

## Technology of Harmonization of Educational Competences of Students in Universal Schools (Example of Physical Education)

**Buvorayeva Gulruh Shoikrom qizi**

Teacher of the "Theory of Physical Culture" department of Chirchik State Pedagogical University

**Ismailova Xilola**

21/1 A student of the Ministry of Foreign Affairs, majoring in physical culture

**Abstract:** This article highlights brief information about the technology of harmonization of educational competencies of students in general education schools (on the example of physical education).

**Keywords:** school, quality, knowledge, education, youth, technology, competence, pedagogue, system.

### INTRODUCTION

In our country, the stage of revealing the potential possibilities of the process of imparting knowledge, 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.

Educating young people and improving the quality of 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 the activities carried out in the process of continuous education are important for 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 going deeper into the problem of national education and clarifying 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 abilities in physical education classes of schoolchildren is poorly covered, and attention is focused only on the age, gender, and physical fitness of young athletes. There is not enough work on the development of 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 train talented athletes. 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 motion analyzers reaches the norm. By the time of graduation, students will have different levels of movement skills. This, in turn, allows them to use physical exercises in work and social life, in marriage, to strengthen their health, and to increase their physical fitness.

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 professional skills of the teacher and a high-quality lesson plan. - directly depends on his name, 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 fully 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 impact 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 it over. When choosing teaching methods in classes, it is necessary to take into account the pedagogical task, the content of the material and the readiness of students. In the course of physical education classes and sports training, there are mainly three teaching methods: verbal method, demonstration method and practical method. Verbal and demonstrative methods create a basis for the practical application of direct actions, i.e. exercises. All methods are used complexly in relation to each other.

In the works dedicated to the research of the teacher's professional training ability, it is distinguished by the following types: - special training ability - mastering the professional activity at a sufficiently high level, the ability to plan one's future professional development; - ability of social training - mastery of joint professional activity, cooperation, as well as the methods of professional communication adopted in this book, social responsibility for the results of one's professional profession. The future teacher's professional competence is formed on the basis of willpower qualities, intellectual potential, emotional qualities, practical skills, interdependence of self-management abilities and individual qualities reflecting the level of socio-cultural activity of the person. .

Pedagogical competences reflect the combined set of motivation for independent movement based on knowledge, skills and acquired values. Competent personnel can perform professional tasks effectively and qualitatively. Modern competence includes not only skills, knowledge and skills, but also values and moral qualities. Each educator has a different personality, temperament, and parenting style. However, the approach to the child, his education and development should be the same for all educators. That is why the professional standard set the same requirements for all educators. Practice shows that it is difficult to imagine a modern kindergarten without new information technologies. Possession of ICT helps to increase the efficiency of the educational process, to improve the professional qualifications of educators.

There are various forms and methods of developing the qualifications of educators, and they can be implemented step by step. Among the many forms and methods aimed at developing competence in working with educators, the following can be distinguished:

1. Seminar - creative classes aimed at developing creative thinking and creating innovative projects.

2. Modeling games. Business and role-playing games include modeling of the real process, during which optimal professional decisions are made based on the analysis of artificially created pedagogical situations.

3. Collective problem solving, group discussion or brainstorming; training in small groups to improve professional skills; scientific and practical conferences dedicated to the methods of self-education, the results of the innovative activity of the preschool educational institution.

4. Pedagogical loop - directs educators to study the latest research in the field of psychology and pedagogy, methodical literature, helps to identify different approaches to solving pedagogical problems, improves the skills of logical thinking and argumentation of their positions, statements teaches conciseness, accuracy, correctness. This form provides criteria for evaluating participants' responses, speeches, and actions:

- general knowledge;
- professional knowledge, abilities, skills;
- ability to get out of a difficult situation, quickness.

Summarizing the definitions and descriptions given to the concept of professional competence of a teacher, it can be interpreted as follows: Professional competence of a teacher is one of the important aspects of professional competence in the activity of a pedagogue, and the pedagogue is only responsible for all activities related to the implementation of professional and professional activities. expresses needs, abilities, skills, knowledge and interests.

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