



THE IMPORTANCE OF THE ORGANIZATION OF PHYSICAL CULTURAL ACTIVITIES BASED ON ADVANCED PEDAGOGICAL TECHNOLOGIES

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ABSTRACT

In our country, consistent measures are being taken to develop physical culture and sports, create the necessary conditions and infrastructure to promote a healthy lifestyle, especially among young people, to ensure the country's worthy participation in international sports arenas. It should be noted that the strategy of scientific and pedagogical innovative education in the field of physical culture and sports is based on solving interrelated issues.

KEYWORDS:- Innovation, pedagogy, physical education, pedagogical skill, pedagogical efficiency, physical education.

INTRODUCTION

Human life and health are the greatest social wealth. This raises the question of forming a healthy lifestyle for the family, school, places of upbringing and human development. The health of a nation is also naturally addressed through a healthy lifestyle.

The way of life itself means that a person acquires the living conditions necessary for survival. Depending on the method of acquisition, it can be divided into a healthy lifestyle and an unhealthy lifestyle, as well as the formation of the formation of a healthy lifestyle, its relationship with other disciplines, the coordination of its goals and objectives.

Processes of profound changes, consistent reform and liberalization of all aspects of political and socio-economic life, democratic renewal and modernization of our society are

rapidly developing in our country. At the same time, the enormous tasks set and consistently carried out on the way to building a strong civil society create a solid foundation.

METHODS

The socio-economic, spiritual and educational reforms carried out in the country are aimed at solving the issues provided for by the Strategy of Actions for the Development of the Republic of Uzbekistan. One of the important aspects of this is the training of highly qualified personnel with high moral and ethical potential.

For this, it is necessary to organize the educational process of educational institutions that train highly qualified specialists in accordance with the requirements of the time, to increase the effectiveness of educational work, to organize its directions on the basis of advanced pedagogical technologies. As the President of the



Republic Sh.M. Mirziyoyev noted: "Today, when we think about the rapidly changing life, the solution of complex and important issues facing us, the solution is through education, modern knowledge of youth, high spirituality. and we are once again convinced that this is connected with the formation on the basis of enlightenment" [1, 448].

Physical education is an integral part of the national culture of the peoples of the Republic of Uzbekistan, an important tool for physical and spiritual development. Only when physical education is based on a clear system can a predetermined result be achieved. The system of physical education is understood as the community of principles, means, methods and forms of its organization of physical education in such a way that it corresponds to the goals and objectives of the all-round harmonious development of a member of society. Consequently, since the decision of the basis of all reforms depends on education, it is necessary to organize it on the basis of modern pedagogical technologies. Indeed, advanced pedagogical technologies have entered the life of education since the second half of the twentieth century as a socio-historical necessity and a spiritual-pedagogical phenomenon and have served to increase the effectiveness of teaching and learning as a pedagogical mechanism introducing young people to the problems of science.

In the process of physical education, as in other areas of education, purposeful activity does not always correspond to the planned result. In physical education, training results require consideration of how planned exercise for a young athlete or physical fitness affects his body, does not live up to expectations. This interferes with comprehensive harmonious development and undermines athletic performance. Therefore, before the teacher and the coach, the need to be able to see far away, to make predictions will be cross-cutting. The solution to this problem

should be carried out in the system of training educated, knowledgeable and loving professionals. Accordingly, they should be able to positively solve goals and objectives, and they should consider it their main duty from childhood to raise a physically healthy and spiritually healthy child.

RESULTS AND DISCUSSIONS

In modern teacher education, professional culture is seen as a value.

There:

considering the conceptual and educational directions, goals and objectives of the national training program;

creation of new programs, textbooks, teaching aids, updating, revision, modernization of recommendations;

the scientific and pedagogical system is focused on the formation of a scientifically grounded systemic pedagogical culture.

The government policy in the field of education establishes the priority of modern education, which is to improve the training of future teachers in the context of a modern humanitarian concept. First of all, the work on the formation of pedagogical culture among future teachers, in particular, the culture of pedagogical communication, should be improved. In this regard, in the educational process, special attention is paid to the personality of the future specialist, his professional and personal training, especially intellectual and creative, activity-practical and socio-communicative, the priority of his professional culture - pedagogical dialogue. In the face of higher pedagogical education, the most important task should be to prepare future teachers for future pedagogical activities through the formation of a culture of communication. "Any pedagogically correct activity affects the



mental and volitional development of a person. This means that as the child grows up, his activity changes in form and content" [2, 35].

"Physical culture is a set of achievements in the creation and rational use of special means, methods, conditions for the purposeful implementation of the physical development of members of society"[3, 67], physical education classes in an organized pedagogical process in physical education institutions based on traditional and non-traditional forms of education. Because training is organized according to certain laws, based on the requirements and needs of the time.

These laws are described in the theory of pedagogy as follows:

- a) the law of determination of learning by social need;
- b) the pedagogical state in which learning takes place - the law of dependence on conditions;
- c) the law of interdependence of educational, upbringing and developmental processes that make up a single pedagogical learning process;
- d) the legality of teaching in a single pedagogical process with general and professional orientation of students;
- e) the legitimacy of the need to implement the content, forms, methods, means of general and interdisciplinary disciplines in an integrated pedagogical process.

Since physical education classes consist of theoretical and practical parts, they are conducted in the form of lectures, seminars, trainings, additional classes, and so on. This is carried out in the form of monologue speech, dialogical speech, planned conversation, exchange of ideas in a monologue, discussion, question-answer, role-playing games, physical training.

Using this technology, classes are organized on the basis of advanced pedagogical technologies in the form of competitions, problem modules, integrated collaborative learning, computer learning, differentiated and active learning, called non-traditional forms of education. Classes based on advanced pedagogical technologies are mainly aimed at increasing student activity, in which almost all students participate as subjects of learning. In such classes, methods such as "brainstorming", "quick storming of thoughts", "cluster", "syncwine", "happy event", "creative report", "decision tree" are used, which will serve to increase student activity and develop them creative and independent thinking. Proceeding from this, the use of advanced pedagogical technologies in the process of physical education includes didactic systems, such as a clear definition of learning goals based on the content of training, guaranteeing results, building the educational process based on guaranteed results. Another feature of the use of pedagogical technology in physical education is that it stimulates and develops students' interest in physical culture and sports competitions on the basis of strengthening and strengthening exercises, physical fitness exercises, general motor-forming exercises that express goals. physical culture.

CONCLUSION

In conclusion, we can say that the physical maturity and improvement of ourselves and our children in the way of life of our ancestors is at a high level in the education system. Eventually he rose to the level of values. From this it follows that with the timely observance of the above requirements in the process of the pedagogical process, physical culture is formed, and at the same time the effectiveness of the process of physical education increases.



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