

## Conducting and Improving Pedagogical Practice in the Development of Physical Qualities

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**Annotation:** this article provides information on how much pedagogical practices are needed in the development, improvement and strengthening of physical education in the field of sports, how important theoretical knowledge is for physical practice, how important exercises are for physical education, the importance of body development exercises, measures to strengthen pedagogical practices for the development of physical qualities, and other important practices.

**Keywords:** physical education, physical education, pedagogy, skill, practice, physical quality, sports, training, knowledge, skills, skills, skills, physical training.

It is essential that everyone goes in for sports regularly to stay healthy. It is not for nothing that it is said that "Sport is a guarantee of Health." But it is impossible to engage in any sport in any case. Before starting to practice any type of sport, it is essential to do physical exercises that warm up the body. The exercise temper the body, prepares the body for the divided sport in which it wants to be practiced. Due to the performance of such physical exercises, the physical quality of the engaged should increase. And in order to gain physical quality, special preparations are needed. Physical education is not just about exercise. Pedagogical practice is considered very necessary to improve physical quality. Before performing the exercises, depilation is carried out by the trainer. It is impossible to switch directly to powerful meshes. Because suddenly the transition to such exercises causes the body to quickly become full. With such important issues, the coach will be introduced in the process of conducting pedagogical practices. That is why pedagogical practices are considered much more important to improve physical qualities before practicing physical education. Pedagogical practice increases, improves, strengthens physical quality. Provides instructions, guidance on the process of physical education. It is important how much cheerfulness and trigger a person feels in the process of playing sports. In order for the body not to be full, it is not enough just to engage in the exercises themselves in order to avoid exhaustion. Pedagogical skills must also exist. It is not carried out in the process of practices, through the granting of theoretical knowledge. The idea that Sport is only with exercise is completely wrong. For the improvement of sports, explanatory work is carried out by the coach, theoretical knowledge is also very important.

Decree of the president of the Republic of Uzbekistan Shavkat Mirziyoyev dated June 3, 2017 "on measures for the development of Physical Education and mass sports" PP - 3031 and dated March 5, 2018 "on measures to radically improve the structure of Public Administration in the field of physical education and sports" PF - 5368 has gained particular importance in the further development of the field of physical education. One of the main goals of these decisions and decrees is to further deepen theoretical and practical knowledge in the field of physical education, to further improve attention to pedagogical practice in improving physical quality, to correctly formulate concepts and terms related to skills and competencies related to physical education.

The adoption of the decision of the president of the Republic of Uzbekistan Shavkat Mirziyoyev dated January 24, 2020 No. 5924 "on measures to further improve and popularize Physical Culture

and sports in the Republic of Uzbekistan“ was one of the important decisions for the sports sphere. This decision also established the implementation of measures to strengthen the methodology for improving physical quality and the development of pedagogical practice. Thanks to this decision, work began to be carried out to establish various measures to improve physical quality. Experts also noted that the first place in such measures is pedagogical practice.

At a time when measures aimed at the development of sports are being implemented all over the world, Uzbekistan has not bypassed this issue either. Even when taken from the experience of the countries of the world, sports are in the highest places, and in the States, first of all, issues of improving physical quality stand out. As a result of various tests, it was decided that the most effective way to improve physical quality is pedagogical practice. From this it follows that in sports, coaches are entrusted with great hardship. Because how well a sports trainer Masters depends on the skill of the coach, pedagogical practice, explanatory work. The more excellent explanatory work, training is carried out in the process of pedagogical practice, the easier it is to firmly master some area of sports. Because the more knowledge and skills the trainer has in the sport he is doing, the easier it will be for him to learn the same sport firmly.

The purpose of pedagogical skill in improving physical quality in the process of physical education and sports training will be aimed at teaching the trainer's organism to the requirements for physical development and maintaining a healthy lifestyle. And for everyone, a healthy lifestyle and proper sports are considered essential. At the same time, pedagogical practice greatly helps to positively master the training of specialties in physical education and sports. At a time when the current processes of globalization are becoming more and more acute, the attention paid directly to physical education educators engaged in general and special physical training of young people is becoming more important today. One of the important tasks of pedagogues is to increase the level of special physical training of young people and improve their physical qualities. In pedagogical practice, special attention should be paid to:

- Perfect explanation of the system of knowledge regarding physical education;
- Formation of skills and abilities in the full-fledged performance of physical exercises;
- To reveal the maneuverable image of sports during practice;
- Assimilation and improvement of acquired knowledge;
- Critical approach to knowledge;
- Being able to correctly apply eglized knowledge to practice;
- Overcome a sense of responsibility in relation to one's own task.

Particular attention should be paid to such issues. Because these are also great tools in mastering sports perfectly. And the founder of this tool, of course, is a pedagogue. The teacher must be able to deliver the knowledge and skills in himself correctly and correctly. Only then will he be able to achieve the appearance of a number of skills in the trainer for improving physical quality. In improving physical quality, the educator should also pay special attention to the education of mental and aesthetic quality. In the course of pedagogical practice, the trainer develops skills of immersion, perseverance, discipline, a sense of Community, Friendship, and Cultural behavior. These skills greatly save the athlete in the process of training. The athlete must also have intelligence in combination with strength. In the case of increasing its mental potential, it is mainly seen in the process of pedagogical practice. During pedagogical practice, the facilitator shows his physical abilities. It is convenient for a pedagogue to follow both the teaching staff and precisely in the process of practice. During sports, the athlete's behavior etiquette is considered much more

important. Before performing sports exercises, it is necessary to have general and special training based on theoretical knowledge of sports. The physical skill of the trainer must be increased so that there is no difficulty in the training process. And the improvement of physical skills, together with the trainer himself, also depends on the pedagogical coach. Thus, theoretical education, pedagogical practice is the main factors for a solid mastery of the sports field. That is why special attention is paid to the place of pedagogical practice in improving physical qualities, and this thing is taken under control. Because sport is also the pride of yur. And athletes are a person who raises the name of the country to heights. And such individuals, of course, a powerful mahotar is required.

In conclusion, before practicing each sport, it is necessary to prepare for it. And the preparation should be special. And the perfect mastery of special training depends on the process of pedagogical practice. Pedagogical practice is the most important factor in improving physical quality, improving physical skills. For this reason, great attention is paid to pedagogy and pedagogical practices.

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