



ORGANIZATIONAL ISSUES OF TEACHING PHYSICAL EDUCATION ON THE BASIS OF AN INNOVATIVE APPROACH

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Abstract. The organization of physical education classes in educational institutions using innovative approaches ensures the stable development of schoolchildren in the formation of a spiritually rich, physically healthy, socially active personality. Innovation is an important element in the development of education and is expressed in various initiatives and trends in the collection and transformation of innovations in education, which together lead to changes in education to change its content and quality. Interest in applying modern pedagogical and information communication technologies, innovative technologies to educational processes is increasing every day. With this, we achieve an increase in students' 'hoax and interest in learning. Innovative approaches to teaching in modern interpretation are educational models aimed at maximizing creative abilities and creating a strong motivation for the self-development of an individual on the basis of a voluntarily selected "educational trajectory" (area of direction, level). Innovative methods ensure the acquisition of basic education with the development of individual abilities of each student.

Keywords: physical education, innovative approach, health, method, personality-oriented education, individual abilities, elements of separate training, material and technical base.

Introduction

The organization of physical education and sports in the educational system includes:

conducting compulsory physical education and sports training within the framework of basic education programs in volumes established by state educational standards, as well as additional (optional) physical and sports training within the framework of additional educational programs;

provision of sports equipment and equipment for the creation of conditions for the involvement of Educational people in physical education and sports activities, including the implementation of a set of activities for physical education and sports training of young people;

formation of physical education and sports skills taking into account individual abilities and state of Health in educators;

implementation of physical education activities during training sessions;

carrying out medical supervision over the organization of physical education of learners;

formation of a responsible attitude towards the health of their children and their physical education in parents or their replacement persons;

annual monitoring of physical fitness and physical development of children and young people [1].

Innovative initiatives arise in the search for more promising forms and means of pedagogical activity, testing new teaching methods. They are manifested in the process of exchange of experience, in the socio-pedagogical, psychological, projective and social-cultural actions of teachers.

The urgent need for innovative approaches in pedagogy is associated with a change in the paradigm of Social Development, the transition to an information society and, as a result, new high requirements for the intellectual parameters of the employee.

Methods and analysis

Innovative mechanisms for the development of education include:

creation of a creative environment in educational institutions, education of interest in initiative and innovation in the scientific and pedagogical community;

to create socio-cultural and material (economic) conditions for mastering and applying various innovations in practice;

search for educational systems and mechanisms to support them in every possible way;

the most promising innovations and effective projects are the integration of current educational systems and the transfer of accumulated innovations to the regime of continuous search and experimental educational systems.

Innovation in education is understood as the process of improving pedagogical technologies, methods and educational tools. Currently, innovative pedagogical activity is one of the important components of educational activities of any educational institution. Physical education classes are no exception. The ability to produce is becoming the main feature of the activities of the teacher and teacher today and means the transition to a higher level of Organization of the educational process.

The innovative activity of the teacher manifests itself as a force that drives the pedagogical community, provokes progress, stimulates creativity, guarantees the quality of the educational process. Therefore, it is necessary that each teacher is able to consistently apply the essence of innovations to his activities, fully understanding them. [8]

Today, the main principle of innovation in education should be the humanitarian nature of education, its orientation towards the higher professional, spiritual, value and general cultural development of the student's personality. In order to form the physical culture of the individual, the harmonious physical development and physical fitness of children, adolescents and young people, the traditional system of physical education in educational institutions assumes an increase in the volume of physical education and sports training of students.

The initial theoretical positions that ensure the dynamic development of educational and personal achievements of schoolchildren are the transfer of students from the passive executive position to the position of author, creator, master of their educational activities. It is necessary to develop the subjectivity of schoolchildren, to form personal qualities such as Independence, Initiative, changeable, creative activity.

The main factor in the formation of an individual's physical culture is a conscious attitude to his own health and physical fitness. By introducing a traditional "standard" physical education lesson, the problem of low physical activity cannot be solved.

In general, human health consists of 3 components:

Physical health or health of the body, which means that the human body has Reserve capabilities that ensure optimal adaptation to changes in the external and internal environment.

Psycho-emotional health is characterized by attention, memory, state of thinking, features of emotional and volitional qualities, self-control, the ability to control the internal psychological state.

Socio-moral health is manifested in the recognition of universal and domestic spiritual values, in respect of other points of view and the results of other people's labor, reflecting the system of motives of a person's values and actions in relations with the outside world.

