



Journal Website:
<https://theusajournals.com/index.php/ijp>

Copyright: Original
content from this work
may be used under the
terms of the creative
commons attributes
4.0 licence.

FUNDAMENTALS OF EFFECTIVE USE OF MODERN TEACHING TECHNOLOGY BY TEACHERS IN DEVELOPING STUDENTS' PHYSICAL CULTURE

Submission Date: July 21, 2024, Accepted Date: July 26, 2024,

Published Date: July 31, 2024

Crossref doi: <https://doi.org/10.37547/ijp/Volume04Issue07-13>

Xushnazarov Faxriddin Raximovich

Fergana regional branch of the State Institute of Art and Culture of Uzbekistan

ABSTRACT

The article discussed the issues of improving and using systems for assessing the physical condition of schoolchildren in the educational process of physical education. Also, in the course of the lesson, the skill of the educator in working with the student and the modern pedmetodes used are analyzed.

KEYWORDS

Physical culture, educational process, general education institutions, skill, healthy life.

INTRODUCTION

Currently, it is not difficult to overestimate the importance of physical education and sports for all segments of the population: children and their parents, schoolchildren and students, workers and workers. Everyone should know that physical culture and sports: this is the comprehensive and harmonious development of a person; the health of this nation, the health of future generations; this is the expansion of the social circle, the development of communication; this

- sharp reduction of alcoholism and other negative events, especially among teenagers;
- discipline, good social and psychological climate;
- social activity of people;
- fight with occupational diseases, injuries; this is professional and practical training;
- this is a reasonable use of free time. Public opinion should help everyone to understand that there are

many factors that weaken health and cause great harm to the body.

Thus, today's mass media are not fully using their potential to shape the moral and physical health of the nation through such a powerful educational and health phenomenon as physical culture. The widespread use of intellectual education in the field of the formation of physical culture of a person can change the state of physical education illiteracy of many people, and this will allow them to be a real condition for a conscious attitude to the values of this field of activity.

School physical education can and should provide important support in maintaining a healthy health system. After all, everyone goes through school. In physical education classes, you will learn not only the ability and skills to move correctly and perform a set of exercises, but also self-management of physical development and fitness indicators, the laws of biology, chemistry, physics in our body. you can understand how it breaks, its physical state, through interdisciplinary communication to determine its performance. From the primary school age, it is necessary to raise the prestige of the science of "physical culture", to teach independent, conscious exercise. It is necessary to remember: - physical culture on the amount of time provided for in the program on the subject; - about the unity of theory and practice, i.e. combining acquired knowledge in practical activities.

In accordance with modern ideas, the goal of physical education is the physical culture of a person as an integral part of a comprehensively developed person, distinguished by an active attitude to the creative development of physical education values. In clarifying the purpose of physical education, its tasks include the

development of the ability to build physical improvement and individual health systems.

The implementation of the goal in the physical education of students is based on the following principles:

- the principle of integrity, which determines the level of organization of the educational process, in which the active development of the student's personality as a whole, all its components and connections is encouraged; unity of spiritual, physical and general cultural development, interdependence and interaction of all areas of education are ensured;
- the principle of humanitarianism, which strengthens attention to the personality of each student as the highest social value aimed at improving the environment and conditions in which he lives, studies and rests, is included in the activity; as well as forming qualities and characteristics of a person that develop his amateur activity and social activity, work ability and communication ability; to a healthy lifestyle, to society (humanism, collectivism, internationalism, patriotism), to work and its results (hard work, duty, personal responsibility and discipline, etc.), to other people and to oneself (principles, sensitivity, humility, conscience, etc.) aimed at developing moral qualities that show an active attitude.;
- the principle of differentiation and individualization, which creates conditions for the full development and manifestation of abilities and opportunities in freely chosen types and forms of physical education and sports activities, taking into account the personal, psychophysiological and physical characteristics, interests and needs of students; transfer and transfer

of achievements in educational, labor, cultural, educational and social activities;

