

MODERN REQUIREMENTS FOR THE CREATION OF EDUCATIONAL PUBLICATIONS ON PHYSICAL EDUCATION FOR SECONDARY SCHOOLS

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ABSTRACT

This article highlights the actual problems of increasing the effectiveness of physical culture and sports education of schoolchildren in Uzbekistan. And one of these tasks is the creation of textbooks on physical culture for students, taking into account the requirements and possibilities of our time. Recommendations are given on the systematic design of a physical education textbook and related documents, visual materials, educational videos, computer programs and other tools intended for both schoolchildren and physical education teachers and methodologists.

Keywords: textbook, electronic application

АННОТАЦИЯ

В настоящей статье освещены актуальные проблемы повышения эффективности физкультурно-спортивного образования среди учащейся молодёжи страны. И одной из таких проблем является создание учебников по физической культуре для школьников с учётом требований и возможностей современности. Даны рекомендации методического характера по системному проектированию разнообразных пособий, наглядных материалов, видео-фильмов, компьютерных программ и других средств, предназначенных как для школьников, так и для учителей физической культуры и школьных методистов.

Ключевые слова: учебник, электронное приложение

INTRODUCTION

The implementation of the main idea of physical education of the younger generation is directly related to the awareness of the need to raise not only formally, but also morally the status of the discipline "physical culture" to the level of other general educational disciplines of the curriculum. The lack of understanding by schoolchildren of the importance of physical education is one of the reasons for their low physical activity and the lack of its proper manifestation in their lifestyle. In this regard, there is a need for the formation of relevant knowledge among the younger generation.

The purpose of the study was to develop clear rules and standards for publishing houses on the creation, distribution and use of electronic teaching materials. The introduction of electronic textbooks on physical culture in secondary schools will allow the educational system not only to meet new technological trends, but also to attract students' interest in the subject "physical culture", create interest and increase activity in physical exercises.

The demand for educational and methodical publications is due to the fact that the formation of knowledge about physical culture is a necessary condition for the conscious mastery of motor skills and abilities by students. Practice shows that the more knowledge about physical culture

children have, the more intensively they develop the mental component of motor activity, the better the results in mastering skills and abilities, raising motor abilities, raising interest in physical culture and sports, forming the need for them.

Educational and methodical publications on physical culture should be included in the system of general education. The complex of educational and methodical publications for basic general and secondary general education should include:

- work program (grades 4-5, 7-9, 10-11);
- textbooks (grades 4-5, 7-9, 10-11);
- electronic application to textbooks.

These educational and methodological publications should be created in accordance with the requirements of the State Educational Standard, based on a specially developed program for educational organizations with state accreditation.

The features of the development of educational and methodological materials are as follows:

- creation of an information and instrumental field for the development of a student's personality in accordance with his individual characteristics;
- implementation of continuity with primary school;
- ensuring the solution of the tasks of spiritual and moral education of students;
- differentiation of the methodological apparatus by levels of complexity and types of educational and educational tasks;
- creation of a system of extracurricular activities.

The complex of educational and methodical publications on physical culture is intended for general education institutions: schools and lyceums. The content and orientation of the educational program on physical culture allows us to actualize the solution of the problem of actively transferring a student from the state of the object of pedagogical influences to the state of the subject of the educational process. The solution of this problem is supposed to be achieved through the gradual formation of the basics of individual physical culture and recreation activities among schoolchildren. The planned dynamics of the educational process will be consistently monitored in all relevant sections.

The program includes three sections: an explanatory note; thematic and lesson planning of the course; requirements for the material and technical equipment of the educational process. As a result of studying physical culture, the student should know and understand:

- the role of physical culture and sports in the formation of a healthy lifestyle, the organization of active recreation and the prevention of bad habits;
 - fundamentals of the formation of motor actions and the development of physical qualities;
 - methods of hardening the body and basic techniques of self-massage;
- be able to compose and perform complexes of exercises of morning and corrective gymnastics taking into account individual characteristics of the body;
- perform acrobatic, gymnastic, athletics exercises, technical actions in sports games;
- perform complexes of general developmental exercises for the development of basic physical qualities, adaptive (therapeutic) physical culture taking into account the state of health and physical fitness;
 - be able to monitor.

The content of the physical education program should be divided into the following types of lessons:

1. Educational and cognitive orientation (mastering knowledge and methods of activity).
2. Educational and training orientation (training in motor actions and physical exercises).
3. Educational and training orientation (development of physical qualities).

For each parallel, it is necessary to determine the main forms of organization of the educational process on the subject – physical education lessons, physical culture and recreation activities during the school day, sports competitions and holidays, classes in sports sections and circles, independent physical exercises (home classes).

The structure of the content of textbooks on physical culture should be based on the pedagogical principles of systematicity and consistency. The presence in the textbook of such elements as rules, definitions, additional information contributes to the independent work of students with the text. Each topic ends with questions that perform the function of consolidating knowledge and skills. The organization of the material assimilation apparatus in textbooks allows students to form critical thinking. The system of tasks contributes to the formation of the ability to plan their activities, exercise control and self-assessment.

Textbooks should be aesthetically designed. The presented drawings and explanations will allow students to learn and improve the technique of physical exercises, will help to master the complexes of physical exercises and outdoor games. Electronic multimedia applications are an integral part of the educational and methodological complex. The applications should be of an educational, methodological and informational nature and ensure the implementation of the educational program. The content of the electronic application expands and complements the textbook material.

The main way of presenting the material in the electronic manual are sequential sets of slides. In addition, the electronic application contains illustrations, photographs, videos, which contributes to greater visibility, and, consequently, better assimilation of the material. To control students' knowledge, several interactive tasks of varying complexity are given at the end of each paragraph. The content of electronic applications will allow them to be used for both basic and in-depth.

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