According to all the possibilities of the educational process in modern conditions, it is required to develop personality, socialize and educate in it the abilities of independent, critical, creative thinking. The influence that is able to manifest these possibilities in itself is known as the influence that is directed to the individual [2].

To form, maintain and strengthen these components of holistic human health, it is planned to introduce health-saving technologies based on an individual-oriented approach to the activities of educational institutions, which should be understood as a system of measures for the protection and strengthening of human health. It is necessary to organize medical-psychological-pedagogical monitoring of the health of students.

In it, the following parameters are controlled:

features of physical health of the clock;

diagnosis of existing diseases in students;

analysis of missed school days due to illness;

diagnosis of vision disorders, chronic diseases, flat feet;

control of the condition of pupils taken into account in the dispensary;

educational process, educational and extracurricular Curriculum, Assessment of the regime for days, weeks;

mental health status through behavioral reactions and tension assessment;

studying the emotional state of the reader, his mood in relationships with peers and adults;

subjective assessment of the state of readers;

the dynamics of the agenda of the readers are controlled, etc.

It is also necessary to create a complex of measures to prevent overload of overwork and training, prevent the development of diseases, improve nutrition, aesthetics of the school environment, color therapy, the use of the healing properties of aromatherapy.

We need new approaches to the educational process – approaches that allow us to competently build the educational process and replenish the growing body's need for physical activity. The main task is to systematically involve each child in physical education and sports. Therefore, in order to increase the physical activity of students, a system of sports and entertainment activities, active physical education and recreation are needed.

To improve the quality of physical education classes, ensure that children meet the standards of daily physical activity, it is necessary to have equipment and inventory, a gym equipped with technical means, educational and visual aids, special rooms for therapeutic activities (special equipment, machine tools, small equipment), a stadium with a football field, a gym, an Athletics Center, Playgrounds, a tennis court and other material technical bases.

Of particular importance are theoretical classes for upperclassmen of a comprehensive school. Due to the physiological characteristics of this age, gender differences between boys and girls are more pronounced, which requires a differentiated approach to the choice of

means and methods of conducting classes, as well as additional knowledge in psychology, physiology and other disciplines.

In this case, the use of elements of separate training of physical education does not require additional funds. The academic load should be evenly distributed among the students of the class, taking into account their professional specialization in a particular sport. For example, girls are taught "gymnastics with acrobatic elements", "rhythmic gymnastics", sections for improving the technique of playing football, basketball for boys. With such an organization of classes, the interests of students of both sexes are taken into account: girls often want to form a beautiful figure, and guys strive to develop strength, speed and dexterity.

The technology of separate teaching in the educational process allows the physical education teacher to study theoretical material on the psychological-pedagogical and medico-biological foundations of physical education for students of different sections. At the same time, the technology of separate teaching allows, if necessary, to study theory with one group of students and learn practical skills with another group of students.

For students with both low and high performance in physical education, student-oriented and differentiated approaches are important. The low level of development of movement qualities is often one of the main reasons for the failure of students in physical education, and high-level students are not interested in classes intended for the average student [6].

The social and personal value of modern physical education is characterized as an important component of the general culture of mankind. A distinctive feature of the concept of modern physical education is the strengthening of the direction of education and training of an individual as a crucial condition for the success of the formation of his physical culture. However, educational tasks are not only important, but also the most difficult to implement in terms of technology.

Today, during the period of intensive school reform, characterized by changing the content of education, updating the forms and methods of organizing training, the need arose to revise the traditional means and methods of teaching physical education. One of the priorities for the modernization of general education is the introduction of innovative technologies in the teaching of physical education.

The modern system of mastering the values of physical education is based on innovative approaches, new pedagogical technologies and the integration of foreign experiences into the educational process. A philosophical and cultural approach to the organization of the educational process of physical education in a comprehensive school determines the need to form the physical culture of the student's personality.

The content of physical education includes three main areas: socio-psychological, intellectual and physical.

The essence of socio-psychological education is aimed at the formation of an active attitude to the development of the philosophy of life, beliefs, values of Physical Culture.

The content of intellectual education implies the formation of a complex of theoretical knowledge in a child, which covers other aspects closely related to socio-cultural, psychological-pedagogical, medical-biological and physical education knowledge.

Physical education involves solving the tasks of movement – the formation of physical qualities, skills and skills of movement management.

Conclusion



Thus, the use of innovative and personality-oriented educational technologies in physical education classes allows students to successfully adapt in the educational and social space, reveal their creative abilities, and the teacher to effectively prevent unusual behavior.

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