

THE USE OF INNOVATIVE PEDAGOGICAL TECHNOLOGIES IN IMPROVING THE QUALITY OF PHYSICAL EDUCATION LESSONS

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ANNOTATION

This article reflects the role and advantages of using innovative pedagogical technologies in the organization and conduct of physical education classes, sports competitions, wellness and sports events in higher educational institutions, the specificity of the interactive method.

Keywords: innovative pedagogical technology, intefaoI methods, audio, physical education, physically fit, healthy.

As the First President of the Republic of Uzbekistan I. Karimov said, "The foundation of our future will be created in educational institutions, in other words, it depends on what tomorrow of our people will be, how our children will receive education and education today," "It is necessary to radically improve the content of the educational process"

These priorities are strengthening the material, technical and information base of the institutions of our country, providing the educational process with high-quality educational literature and advanced pedagogical technologies, leading higher education in the world with universities building close partnerships between institutions the work carried out allows you to develop the teacher's pedagogical abilities issues.

The concept for the development of Higher Education of the Republic of Uzbekistan until 2030 noted that "due to the low level of assimilation of foreign languages and Information Communication Technologies by professors and teachers from their existing problems in the higher education system, their professional skills are lagging behind today's requirements"and set the tasks of "strengthening attention to the **quality of**.

The above tasks are also applied to the professors and teachers of physical education in the higher educational institution to use the types of innovative pedagogical technologies in the methodology for the qualitative organization and conduct of physical education classes it is a requirement of modern times. Today, the growing number of winners and winners of various international competitions, competitions among the youth of our republic is a sign that the attention to education is strong in our country. Teachers who teach the younger generation today themselves from the secrets of modern education they are required to be creative, possess innovative technologies, have the skills to be able to use information and communication tools wisely.

In this respect, the following situations indicate an increased demand for the application of innovative technologies to the educational process, the content and purpose of the activities of the future physical education teacher to be built in a new way:

- As soon as our country acquires its independent GIS, the restoration of our great spiritual state, the absorption of a healthy lifestyle by all citizens, above all, young people, is made a priority in the politics of our state, the training of teachers operating at all stages of the system of continuing education, such as in all spheres of our social life, on the, the period dictates the solution to the problems of the formation and absorption of the qualities of morality and enlightenment.

- One of the most important tasks of our state is to educate a physically fit, physically and mentally healthy person to protect the borders of the Fatherland, to improve the educational and educational system, to create a social necessity to bring a new generation to adulthood, both spiritually and mentally, on the basis of the idea of national **independence**.

Physical education is not just a process that consists of pure sports competitions, but the formation of moral volitional qualities and qualities in young people through this upbringing. During the performance of physical exercises, young people are trained in willpower, speed, agility, endurance, their health is strengthened, work skills, mental activity is increased, moral norms of behavior such as courage, honesty, determination, independence are formed, a step towards maturity is taken.

In physical education lessons, the teacher sets himself the goal of maturing in every possible way: satisfied, pure-minded, courageous, patient, persistent, able to defend the motherland in the future. In this regard, it is important to organize the activities of future physical education teachers, update and enrich the content of Education. Together with the development of the educational process, the current issue facing the requirements of the present day is the preparation of future physical education teachers for innovative activities, theoretically and practically, to achieve efficiency in the physical education of the younger generation.

After all, only a physically fit, healthy person will be able to fully manifest his intellectual, spiritual capabilities. In this sense, it makes it possible to summarize the historical experiences of the physical education system in our country on the basis of comparative-analytical study, critical observation of their practical experience, correctly organize the innovative activities of physical education teachers, determine its promising strategy. For this, the need to carry out targeted pedagogical research arises.

Teaching the content of physical education to future physical education teachers on a scientific basis, modernizing its organizational and technological foundations, developing future development trends is one of the pressing issues facing pedagogical science. In this case, the purpose of innovative activity is determined by society, and its result is associated with the interests of society, guiding young people towards social relations, laying the groundwork for the realization of natural opportunities in a person in order to gain social experience.

Today, as a result of the emergence of a new scientific direction in the field of pedagogy – the ideas of pedagogical innovation and updating the educational process, a new direction also appeared in the pedagogical activity of the teacher – the concept of the innovative activity of the teacher. An analysis of sources providing information about the emergence of these concepts and the creation of the theory of innovation education shows that these terms arose as a result

of reforming the educational system, improving the effectiveness of Education, innovating in it, satisfying the need to ensure the socialization of the individual.

The concept of innovation activity is closely related to such concepts as innovation, innovation process. Therefore, it is impossible to understand the content of innovational activities without explaining the content of these concepts. Innovation is the last result that is known to lead to much more success in a given area of activity or production, technology, forms and methods, a new approach to solving the problem or the application of a new technological process, than before. Therefore, the main basis of innovative technologies is the design of a pre – education process so that teachers and educators can cooperatively achieve a guaranteed result from the established goal.

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