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## **PEDAGOGICAL MECHANISM FOR EFFECTIVELY ORGANIZING ATHLETICS LESSONS IN GENERAL EDUCATION SCHOOLS**

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### **ABSTRACT**

This article explores pedagogical mechanisms for effectively organizing athletics lessons in general education schools. The study employs innovative methods, such as individualized training plans, differentiated instruction, and digital tools, to enhance students' physical fitness, motivation, and engagement. Results indicate significant improvements in speed, strength, and endurance, as well as positive changes in students' attitudes toward athletics. The findings emphasize the importance of modernizing teaching approaches and addressing challenges like resource limitations and teacher training to ensure sustainable development in physical education.

### **KEYWORDS**

Athletics lessons, physical fitness, pedagogical mechanisms, differentiated instruction, individualized training plans, student engagement, physical education, teaching innovation.

### **INTRODUCTION**

In recent years, the role of athletics in promoting physical fitness and a healthy lifestyle has gained significant attention in educational institutions.

Athletics, as a foundational sport, not only enhances physical qualities such as speed, strength, and endurance but also fosters discipline, teamwork, and



perseverance among students. However, organizing effective athletics lessons in general education schools remains a critical challenge due to various factors, including insufficient resources, lack of professional guidance, and outdated pedagogical approaches.

The importance of improving the quality of physical education, including athletics, has been highlighted at the national level. For instance, Presidential Decree No. PD-6099, dated October 30, 2020, "On measures to further develop physical culture and mass sports," outlines strategic objectives for enhancing physical education in schools. The decree emphasizes the introduction of innovative methods, modern equipment, and specialized training programs to foster an active and healthy generation. It also underscores the need for qualified teachers and effective teaching methodologies tailored to the unique needs of students.

The purpose of this article is to explore the pedagogical mechanisms for organizing effective athletics lessons in general education schools. By addressing key challenges and proposing innovative approaches, this study aims to enhance the efficiency of athletics lessons and contribute to the overall development of students' physical and social skills. In particular, the article focuses on integrating modern teaching methods, individual training plans, and motivational strategies to achieve better learning outcomes [2,5].

## **METHODS**

The study employed a mixed-method approach, combining qualitative and quantitative research methods to analyze and enhance the organization of athletics lessons in general education schools. The participants included 120 students aged 13–15 from three different schools, selected through purposive sampling to represent diverse physical fitness levels and learning environments.

To assess the current state of athletics lessons, an observational study was conducted over a three-month period. This involved analyzing the teaching methods used, the availability of equipment, and the engagement level of students during lessons. Additionally, semi-structured interviews with physical education teachers were conducted to identify challenges and gather insights on improving lesson quality.

Based on the initial findings, an experimental training program was developed and implemented. This program incorporated modern pedagogical techniques such as differentiated instruction, peer learning, and the use of digital tools for monitoring student progress. The program also emphasized individual training plans tailored to each student's physical abilities and goals.

To measure the program's effectiveness, pre- and post-experiment tests were conducted, focusing on key

physical qualities such as speed, strength, and endurance. Data were collected through standardized fitness assessments and student surveys to evaluate their motivation and satisfaction with the new approach.

The combination of these methods allowed for a comprehensive understanding of the pedagogical mechanisms that can enhance the organization of athletics lessons, providing a foundation for practical recommendations and further research.

### Pedagogical mechanism for effectively organizing athletics lessons in general education schools

Pedagogical Mechanism	Description	Implementation Method	Expected Outcome
<b>Differentiated Instruction</b>	Tailoring lessons to meet the diverse needs and abilities of students.	Group students based on skill levels; provide varied tasks that match their physical capabilities.	Improved engagement and equitable skill development among students.
<b>Individualized Training Plans</b>	Customized training programs for each student based on fitness levels.	Use pre-assessments to design specific exercises and goals for each student.	Enhanced physical performance and motivation.
<b>Interactive Teaching Methods</b>	Engaging students through active participation and feedback.	Incorporate group activities, peer learning, and interactive discussions during lessons.	Increased student involvement and collaborative learning.
<b>Use of Digital Tools</b>	Monitoring and analyzing student progress using technology.	Use apps or software for tracking performance metrics, such as running speed or endurance levels.	Accurate progress monitoring and real-time feedback for students and teachers.
<b>Game-Based Learning</b>	Integrating athletic drills with fun and competitive games.	Design games that align with athletics objectives, such as relay races or obstacle courses.	Improved enthusiasm and motivation during lessons.
<b>Teacher Professional Development</b>	Equipping teachers with modern instructional strategies and tools.	Organize workshops and training sessions focused on innovative teaching methods and the use of digital resources.	Enhanced teaching quality and adaptability to diverse classroom needs.
<b>Resource Optimization</b>	Efficient use of available resources to maximize lesson effectiveness.	Utilize multipurpose equipment and outdoor spaces creatively to conduct diverse athletic activities.	Overcoming resource limitations and ensuring lesson variety.







The study demonstrated that implementing innovative pedagogical mechanisms significantly enhances the effectiveness of athletics lessons in general education schools. Key findings revealed improvements in students' physical qualities, such as speed, strength, and endurance, as well as increased motivation and engagement during lessons. These outcomes highlight the potential of individualized training plans, differentiated instruction, and the integration of digital tools in physical education.

The experimental program created a more inclusive and interactive learning environment, addressing the diverse needs of students with varying levels of physical fitness. Teachers also benefited from these methods, as they allowed for more precise monitoring of student progress and effective adaptation of lesson content. However, challenges such as resource limitations and the need for teacher training were identified, emphasizing areas for further development.

This study underscores the necessity of modernizing athletics lessons to meet the evolving needs of students and align with international standards in physical education. Future efforts should focus on scaling these approaches to broader contexts, addressing infrastructure gaps, and providing professional development for teachers. By continuing to refine and implement these mechanisms, schools can foster a generation of healthier, more active, and physically capable students.

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