

Method of Organizing Student Activity in Physical Education Lessons at School

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Abstract: Proper organization of physical education classes and research-based evidence of the development of students' physical qualities is one of the most pressing issues. The research-based study of the development of strength skills of schoolchildren using the method of rotational exercise and its introduction has a positive impact on the effective development of physical abilities of schoolchildren.

Keywords: Physical education lesson, school students, exercise, rotation exercise methodology.

In our country, the stage of revealing the potential possibilities of the education process based on the implementation of the modern education system continues. At the same time, pedagogues are trying to increase the effectiveness and quality of education by introducing innovative technologies into the educational process.

In our republic, we are experiencing a period of complete renewal in the field of education, a literal transition to a new process and adaptation to it. The Law of the Republic of Uzbekistan "On Education" (September 23, 2020), the Decree of the President of the Republic of Uzbekistan dated November 6, 2020 "Additional measures to further improve the education system" Resolution No. PQ-4884 on the possibility of implementing improved state education standards, curricula, state requirements, new textbooks in modern classrooms and educational institutions fully equipped to meet the requirements of the times opened wide].

Raising the quality of educating young people and providing them with modern knowledge and forming a well-rounded person for our society is one of the main goals of the education system. All actions carried out in the process of continuous education are important in the realization of this goal.

The study of the problem of researching the ways and conditions of the organization of physical education classes for students can be the basis for deeper penetration into the problem of national education and clarification of this problem from a scientific and practical point of view. Proper organization of physical education classes and proving the development of physical qualities of students on the basis of research is one of the urgent issues.

Scientific research on the development of strength skills in physical education classes of schoolchildren is poorly covered, and attention is paid only to the work on the age, gender, and physical fitness of young athletes. There is not enough work on developing strength skills in physical education classes. It is important to improve the quality of physical education classes in educational institutions, organize extracurricular activities and increase their efficiency, develop and increase the popularity of sports, select and educate talented athletes.

In physical education classes of general education schools, it is to develop students' strength skills using the rotational exercise method.

1. Studying and analyzing the level of physical fitness of students in physical education classes at school.

2. In the course of physical education classes, developing students' strength skills through complex exercises using the rotational exercise methodology.

Theoretical analysis of special scientific and methodical literature, questionnaire survey, pedagogical observations, pedagogical experience, mathematical statistics methods were used.

According to F.A. Kerimov, M.N. Umarov (2005), changes caused by loads in sports occur in the human skeleton, muscles, internal organs and general morphological status. Therefore, it is important to study and take into account the morphological features of the participants, as well as their dynamics under the influence of directed training loads.

Improving the quality of physical education. The "Physical Education" school course is aimed at maintaining and strengthening the health of the school's students, developing their basic physical qualities, forming skills and abilities necessary for life, forming the desires and needs for physical self-improvement, and is positive in the field of physical culture. It is the main link in the activity of growing interests.

All forms and types of classes should provide 8-10 hours of activity per week for elementary school students and 10-12 hours for 5-11 grade students.

According to A. Abdullaev, Sh. Khonkeldiev (2005), the specified volume is sufficiently necessary and minimally mandatory for the indicated groups of students. A special (individual-differential) regime is established for students who are unhealthy, have a low level of physical development and preparation.

Researchers who study the problem of physical education of young students say that physical education should occupy a proper place in their education and professional training [5]. In children's sports, both of the above-mentioned signs are expressed in such a way that the sports activities of students are considered extracurricular and are partially included in the curricula and programs of general education schools as a subject, and are of special importance in the form of extracurricular activities and activities in extracurricular institutions. , will be launched with attention on a voluntary basis.

The process of physical education in school-age children requires pedagogues to know what the basis of physical education is, its content, organization, and methods of teaching children to move. The purpose of the physical education process in school-aged children is to gradually reach their physical maturity and prepare them for life, creative work and defense of the country.

School age is the most suitable age for teaching movement. In these same years, children have high flexibility, strong and fast nervous excitation, and accordingly, they are distinguished by the easy formation of conditional reflexes of movements. At the age of 14-15, the development of movement analyzers reaches the norm. By the time of graduation, students will have different levels of movement skills. In turn, they can use physical exercises to strengthen their health and physical fitness in work and social life.

Conducting the lesson at a high level, ensuring the students' activity during the lesson, achieving their conscious approach to the tasks, instructions and exercises, instilling love and respect for the physical education lesson is not only the teacher's professional skills and high-quality development. directly depends on the lesson report, but also on his personality and human qualities.

10% of the total time is devoted to special physical training, which is mainly related to maintaining general fitness and achieving special fitness and work capacity growth. In this case, the main attention should be paid to the tools that help to quickly and completely restore working ability. In the development of physical qualities, the main attention should be directed to the development of

the qualities of quickness, quick-strength and special endurance (especially in jumping and shock movements).

With the help of teaching methods, the tasks of acquiring knowledge, skills and abilities, development of movement abilities, voluntary and moral qualities are carried out. The coach teaches, explains and demonstrates this or that activity during training, and the participants take over it. Pedagogical task, content of material and students' readiness should be taken into consideration when choosing teaching methods in classes. In the course of physical education lessons and sports training, there are mainly three teaching methods: verbal method, demonstrative method and practical method. Verbal and demonstrative methods create a basis for the practical application of direct actions, that is, for performing exercises. All methods are used comprehensively in relation to each other.

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