

PHYSICAL EDUCATION METHODS USED IN PHYSICAL EDUCATION LESSONS

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ANNOTATION

This article provides information on teaching and training methods used in Physical Education, a general description of physical qualities and pedagogical analysis of control over their development.

Keywords: physical qualities, pedagogical analysis, Game method, competition method.

Thanks to the initiative of the President of the Republic of Uzbekistan Sh.M. Mirziyoyev and the leadership of our country, much attention is paid to physical education and sports. For example, June 3, 2017 “On measures for the further development of physical culture and mass sports” No. PQ-3031, March 5, 2018 “On measures to radically improve the public administration system in the field of physical education and sports.” “The decree and resolutions PF-5368 are focused on issues related to strengthening the health of the population of our country, increasing physical fitness, and developing a healthy lifestyle. In our country, physical education and sports are of great importance in strengthening the health of young people, increasing the level of physical fitness, and increasing their ability to defend the country and work. Physical education and sports are the main means of comprehensive physical development of a person. To increase the level of development of speed, strength, and endurance of students in physical education and sports classes held in general educational organizations for physical education and sports, to study the effect of loads on the body from classes, to ensure the effectiveness of physical education classes. education and sports The task of developing new pedagogical technologies for the analysis process is one of the pressing problems of our time. Formation of a healthy lifestyle in our society, creation of conditions for the population, especially the younger generation, to regularly engage in physical education and mass sports, strengthening young people’s confidence in their will, strengths and capabilities through sports competitions and large-scale work. is held with the aim of developing feelings of courage and patriotism, loyalty to the Motherland, as well as the systematic organization of the selection of talented athletes from youth, the further development of physical culture and mass sports. Representatives of our country achieve high results at the Olympic Games, World Championships, Asian Games and Championships, international competitions, the prestige and sports potential of Uzbekistan is increasing in the world, magnificent sports facilities are being built in the regions of our country. republics that meet world standards. It should be especially noted that the sports games “Umid Nihollar”, “Barkamol Avlod” and “Universiade”, consisting of three stages, are becoming popular among schoolchildren and students.

Currently, in all regions of our country, it is important to promote the importance of mass sports in the life of an individual and family, that it is the basis of physical and spiritual health, to protect young people who enter life with great hopes from bad habits, and to teach them their abilities and desires. Important and urgent tasks are to create the necessary conditions for the realization of their talents, select talented athletes from among them, and improve the target training system. At present, it is especially necessary to involve children in mass and

independent physical education, teach them, and pay serious attention to ensuring that they grow up healthy, strong, resilient and dexterous. This textbook discusses the subject, basic concepts, goals and objectives of the theory and methodology of physical education, as well as the means of physical education, teaching and training methods used in physical education, general characteristics of physical qualities and control of their development, pedagogical control. In physical education and sports classes are presented in this textbook: information is provided on temporary pulsometry and pedagogical analysis.

General requirements for the selection of methods: scientific basis; their suitability for educational purposes; compliance of teaching principles, uniqueness of educational material, personal and group preparedness of students, individual characteristics and capabilities of the physical education teacher (educator), learning conditions. The meaning of the use of words, demonstrativeness, game, competitive and circular teaching methods, methods of using the semantic function of the word and the problem of terminology in physical education, methods of using the emotional function of the word. Methods of visual technique (its meaning, types and methods of their application); practical teaching methods (game, competitive and strictly regulated exercise methods); obtain theoretical information about the importance of using methods in different age groups.

The game method The difference between the game method and other methods is that this method came from ancient times. That is, man developed along with his culture. The game method is used not only in volleyball, football, basketball and handball, but also in all physical exercises. Using the game method, the teacher can organize the activities of students. The gaming method is used to achieve a goal, encourage students to engage in independent activities, and shape the behavior and emotional state of students. This method is used to limit the dosage of the load (training is carried out according to the rules of the game). The game method is of great importance in improving motor activity. The competition method is similar to the game method, but is held between young, middle-aged and older people. (classes in kindergarten, school, development enterprises). When using the competition method, it is a method of testing students' strength or demonstrating that they will achieve a high result. The pedagogical intervention in the form of a reprimand should evoke negative feelings in participants and encourage them to resist repeating bad actions. If students resist a teacher's reprimand, coercion and punishment may be applied to them.

2.4. Methods of mental training, discussion in the prosthesis of physical education teach students to think clearly, develop general rules and truths and, in accordance with them, form certain concepts in the field of physical education. The ability to discuss within the framework of physical education classes gradually increases. Asking students early questions about activities helps them develop discussion skills through independent observations and comparisons. As the overall development of students increases, their practical experience and special knowledge are enriched, analysis, generalization, critical assessment and other techniques and methods of mental education are used.

2.5. Reasoning and reasoning methods are based on thinking and reasoning. It is very important to think, analyze and mentally perform the main stages of exercises performed in the physical education system. Of course, students' independence is limited mainly to listening to the teacher's explanations. Employees show little initiative or independent judgment.

Therefore, after an oral explanation in a physical education lesson, it is advisable to use various exercises based on the independent and practical activities of the participants.

2.6. Circuit training The circuit training complex includes basic and auxiliary gymnastics, well-studied and technically not too complex movements taken from some other sports.

In our country, physical education and sports are of great importance in strengthening the health of young people, increasing the level of physical fitness, and increasing their ability to defend the country and work. Physical education and sports are the main means of comprehensive physical development of a person. To increase the level of development of speed, strength, and endurance of students in physical education and sports classes held in general educational organizations for physical education and sports, to study the effect of loads on the body from classes, to ensure the effectiveness of physical education classes. education and sports The task of developing new pedagogical technologies for the analysis process is one of the pressing problems of our time.

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