- the principle of an active approach aimed at actively involving schoolchildren in important types and forms of physical education and sports activities;

- the principle of continuity and continuity, which includes systematic and purposeful activities for the formation of physical culture of the student at all stages of schooling and the quality of relations between its components

The purpose of the theoretical justification and experimental verification of the effectiveness of pedagogical conditions for the formation of a conscious need for regular physical education training in elementary school students was set. The developed model of the process of formation of the need for regular physical training in young students and its introduction into the practice of general education schools made it possible to distinguish a number of basic pedagogical conditions that allow to achieve the best results:

carrying out work on forming a positive attitude to physical education classes among primary school students;

- increasing attention to the theoretical component of the content of physical education;

- use of active organizational forms and teaching methods;

- formation of the need for regular physical training in elementary school students, taking into account their individual and age characteristics;

Expanding the theoretical section of the physical education program in primary grades is aimed at improving the quality of physical education and education of children, increasing the level of education in the field of physical education. An important, if not the main, condition for giving the science of "Physical Culture" a real educational direction is to change the social nature of this science and its teaching. It consists in revising the attention to events and processes, in particular, to abandon the mechanical involvement of students in the physical, qualitative result, and to pay specific attention to the real education of students in the field of physical education. Education in the field of physical education is the acquisition of knowledge, ways of knowing, the formation of the intellectual component of a person's physical culture, the use of special means and methods of physical improvement aimed at the individual, as well as on the basis of the awareness of one's own physical education, learned and taught to others. is the process and result of developing the ability to communicate what is known. In addition, the implementation of such an approach in teaching is determined by the ontogenetic cognitive activity of students and is built on the basis of the logical formula of the formation of the physical culture of the individual (primary school age) - individuality (middle school age) - personality (senior school age). need

At the heart of the efforts aimed at the further development of sports and physical education in our country, there is a great goal that our children will grow up worthy of their ancestors, physically healthy and well-rounded.

The Ministry of Culture and Sports Affairs and its system organizations, raising the popularization of physical education and sports in educational

institutions to a higher level, developing the movement of physical culture, forming a healthy lifestyle, training talented athletes in modern sports and in order to improve their sports skills, work is being carried out according to the plan.

Processes of conducting physical education classes: the effectiveness of physical education classes depends on the conditions and requirements of their organization. When held in the open air, along with physical development, training procedures under the influence of natural factors are also carried out during the lesson. Climate and seasons also have a great influence on physical education classes. The state of the classrooms, sports fields, sports halls, and the provision of equipment, the presence of students in sports clothes has little effect on the process of physical education lessons.

In recent years, consistent measures have been taken to popularize physical education and sports in the republic, to promote a healthy lifestyle among the population, to create the necessary conditions for the physical rehabilitation of persons with limited capabilities, and to ensure the appropriate participation of the country in international sports arenas. is being implemented.

At the same time, implementation of specific programs that help to strengthen the health of the population in the field of physical education and sports, wide involvement of young people in sports and selection of talented athletes from among them, skilled athletes who provide high results in sports there is a need to form national teams and create additional conditions for coaches.

In order to form highly educated and physically healthy young people in the country, to define priority directions aimed at gaining skills and knowledge of the population in the field of physical education and sports, to introduce innovative forms and methods to the selection (selection) process of talented athletes. a lot of work is being done.

REFERENCES

1. Пулатова, М. Д. (2020). Применение восстановительных комплексов после травматических повреждений квалифицированных борцов. Интернаука, (8-1), 22-23.
2. Шукурова, С. С., Пулатова, М. Д., & Серебряков, В. В. (2021). Изменения показателей макроэлементов в крови у футболистов после физической нагрузки. Academic research in educational sciences, 2(Special Issue 1).
3. Шукурова, С. С., Сейдалиева, Л. Д., & Шарипова, С. Н. (2021). Анализ гемодинамики игроков во время тренировочного процесса. Academic research in educational sciences,