

THE USE OF INNOVATIVE IDEAS IN TEACHING PHYSICAL EDUCATION

Xurshidova Moxinabonu Jasur qizi

Teacher of physical education of specialized secondary school in Uzbek language and Literature named after Alisher Navoi City of Navoi region

The importance of the science of physical education in the maturation of physically strong, healthy, strong-willed and spiritually refreshed children is extremely great. Theoretical knowledge in the course process leads boys and girls to spiritual maturity, spiritually strengthens them, further increases their intelligence and ingenuity. In the process of education, students acquire knowledge about personal and nutritional hygiene, planning a daily routine, the importance of morning badantarbia exercises.

And physical exercises in practical classes will refresh the student, expand the possibilities of movement. Through running, jumping, throwing exercises, the child's physical qualities develop, the skill of the correct use of sports equipment is formed. The full manifestation of these aspects in the educational process hangs in the preparation of future winners of international prestigious sports competitions. So, for an interesting, meaningful Organization of physical education lessons, it is necessary that each teacher is more responsible, eager for innovation, has the skills to apply advanced techniques. This requires the thorough preparation of our educators for the new school year, mastering modern innovations and techniques.

The effectiveness of physical education classes in secondary schools is associated with the adequacy and quality of sports equipment. Therefore, in preparation for the next academic year, the subject teacher must first examine the completeness and suitability of the sports inventory at the school, take measures to ensure their supply with the administration of the educational institution. It is also associated with the correct Organization of the lesson — the main factor in achieving the intended goal in the subject of physical education. To do this, the teacher must pay attention to:

Preparatory part - (10-12 minutes) the process of sorting students, knowing their health. At this time, the information of the duty officer is listened to. Personal hygiene of students is checked. The new topic will be introduced to the rules of Technical Safety and will be followed by general developmental exercises — row, walking and running.

In the main part (20-25 minutes), developmental exercises of the sport on the subject in the plan are performed. At this time, students should not be distracted by other topics or games. The final part is the period of safekeeping in the process of completion of the lesson (3-5 minutes). At this time, the focus is on the fact that the pupils adjust the breath, concentrate. Against this background, if students who perform the exercises correctly are encouraged, the disadvantages of children whose activity is not felt in the lesson will be indicated. Then the house is given a task.

Since physical education classes consist mainly of practical classes, it is recommended to widely use innovative pedagogical technologies and techniques in teaching, such as “competition”, “instruction”, “game”. For example:

The "competition" method. In this method, students in the classroom are divided into teams, between which spartakiads (in the form of cheerful starts, action, national and sports games) are organized. This method increases students' enthusiasm to fight for victory by developing movement systems. Organized in the style of a competition, the training provides students with an interest in being advanced, showing the desire to complete exercises and assignments to anyone.

The “instructional” method is used in classes to teach a more complex sports element. In this, the teacher, with the help of a student (or independently), conveys the essence of the subject by indicating the element of the exercise.

Through the “game” method, direct participation of students in the implementation of the technical elements of action, national and sports games is ensured. The content, conditions and rules of the game are explained. This method has a number of advantages. Especially important is the involvement of Primary School students in training, interest in the lesson. When teaching students a complex exercise, the goal can be achieved by using this method.

The national games of our people, the popularization of games stored in certain regions, their promotion, application in training also enrich physical education lessons in content. In particular, “shot escape”, “hardened”, “horse - cart”, “horse game”, “Search Find”, “Janbil”, “Danak”, “nut game”, “Momo-momo”, “Rooster-Rooster”, “Becky stone”, “top fight”, “Shepherd horse”, “bald swallow”, “Golden Gate”, “Damnogich”, “hide skirmish”, “rider”, “Guard”, “Dahanaki fight”, “Sparrow fell on my head”, “the head of the song”, “skullcap teeth”, “enter the circle”, “wink”, “Chortak”, “rope Game”, “stone game” such games develop the agility, intelligence qualities of children.

Below we give an example of common national games.

Game "brick beat". More than 4 readers will take part in this. Under the brick in the game, the pupils put one of the jewelers belonging to them. Standing in front of the brick, they alternately throw the stone in their hands. Whoever has a stone reaching far, the same participant stands at the location of his stone and is the first to target the brick. The winner who knocks down the brick will have jewelers. This is how the game continues. The educational significance of the game is that such qualities are formed in students as compromise, respect for each other's decision, snobbery, clear purpose, generosity, agility.

Game "along the line". Draw a line like a dor on the ground. The participant stands on the line. His eyes are enriched. He should walk on the line in small steps. If the reader walks over the line without straying to the end, the winner in the game is considered.

The game forms in students the skills of concentration of attention in one place, not losing oneself in unexpected situations, being able to accurately pick up the target, catching body balance in rhythm, proportional movement.

The national games of our people, which teach children intelligence, agility, are bisyor. The pedagogical skills, professional qualifications of the teacher, as well as the awareness of how many people play are felt in a more intense course of training. Therefore, it is necessary to conduct research on folk games in preparation for the new school year.

At the August councils, it is necessary to discuss the problems and complex topics that were encountered in the last academic year regarding the teaching of physical education. In this process, promising proposals will be made by practicing teachers to fill gaps in teaching and knowledge — which will serve efficiency in the next academic year.

The following topics are recommended for discussion at the affiliated meetings of the conferences:

- 1) report on the work done in the previous academic year and tasks for the 2015-2016 academic year;
- 2) issues of applying new improved textbooks and teaching aids and recommendations to the educational process;
- 3) Improving the work of existing sports sections, implementing methods of their rational and effective use;
- 4) the question of the correct and effective use of sports equipment;
- 5) to prepare talented athletes-students for sports games” sprouts of Hope " and organize regional sports competitions, competitions in schools.

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