

Ways of Effectively Organizing Physical Education Lessons

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Abstract: this article provides information about the role of pedagogy in the proper organization of physical education classes in secondary schools.

Keywords: educational system, university, sprouts of hope, sport, physical exercise.

Effective use of the achievements of information and communication technologies in the process of organizing physical education classes in general education schools is one of the urgent issues of today. Today, in our country, which is taking rapid steps on the path of development, the fundamental reform and improvement of the education system, the introduction of advanced pedagogical and modern information and communication technologies, and the improvement of educational efficiency have been raised to the level of state policy. The showing of videos about the sports competitions "Umid Nihollari", "Barkamol Avlod", "Universiyada" in Uzbekistan serves to further increase the interest in sports among schoolchildren. One of the main principles of this policy is to ensure the continuity and consistency of education. This is one of the reasons why it is recognized as one of the main components of the national personnel training program. Means of physical education require interdependence with each other. Only then will they remain relevant. In the process of long-term physical education, physical exercises, healing forces of nature and hygienic factors are used as a means of physical education. Physical exercises are the main means of physical education, and historically, they are divided into groups in the form of athletics, gymnastics, sports and tourism, and are used as a means of the educational process. Physical exercise is understood as a different set of voluntary movement activities that meet the requirements of the laws of physical education and are performed consciously. Such movement activities have historically been systematized as light athletics, gymnastics, sports games, and tourism exercises. The results of physical education can be achieved by using all the means of the system. However, the importance of tools for each group is not the same: the greatest weight in solving the tasks of education and training falls on the share of physical exercises. This is due to a number of reasons:

- Physical exercise as a system of actions expresses a person's feelings and thoughts, his attitude to the surrounding reality.
- Physical exercise is one of the methods of transferring socio-historical experience in the field of physical education.
- Physical exercise affects not only the morpho-functional state of the body, but also the person performing it.
- Physical exercise can also satisfy a person's health needs. Healing forces of nature. A person interacts with the environment. influences and adapts to it.

That's when the commonality of the organism is manifested in the environment. Regular changes in solar radiation, water and air temperature, precipitation and air ionization and movement. atmospheric pressure. it causes important biochemical changes that bring the organism to physiological and mental reactions: it ensures the effectiveness of physical exercises and human capacity for work, health and work ability. In the process of physical education, it is necessary for the teacher to correctly convey to the students the ways of using the healing power of nature. The effectiveness of the physical education lesson is often related to the viability of the teacher's plan, effective use of sports equipment, technical equipment, sports facilities, taking into account the temperature, climate, readiness of students, their age, and individual characteristics. . How to give students knowledge, skills and competences, that is, to teach different activities. This is one of the most important tasks of a teacher. There are many different teaching methods, and choosing the right one and using it effectively depends on the teacher's pedagogical skills. Therefore, the effectiveness of teaching depends on the ability of the teacher to choose and use the right methods. Therefore, proving the effective methods of organizing and conducting physical education classes on the basis of scientific development and scientific research is one of the urgent problems.

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