

METHODS OF TEACHING AND EDUCATION USED IN PHYSICAL EDUCATION

Suyunov Mamatkarim Uralovich

Teacher, Department of Humanities and Social Sciences, Angren University

Annotation: *the article deals with physical education, specifically the teaching and nurturing techniques used in the teaching of science. Some considerations are presented regarding certain practical methods aimed at increasing the impact and effectiveness of physical education on health..*

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The new version of the Law "On Physical Education and Sports" was considered at the plenary session of the Senate in our country.

As noted, this Law clearly defines the main directions of state policy in the field of physical education and sports, as well as state support for the development of physical education and sports.

The Ministry of Sports, the National Olympic Committee, and the National Paralympic Committee are being included among the subjects of physical education and sports, and their additional powers are being defined.

The law consolidates norms on Paralympic, Surdlimpic, Special Olympic and Blind Sports, the legal status and procedure for the operation of sports federations, clubs and leagues, and the criteria for their inclusion and exclusion from the register.

The Law also defines the legal status, rights and obligations of a coach, sports referee and sports agent.

In addition, new norms are being introduced on the procedure for preventing and combating doping in sports, and on combating illegal influence on the results of sports competitions.

The law focuses on involving the population in mass sports and systematically holding mass sports events.

The law reinforces the fact that the state can take support measures for the athlete and the coach in the form of a one-time and monthly payment.

According to the senators, this Law will serve to further develop the sector and systematically organize relations in physical education and sports. In addition, this Law eliminates existing ambiguities and legal gaps in practice, clearly defining the responsibilities of ministries and departments, as well as local executive authorities in the field.

Physical education is considered one of the important components in the educational system, since it is of great importance in the upbringing of a healthy generation and in strengthening the physical and mental state of student youth. Physical Education shows its importance in the following aspects:

Healthy lifestyle: Regular physical activity is one of the key components of a healthy lifestyle, and this situation helps students develop healthy living habits in the future.

Improving physical condition: Physical education classes improve children's physical condition, and playing sports helps increase their strength, endurance, and coordination.

Reducing stress: Exercise is an effective tool in reducing stress and anxiety, which helps students focus during the learning process.

Social Skills: Community sports and group exercises play an important role in building collaboration and teamwork skills among students.

Self-control: Physical education classes teach not only physical skills, but also self-control and discipline.

Mental health: Regular physical activity, particularly sports, improves mental well-being and prevents conditions such as depression and anxiety.

Personal Safety: Physical education classes teach students how to protect themselves from dangers and personal safety rules.

Mental benefits: Physical activity, including sports, improves brain function and increases learning and retention.

Identifying and developing talented athletes: Talented students can demonstrate their abilities and have the opportunity to achieve high levels in the field of sports through physical education classes.

Ecological vision: During physical education classes, students have the opportunity to get to know and appreciate nature, and learn about environmental issues.

Physical education allows students to develop not only a healthy body, but also a strong spirit. This provides a complete and holistic approach to the education system.

Various methods are used to effectively conduct physical education classes. These techniques will help strengthen the skills and knowledge that students need to acquire, as well as make decisions about their healthy lifestyle. The following methods are effective in teaching physical education:

1. **Game-based teaching:** Conducting lessons through games makes students more interested in the lesson and encourages active participation.

2. **Practical exercises:** To provide an opportunity to apply the theoretical knowledge learned through various physical activities in practice.

3. **Cooperative teaching methods:** Develop teamwork skills through group work and joint exercises or sports games.

4. Methodological training: Teaching specific techniques and techniques for each sport, performing sports rules and techniques beautifully and safely.

5. Systematic and step-by-step teaching: Gradually progressing from simple to complex exercises, gradually teaching students each exercise.

6. Visual Presentations: Using videos and images to demonstrate movements, sports elements, and exercises.

7. Rhythmic and Gymnastics: Performing gymnastic exercises accompanied by music, thereby improving students' sense of rhythm and ability to coordinate movements.

