

TEACHING STUDENTS FOR INDEPENDENT PHYSICAL TRAINING

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ANNOTATION

In this article, in the implementation of the main directions of the reform of general secondary schools, physical education teachers are required to increase the educational and instructional directions of the lessons, personal and social hygiene for students, independent training. It is emphasized that knowledge about the rules of education should be given.

Keywords: pedagogue, structure, prediction, collective lesson, analysis.

INTRODUCTION

Physical education teachers are required to increase the educational and instructional directions of lessons in the implementation of the main directions of the reform of general secondary schools. In the course of training, students should be taught to take care of their health and maintain a high level of professional skills. necessary. Students should be given knowledge about personal and social hygiene, rules of independent training. The practice of advanced schools in our republic and the analysis of many scientific studies show that the process of forming the demand for physical self-development in students consists of a number of interconnected directions: Cultivating individual and positive behavior; - to train students with special knowledge, to make them aware of the need for regular training; — ability to organize independent training and formation of skills; — practical training of students in daily physical training. All lessons, based on their content, can be divided into two large groups: subject lessons and collective lessons.

Main part. In the content of the main part of the subject lessons, educational material from each department of the program (athletics, gymnastics) is included. Such classes are held especially in upper classes. The method of passing them is close to training sessions related to sports. In the lower and upper classes, subject lessons are held only in swimming, because the exercises of this department do not enter the exercises of other departments. That is why swimming lessons are held separately. Combined lessons allow you to include material from different sections of the program in one lesson. Combining different exercises in one lesson is not official, but must meet a strict rule. It is difficult to organize group (mixed) classes, but they are a little exciting, they affect the child's organism in all ways, the main thing is that the student does not forget the necessary elements throughout the year, he has the opportunity to perform them at a high level. Subject and collective lessons are divided into: educational exercises, control exercises and mixed exercises depending on the preference of the issues to be solved. In training classes, the main focus is on correct execution of exercises. The teacher finds mistakes and takes measures to correct them, provides safety equipment and teaches children to protect themselves. All this leaves a trace in the organization and methodology of the lesson. Here, mutual learning is widely used and theoretical information is published, and various methods are used to increase student engagement. Exercise classes have a lot of advantages in

improving what has been learned and training physical qualities. Here, mainly, the evidence-based method is used to organize students' activities. In such classes, the volume and productivity of physical loads increases. Many classes are held in natural conditions. The teacher creates various situations, as a result of which interest in training increases. Theoretical lessons determine how the students master the studied exercises, the process of the emergence of physical qualities, therefore, the initial and final exercises are conducted in order to determine the level of physical development and physical fitness of the students. At the same time, special supervision lessons, a senior teacher also gives the effect of training. It is known that in order to develop physical qualities, it is necessary to put high demands on the body, that is, it is necessary to perform exercises to the point of exhaustion. Such conditions are created during supervision classes. Often, some students learn more in remedial classes than in the classroom. To a certain extent, the spirit of mutual help in training has a positive effect on this. In the practice of physical education, training, control or training classes are often rare. Each training includes elements of teaching, supervision and training. Therefore, it should always be remembered that in each well-defined lesson, teaching, training or control tasks can be solved. In lower grades, educational lessons make up about 70-80 percent of the total number of lessons, in middle grades, about 60 percent, and in senior grades, about 25-35 percent. It can be seen that as the age of students increases, the total number of hours of training classes decreases, the total weight of training classes reaches 60% in grades VII-IX. If in the lessons different tasks are solved in the same manner, then such lessons are called mixed or complex. Lessons of this category are often found in all classes, and favorable conditions are created for mastering the materials of the school program. On the development of the lesson content by the teacher; appropriateness of the planned exercises related to the specific lesson task of the specified resources.

CONCLUSION

Working methods, application of methodical methods of teaching, education, organization of participants and assessment of their progress. Using visual aids and technical resources in the lesson. Preparation of assistants for the lesson. Show them approximate directions; organizational-methodical knowledge, ways to recognize mistakes and correct them; ability to help; to know the rules of the game, to be able to demand the training of sports shells and to ensure safety. The quality of performance of duties of duty officer, team captain, referees. On using the method of organizing academic work. Selection of the form of exercises and appropriate method of replacement, good appearance of the pedagogue, ease of performing physical exercises, interaction of users, education of a sense of sophistication must be dedicated to all lessons.

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