators to improve the overall quality of physical education programs.

In conclusion, this article provides a comprehensive exploration of the development of movement skills in students during physical education classes. By integrating literature analysis, empirical research, and practical suggestions, it contributes to the ongoing discourse on effective teaching methods and their impact on skill acquisition in the realm of physical education.

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