

A MODERN APPROACH TO PHYSICAL EDUCATION CLASSES IN GENERAL SECONDARY SCHOOLS

Murodjonov F.

KU Master's Student

ANNOTATION

The article is about the Physical culture, and sports is an integral part of the educational process. Also, the new model of modern educational technologies.

Keywords: education, technology, personality, physical, mass sports.

INTRODUCTION

Physical culture is an integral part of the system of complex personality, formation. Taking care of the health of the young generation, forming a healthy lifestyle in them, instilling the skills of regular and independent participation in physical culture and sports is an integral part of the educational process. It is not for nothing that the head of our state Sh.M. Mirziyoev put forward 5 important initiatives to raise the morale of young people and meaningfully organize their free time. In particular, the second initiative is aimed at physical training of young people and creation of necessary conditions for them to demonstrate their abilities in the field of sports. During the past period, large-scale work was carried out in our republic, region, in particular, in the Bukhara State University, to promote physical education and sports, to ensure that young people follow a healthy lifestyle. The activity of sports clubs was revived, mass sports competitions were held regularly. At the same time that the national program of personnel training is being implemented in Uzbekistan, comprehensive modern models of student activity management and large-scale design are being implemented in higher educational institutions.

Main Part

The new model of modern education is based on the following proprietary educational technologies: 1. Person-oriented education of educational subjects and systematic activity approach, humanitarian and democratic relations; 2. The change of the student's role: in the educational process, he has equal rights, independently conducts his educational activities with initiative; 3. Changing the role of the teacher: the organizer of the independent educational activities of the self-motivated learners, a competent consultant and assistant, who not only controls the knowledge, skills and competence level of students, but also corrects the deficiencies identified in time. to be able to use modern diagnostic methods for the purpose of mastering; 4. Changes in educational tools and methods: a) interactive, based on the content of learning-knowledge, creative-research activities aimed at identifying and finding solutions to problems, applying knowledge in practice, creating problem situations in education, taking initiative teaching methods become traditional; b) transition from frontal education to collective, group education (formation of creative groups); c) widespread use of information technologies (software tools) along with traditional educational tools; g) students use educational materials only for independent education. 5. Change of pedagogical management tools and methods: the teacher, facing modernity in his pedagogical activities, claims to be an

engineer, manager, able to identify problems, able to restore and develop ideas, make decisions and implement them. perform responsibly. The ability of the teacher to predict, to plan and design (scientific-methodical) not only his own pedagogic (time standard), but also the educational and cognitive activities of students, to achieve the expected results in educational activities and to develop the content and structural device of achieving the educational goal implemented in cooperation, to plan and organize independent educational (scientific) activities of students, to organize the educational process in the form of educational dialogue and polylogue (field). It is natural to face a number of problems during the transition from traditional to modern educational model. Firstly, the task of a design engineer in the activity of a teacher and the harmonization of modern pedagogical design tasks, the change of the essence of the research subject and the recognition of the existence of an artificial research subject as a result, the design of the student's educational and cognitive activities, in the educational directions there is a need to create innovative diagnostic tools. Secondly, it is new and unusual for students to enter the role of an educational subject (in the philosophical sense, a person with consciousness and will), in this sense, in independent learning activities from interactive tools and methods offered by teachers. it is known in the lack of skills of practical use [3]. From the point of view of physical education and sports methodology, a person (pupil, student, athlete, senior population) is an object of research, more precisely, an object of pedagogical influence. Note: there is no real object in the field of design. Only in this, not from the position of the biological and psychological structure of a person and its organs and systems (because it can be the object of the science of biology and psychology), but all kinds of changes in the organism that occur as a result of pedagogical influence are taken into account. Prior to the pedagogical experiment, a place is given to a scientific hypothesis because, naturally (in a calm state), sharp morphological changes are not observed in the tissue cells of the human body. Therefore, in this matter, methodology, that is, a set of methods (technology), as a research subject, only after ensuring optimal changes in tissue cells of the organism, which are assumed in advance by using measuring tools, in the object of pedagogical influence is reflected in the characteristics of physical or mental (spiritual) change of a person. Although the general theory of sports as a science is its own subjective imagination, it is recognized according to the existence of its objective real nature, and the pages of history in essence and content are manifested in the formation of aro, overcoming the conflicts and laws of objective development. LP Matveev noted. This scientific way of knowing, in fact, is correct for fundamental and applied sciences, but it also completely denies the contribution of the field of pedagogy, which works in the artificial environment, that is, subjective effects on the objective reality of sports. cannot be reached. Application of individual educational and research tasks to the process of educational work is one of the manifestations of innovative educational technology.

CONCLUSION

Apart from this type of audience, the individual work of students has the characteristics of training, research or design, and is carried out during the period of mastering the program materials of the training course, as well as forms of assessment of student knowledge (final control, exam, test) ends with . In the higher education system, the individual educational and research tasks of students are to study part of the program materials, systematize, deepen,

generalize, and strengthen knowledge, as well as independent research through the practical application of the knowledge acquired in the educational course. aimed at developing skills.

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