

ORGANIZATION OF PHYSICAL EDUCATION CLASSES IN SECONDARY SCHOOLS USING THEORETICAL AND PRACTICAL PEDAGOGICAL TECHNOLOGIES

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Annotation. *This thesis analyzes the theoretical and practical aspects of organizing physical education classes in secondary schools on the basis of modern pedagogical technologies. The lessons cover the effectiveness of interactive methods, information technology and the application of personality-oriented approaches.*

Keywords: *physical education, pedagogical technology, theoretical basis, practical methodology, interactive method, healthy lifestyle.*

Introduction. In the modern educational system, the importance of physical education classes is growing. Raising a healthy generation in the Republic of Uzbekistan is one of the priorities of state policy. Therefore, the use of advanced pedagogical technologies in conducting physical education training plays an important role in improving the effectiveness of Education.

Main part

1. Theoretical foundations

The theoretical basis of physical education lessons is the idea of a person's comprehensive maturation. The following principles are important in the application of pedagogical technologies:

- Personality-oriented education-taking into account the physical capabilities of each student;
- Activity-based approach-involving the student as an active participant;
- Motivation-the formation of a positive attitude towards a healthy lifestyle in students.

2. Applied pedagogical technologies

The following modern pedagogical technologies bear fruit in the organization of physical education classes:

- Interactive methods: developing student thinking through techniques such as “mental attack”, “controversy”, “cluster”, “working in pairs”;
- Information and communication technologies: video analysis, sports technique training simulator and mobile applications;
- Project-based learning: students develop independent thinking and analysis skills through the development of wellness projects;

-Game technologies: engaging students in active action through sports games, competitions, mini-tournaments.

3. Pedagogical efficiency

As a result of classes organized using modern pedagogical technologies:

- students experience increased physical activity and a healthy sense of competition;
- it becomes easier to form a collaborative environment between teacher and student;
- student motivation for the lesson increases;
- the educational impact of physical education classes increases.

Key elements include:

- Instructional design: Applying educational theories such as constructivism or blended learning to plan PE lessons that combine classroom instruction with physical practice.
- Information and communication technologies (ICT): Using videos, online fitness platforms, motion analysis software, and virtual simulations to demonstrate proper techniques and body mechanics.
- Health education integration: Including short theoretical modules on anatomy, nutrition, injury prevention, and the importance of an active lifestyle.
- Assessment technologies: Implementing digital portfolios, fitness-tracking apps, and self-assessment surveys to monitor student progress and encourage reflection.

These theoretical approaches help students understand why physical activity is important and how it affects their overall well-being, thus increasing motivation and engagement in practical sessions.

Conclusion. The organization of physical education classes in secondary schools with the help of theoretical and practical pedagogical technologies increases the physical fitness of students, directs them to a healthy lifestyle. The innovative approach, methodological skill and personal example of the teacher are the main bets on the effectiveness of the lesson.

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