

METHODOLOGY OF TEACHING LESSONS OF PHYSICAL EDUCATION ON THE BASIS OF INNOVATIVE CLUSTER OF PEDAGOGICAL EDUCATION

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ABSTRACT

This article describes the use of innovative technologies in the physical education classes of a general education school and the use of interactive methods in its implementation.

Keywords: Innovative, cluster, didactics, technology, pedagogy, methodology, strategy.

INTRODUCTION

In recent studies, special attention is paid to the educational value of pedagogical technologies (L.V. Golish, N. Azizkhodzhaeva). It is generally recognized that innovative methods are not only a system of knowledge of students, but also a didactic condition that ensures the development of their cognitive abilities, activities, interests, mental activity (V.P. Bepalko). There is also a narrowly methodical understanding of technology as a means of ensuring the consistency of curricula and textbooks in various subjects. At the same time, there is a steady tendency to single out pedagogical technologies as an independent didactic beginning (G.K. Selevko. N. Azizkhodzhaeva). As we noted above, a perfect system of innovative technologies has not yet been developed in higher education. institutions. At the same time, the need for this system is the call of the times, because innovative technology is a process that increases the efficiency of students' mastering knowledge, skills and abilities based on a specific system. This should be reflected in the tasks, content, methods, means, forms of organization and learning outcomes with the help of innovative technologies. An important scientific and pedagogical task is to increase the theoretical and practical knowledge of students through innovative technologies in teaching physical education. To do this, it will be necessary to use new teaching methods, including innovative technologies.

MAIN PART

Clustering is a pedagogical strategy that helps students think freely and openly about a topic. This requires thinking about the connections between ideas, a process that allows one to motivate. Thinking in these different ways is inextricably linked to how our brains work. This strategy is used to stimulate mental activity until a particular topic is thoroughly studied. Grouping can also be used as a means of summarizing students' knowledge and encouraging them to generate new ideas or to graphically represent those ideas. Also, this strategy allows you to use your own knowledge, understanding or imagination on a particular topic.

Clustering is done as follows: write down all the thoughts that come to mind.

- Don't think about the quality of these thoughts, just write them down.
- Ignore mistakes and other factors that interfere with writing.

- Don't stop writing until the time is up.
- If you run out of ideas, draw on paper until new ideas come up.
- try to build as many connections as possible.
- Don't limit the quality of ideas, their breadth and connections between them.

Clustering by style and style definition is a flexible strategy. Can be done individually or in a group. In group activities, it serves as a framework for group ideas, allowing students to explore ideas and interactions that are analyzed by each student. Students are encouraged to create a thematic word concept using their imagination and relationships, or say a series of exercises for the body parts involved in the practice. Several sentences provide a detailed description of the topic and directly express students' knowledge and attitudes towards the topic. This strategy allows you to use your personal knowledge to understand and present a particular topic or exercise through mental activity. In physical education classes, this method can be used for all students, and tasks can be given to students who are exempted from training, in special groups and in practical classes. The cluster can be used in relay races where you need to write down your thoughts at the end of the stage and then continue with the task. Points are awarded based on the number of words each team has written on a specific topic, such as athletics: in running: pole, pole, false start, body, breath, distance, finish; in jumping: starting position, running, jumping, jumping, flying, landing; sports equipment: ball, jump rope, ladder, skis, balls (volleyball, basketball, handball, football) and soccer balls.

CONCLUSION

You can change the speed of the exercises and increase their intensity with musical accompaniment during your workout. Dance and rhythmic gymnastics, various types of aerobics, artistic elements are reflected in one or another direction of physical culture: athletics, gymnastics, games, etc., are a variety of means used in the preparatory, main and final parts. diversity. lesson Also, fitness technologies are actively used in various types of physical training and health improvement. Practice shows that the introduction of fitness technologies in a physical education lesson creates a positive motivation for classes, great interest and a desire to engage in many of them. Thus, we can conclude that fitness technologies help to change the negative attitude towards physical education; contributes to the preservation and strengthening of the health of students, is an effective means of increasing the level of physical activity.

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