



CENTRAL ASIAN JOURNAL OF LITERATURE, PHILOSOPHY AND CULTURE

Volume: 02 Issue: 03 | March 2021

Improving the organization of physical education in schools

Kaljanov Rakhman Po`latovich

Master of Nukus State Pedagogical Institute,

raxmanqaljanov97@gmail.com

Received 22nd February 2020, Accepted 12th March 2021, Online 19th March 2021

Abstract: This article discusses how to improve the organization of physical education in schoolchildren and increase their interest in sports.

Key words National value, education, harmful alien ideas, ideological immunity, upbringing, spiritual-enlightenment upbringing, national-spiritual heritage, art, personality, historical behavior, heritage, training society.

At all stages of the implementation of the "National Program of Personnel Training" to revise the structure of the education system in accordance with the "Regulations on Education", to radically update, to make the mandatory minimum content of knowledge and students' knowledge, skills, spiritual and cultural consciousness, is planned to develop state educational standards that define the minimum requirements and implement them with new content.

Improving the organization of physical education in schools, in particular, fully guides the requirements of the state educational standard for teaching physical education. Article 7 of "The Regulation on Education" states that "State Education Standards define the basic requirements for the content and quality of secondary, secondary special, vocational and higher education. Compliance with state standards is mandatory for all educational institutions of the Republic of Uzbekistan."

Based on the main purpose of the ongoing reforms in the country, the state standards created for general education departments and developed on the basis of test results, in particular, create conditions for the development of physical education teachers in this area, education and upbringing of students. In addition, it improves their daily health. It also improves the orientation function of children in any sport. For example, schoolchildren have to choose the sports of their choice from athletics, basketball, volleyball, handball, football, tennis, gymnastics, national sports - wrestling, swimming, depending on their interests. In addition, physical education for children to engage in independent activities, the formation of posture, assignments on the part of the student of physical education, exercises for the development of physical qualities and comprehensive training through active play. In short, in improving the organization of physical education, new pedagogical technologies are fully used in the implementation of pedagogical work, mainly interactive methods in its implementation by creating innovations and changes in the behavior of the student with the teacher. Interactive methods are public opinion and are part of the content of education. However, the peculiarity of these methods is that they are carried out by the teacher and the students working together. Such pedagogical methods have distinct working methods and

peculiarities. It should be noted that each learning technology used to achieve the intended result of the flow can ensure the cooperation between the teacher and the student, and both can achieve a convincing result, if students can think freely during the flow, engage in community service, , if they can find a definite solution for themselves, if they can evaluate a group, for example, a group of months, and the teacher, in turn, can guarantee that they will be able to do so, then this is the basis of teaching.

Each lesson and subject has a unique technology of the subject, and the pedagogical technology of the course is an individual construction, which is a new pedagogical method, focused on one goal and to achieve the intended results, based on the needs of students.

It depends on the technology used by the teacher and the student to achieve the desired goal. In this case, the appropriate technology is selected depending on the level of knowledge of the student, group behavior and other conditions. For example, what teaching methods should be used in physical education classes to achieve the intended goal and also it depends on the teacher and the student. However, it is better to plan ahead before the teaching process. Here, the teacher must take into account the specifics of the lesson, the opportunity, the convenience of teaching. Only then our lesson can achieve the aimed goals. This is very important if the teacher can create a technological map of the lesson. The reason is that the technological map of the lesson is created for each topic, for each lesson, based on the ability and necessity of the student studying the subject.

The technological map or form of the lesson plan depends on the teacher's intended aim and their experience. Only then students will have a deeper understanding of their responsibilities. This, in turn, directs students to search for less on themselves.

So, we believe that the technologies that help to increase the effectiveness of teaching with the above-mentioned modern methods are nurture in these students a modern generation and a healthy generation that can think deeply through the development of deep, conscious, emotional.

References:

- National Program of Personnel Training. 1997
State National Program for the Development of School Education in 2004-2009. 2004