

## ASPECTS OF USING MODERN PEDAGOGICAL TECHNOLOGIES IN PHYSICAL EDUCATION AND SPORTS LESSONS

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### ABSTRACT

In the article physical education and sports in their classes modern pedagogical from technologies of use importance, outlook and thinking scope harvest to do, physical, spiritual and moral adjectives formation according to some recommendations given discussion done

**Keywords:** sports, pedagogical technologies, methods, criteria, practical lessons.

### INTRODUCTION

Teachers should be prepared to conduct training, effectively use different teaching tools, and reveal the methodology of curriculum and programs, integrating teaching methods. However, it should not be forgotten that management of teaching and learning processes, effective use of existing educational tools and ensuring that the educational activities are as useful as possible to students, and many other similar tasks is fully charged to the teacher. The use of new pedagogical technologies in teaching subjects; the teacher is responsible for teaching and learning, as well as for the effective use of available opportunities and conditions. In order to fulfill this task, the teacher should have full knowledge of the teaching process and the scientific and technical aspects of the taught subjects.

The purpose of this is that the teaching method should be developed in such a way that the students can fully master the subject being taught.

In determining whether teaching methods meet the needs of students, the teacher must consider the following six main components of his program:

1. Planning
2. Opportunity and conditions
3. Styles
4. Activities
5. Feedback
6. Control

One way to determine your teaching style is to make a list of questions that relate to each of the six factors listed above. It is worth noting that ensuring the full fulfillment of the requirements of each component and following it increases the effectiveness of the chosen teaching method. Planning; teaching method includes the following, namely:

- analysis of qualifications and main goals;
- composition of the group;
- necessary qualifications;
- subjects to be studied;

- motivating factors for learning;
- types and possibilities of learning;
- educational material and its relevance to the times;

Methods and means of increasing the efficiency of using modern pedagogical technologies, incorporating teaching methods in physical education and sports classes. Today, physical education teachers, like all pedagogues, are required to use advanced pedagogical technologies, such as organizing lessons based on modern pedagogical requirements, an innovative approach to the lesson, training students to think independently during the lesson. When studying the issues related to the scientific pedagogical activity of physical education teachers, it is appropriate to analyze the content and essence of the concepts related to this phenomenon. In particular, we can see that the concept of "physical education" itself has several definitions. "Physical education is a pedagogical process aimed at improving the human body morphologically and functionally, forming and improving basic movement skills, skills, and related knowledge important for his life" [3]. Definitions such as "Physical education aimed at all-round training of the body, education aimed at strengthening health, physical exercises" are given.

We believe that physical education teachers should pay special attention to the following during their scientific pedagogical activities:

- having a perfect mastery of the system of knowledge on physical education;
- having the skills and qualifications to fully deliver physical exercises to students;
- knowledge of the basis of general methodological sciences, in particular, current issues of state policy, together with mastering one's own science;
- able to independently analyze the social problems and processes taking place around them from their own point of view;
- acquiring knowledge about the spiritual image of students during the educational process;
- the ability of students to apply modern pedagogical and psychological knowledge based on their age characteristics;
- able to independently acquire new knowledge, improve it and use it in their work on a scientific basis;
- being able to individually use regulatory legal documents in their scientific and pedagogical activities;
- compliance with the culture of the issue;
- able to analyze acquired knowledge based on a critical approach;
- able to clearly convey the acquired knowledge to the students;
- the formation of a sense of responsibility for one's profession;
- having acquired one of the foreign languages as a professional qualification or a means of exchange of scientific communication during the pedagogical activity;
- ability to effectively use modern information technologies;
- the ability to use modern pedagogical technologies in pedagogical activity, etc.

Also, physical education teachers must have a perfect knowledge of the terms of physical culture used in their pedagogical activities. Of course, the use of terms by the teacher in a comprehensible, clear and appropriate way has a direct impact on the quality of the student's physical training. In fact, we all use the terms of physical culture today in our daily life. We

can meet them and collide with them in almost all subjects in educational institutions. It should be noted that "today there are more than 15,000 concepts and terms specific to about 300 sports that exist worldwide."

It is necessary for physical education teachers to be able to speak deeply, effectively, logically and beautifully in the process of working with students in their pedagogical activities, and to be able to correctly use expressions of educational importance. It should not be forgotten that the speech of the teacher is a source of example for every student, even if he carelessly provokes his anger and violates discipline, not by rude treatment, insults, humiliation, touch on his personality, but should have the ability to get out of the situation with a positive approach. While the teacher conducts the lesson, his voice should be a tool to control the audience. When explaining physical education exercises, he should be able to raise and lower his voice in the appropriate place to indicate what the students should emphasize.

In the process of today's global changes, the need for an innovative approach in the continuous education system is increasing. In particular, it creates the need for an innovative approach to physical education based on modern pedagogical technologies. The innovative approach can be considered as a process of continuously organizing the educational process based on innovations with new ideas, technologies, modern interactive methods, and is formed and improved during the teacher's research. The application of the innovative approach of the future physical education teacher in the educational process will bring the content and essence of his pedagogical activity to a new perspective.

Interactive method - by increasing the activity between students and the teacher in the educational process, it serves to activate students' acquisition of knowledge and personal qualities in physical education and sports activities.

Interactive (interactive) is an English word, "interact" means "inter", mutual, "act" means to act.

In general, "interactive" means to interact. differences between non-traditional and interactive lessons

1. When teaching subjects in the curriculum, it is necessary to take into account which subjects it is appropriate to organize interactive lessons.

This involves the use of interactive or traditional types of training, which ensure the full achievement of the purpose of training on one subject.

2. In order for the interactive training to be effective, it is necessary to ensure that the students know the basic concepts and preliminary information on its topic before the new training.

3. It is necessary to take into account that more time is spent for independent work of students in interactive training than in traditional training.

Interactive educational method is implemented by each teacher at the level of available tools and capabilities.

can increase their knowledge and learning activity only if he knows the level of specific conditions of students .

For this purpose, the students should be able to prepare for the interactive training session, learn the topic, and be prepared for the training session, be able to hold discussions on the text read or listened to during the lesson, be creative, they need to be able to easily perform tasks of a practical nature.

The educational process is not only a process controlled by the teacher, it is also closely connected with the students' activities.

The learning process is activated as a result of the student's self-management. In physical education and sports lessons, the student can control his own behavior, identify and eliminate his mistakes, draw conclusions independently, participate in performing reproductive, partial research and creative tasks. , increases student activity and effectively affects its implementation.

The advantage of using interactive methods in theoretical and practical lessons of physical education and sports:

1. In-depth study of topics by students; 2. Easier control of students by the teacher. 3. Students get more information in a short time. 4. Maximum development of students' skills and abilities. In conclusion, it can be said that interactive education provides an opportunity to solve several problems at the same time.

The main of these is that students develop communication skills and abilities, help to establish emotional relationships among students, teach them to work as part of a team, listen to the opinions of their peers, and fulfill educational tasks. ensures fulfillment.

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