

## The Importance of Educational Styles in Organizing Physical Education Lessons

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**Abstract:** The article emphasizes the importance of teaching methods in organizing physical education classes in secondary schools.

**Keywords:** physical education, physical exercises, school, student, physical education.

The correct use of physical exercises in physical education classes has a positive effect on the physical development and readiness of students, and compensates their need for movement to a certain extent. High physical fitness of students helps to master the materials of the physical education program and strengthen their health. One of the main ways of improving physical fitness in children's physical education classes in general education schools is the use of exercises and dynamic games that are adapted to the age, development and gender of students. Children and adolescents have limited movement activity. When children come from kindergarten to school, their movement activity decreases by 50 percent. Various diseases can occur due to low mobility. The role of action games in increasing movement activity is incomparable. Action games are widely used in primary school physical education classes and extracurricular activities. Physical education classes often consist of various games. With the help of these action games, physical education activities are conducted in a fun way and develop various skills in students. The physical education lesson at school is considered as the main pedagogical category system. They are analyzed separately for ease of teaching, analysis, writing. One of the main tasks of the teacher is to organize the educational work of the students. The concept of "organization of educational work" includes three specific activities of the teacher in the course of the physical education lesson: 1) management; 2) placement; 3) consists of solving the tasks set in a certain order. In the existing literature, there are "conducting a lesson", "methods of organizing students' activities" and others, including "frontal", "group" and "individual" methods. The procedure for placing students and doing work is used as in the lesson. Placement of students in the lesson should be different from the order of performance of assigned tasks. Setting a large number of tasks makes it difficult to use terms related to specific pedagogical concepts and mutual understanding between the teacher and methodologists. Physical education is primarily about being able to manage students, doing things as a team or individually. Its main methods are: command, task, show, count, while viewing, voice conditionals. The order is known for its brevity, accuracy, and demand. Command terms are used from lower classes and become more complicated in higher classes. In lower classes, commands are required to be given with a slight delay. Commands are used to perform certain educational tasks. Therefore, the execution of this or that order is analyzed. In the lesson, light and sound conditional sounds and symbols are used to guide students. These conditional symbols or sounds

are agreed in advance. For example, a full lesson can be conducted with clapping, svstok gesture. It is appropriate to use sound signals to regulate the movement activity of lower grade students and to set the standard. Using pre-agreed cues gives the teacher pleasure. There are many ways to manage student activities in the classroom. In this case, it is necessary to take into account the age of the participants, the place of the lesson, the conditions, and how the students mastered the assigned tasks.

Placement of students in the lesson is the main method of educational work. Consists of three methods: 1) without dividing the pupils, a single placement, frontal; 2) by departments, links, by command, by group; 3) placing each student individually. Each method contains many options. For example, in a gymnastics lesson, all students can be placed in a row, column, sherenga, circle can be individually grouped, in front of the indicated place or projectiles. The use of one or another method depends on a large number of factors, the age of the students, the readiness of the class, the type and type of the lesson, the place of the training, the availability of the necessary equipment, the number of assistants. However, the determining factors are the program's learning materials. Various methods of placement of students are used in order to improve the exercises and determine mastery. For example, dividing students into large groups or sending them into groups, placing them, increases the amount of physical load they receive. "Circular method of training", "circular method of performing exercises", these methods can be recognized as correct, however. "form" should not be confused with method. As we know, "Circular training" includes certain tasks, tools and resources, methods. It is known by itself that physical exercises are the form of training, the main distinctive component of which is "circular training" - the placement method, the order of performing exercises, that is, if "circular training" is considered a method, then the class can be called a method, not a form. Defining the main pedagogical categories can be called mutual understanding between the teacher and the methodologist. In educational institutions, physical training events are organized with the purpose of improving the health and physical development of students, preparing them for life activities. The main task of physical training events is to teach physical movements and form the techniques and tactics of sports activities. Physical education activities are held in students' physical education classes and extracurricular activities. Physical education classes are aimed at training students in physical activities, forming physical activity skills and abilities. Also, technical and tactical training skills and abilities for sports in accordance with the school program are formed in the course of physical education classes. The age, gender and physical fitness levels of students are taken into account when organizing physical education events. In physical education and sports, teachers and coaches should fully engage all students in physical activity. Modern methods and principles of physical education are widely used in training processes. Among the educational methods, oral, practical, demonstrative, game and competition methods take the main place in physical education. Verbal explanation of physical exercises and movements, conversation, questionnaire, question-and-answer, feedback methods are used in physical education. Also, physical education teachers and sports coaches develop the ability to give orders in themselves and in the students. Physical education teachers demonstrate physical exercises and physical movements to students in a practical way. Pupils repeat physical movements. In the process of practical performance, students develop physical skills and abilities.

Teachers give methodical recommendations and instructions to eliminate errors and shortcomings in the performance of exercises and actions. Videos and films on the formation of techniques and tactics of physical movements and sports movements are shown, presentations are organized. Posters, billboards, posters and demonstrations are prepared. In such training processes, athletes will receive methodological recommendations and instructions for technical and tactical training, development of physical qualities. The game style is widely used in the organization of physical education activities of elementary school students. Nevertheless, the game can be widely used by

students of all ages. Games greatly help students' physical development, health and formation of physical and vital movement skills and abilities. During the games, children are interesting because they behave freely, are inventive, try to perform new actions, and become independent. In games, physical loads affect without moderation. Pupils are active during the games according to their physical fitness and physical abilities. Games can be widely used in general and special training of athletes. The competition style organizes competitions in the physical education processes of students. The improvement of technical and tactical skills and physical qualities in sports is demonstrated during competition processes. General and special training of athletes is evaluated. The level of mental, moral, spiritual and will readiness of students is taken into account in the evaluation of general training. In the assessment of special training, students' skills and abilities to master the techniques and tactics of sports activities are taken into account. Also, the degree of development of their physical qualities, strength, endurance, quickness, agility and flexibility is determined. Competitions can be in the form of sports competitions, evaluation of general physical fitness, and competitions for performing tests. Sports competitions are also organized in the form of public sports holidays. Educational methods and educational principles in physical education are considered to be of great importance in popularizing physical education and sports activities among students. The decisive third stage of the lesson system is to determine the activities of the pedagogue, used in the course of the lesson, and the interaction of the participants in solving each pedagogical task. This includes the organization of groups, assigning tasks to them, the procedure for changing the place of training, setting up shells, distributing and collecting equipment, and actions used in existing lessons. Thus, each lesson consists of a unity of substantive, methodical and organizational elements. Violation of this unity, failure to understand or recognize the importance of the mentioned elements leads to a rapid decrease in the effectiveness of the lesson, puts into doubt the possibility of solving the set tasks.

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