8. Personal Development Assessment: Assess each student's personal achievements, record their progress, and increase their sense of self-improvement.

9. Knowledge about a healthy lifestyle: Providing knowledge about the importance of physical exercise, food and nutrition, daily hygiene, and rest.

10. Use of technology: Using technology, such as fitness trackers and smartphone apps, to monitor the effectiveness of physical exercise.

These methods help students develop a healthy lifestyle, appreciate physical activity, and improve their physical and psychological well-being. Well-planned physical education classes have a positive impact on children's overall growth and development.

The importance of methods in physical education is as great as in other subjects. We will mention some methods and their effectiveness:

Word method:

The word method consists of the following:

a) Explanation - explaining the content of the lesson to be taught and the technique of the exercise to the participants.

b) Storytelling - the most commonly used method.

d) Instruction and command - to increase the attention and activity of students during the exercise.

e) Verbal assessment - to assess each child's actions.

f) Conversation - the relationship between the teacher and the student - questions and answers.

g) Giving oral reports and explaining to each other.

h) Self-command - thinking about the task on your own.

i) Independent thinking - thinking independently about the exercise or the task at hand.

The main characteristic of verbal methods is the influence of the second signal system.

Through words, we explain the essence and content of the exercise and analyze it. We evaluate the movement of those involved in the word [1].

Methods that ensure visibility:

The methods that ensure visibility are mainly divided into two groups:

1. Direct demonstration.
2. Showing the means.

When showing directly, we must take into account the following requirements.

- a) Showing the exercise as a whole or in parts.

For example: gymnastics, wrestling, throwing, striking, etc.

- b) Demonstration of the exercise in specially organized conditions.

For example: the use of mechanical simulators in gymnastics to perform rotational movements.

d) performing the exercise with the use of landmarks. For example: finding the end of the exercise in gymnastics.

To the exhibition

- a) display of posters, paintings, diagrams and other weapons.

- b) display of photos, films, film clips.

d) demonstration of exercise techniques on mannequins and models of the human body.

- e) demonstration of acoustics (sound).

- f) Displaying light signals "Neurochronometer".

Methods for organizing the activities of participants include the following.

1. Frontal method (all participants perform the exercise at the same time).
2. Grouping method (dividing the class into 3-4 groups).
3. Individual assignment method.
4. Rotation exercise method (1. 2. 3. group performs exercises in turn).

Method of preventing and correcting errors.

To prevent errors, you need to:

1. Method of showing correctly and clearly.
2. The method of explaining the exercise.
3. The method of selecting exercises based on the age and gender of the children.
4. The method of correctly explaining the purpose of the exercise to children.
5. Arousing children's interest in not making mistakes.
6. Perform the movement at a speed and technique that suits you.

To correct mistakes:

1. Perform the part where the mistake is occurring separately.
2. More specific training and approach exercises apply.
3. Doing the same exercise again.
4. Method of moral mental and aesthetic education.
5. Game method.
6. Competition method.

What are the structural foundations of the physical education method based on.

The basis of the physical education learning and training method is the alternation of load and rest. Performing any exercise has a load effect on our body. Therefore, in practice, the ability to correctly alternate rest with load is of great importance in achieving high results. Load is a factor that affects the human body during physical exercise and increases its functional capabilities. There are 2 types of load. External and internal load. External load - is expressed in the number and quality of the exercise performed. External load is measured in weight units (kg, tons), distance units (m, km, sec, min, hours), and the difficulty of the exercise and the number of repetitions.

Internal load is expressed by the body's response to the exercise being performed. These two loads are related to each other. For example: the more load the body receives, the more it responds with a corresponding response[1].

Methods of mental education

Discussions in physical education teach students to think clearly, develop general rules and truths, and form specific concepts in accordance with them and in the field of physical education.

The ability to discuss in physical education gradually increases.

By asking students to observe and compare independently during the initial stages of teaching movement skills, they develop the ability to discuss.

As the general development of the participants increases, their experience of movement and special knowledge increases, and they use analysis, generalization, critical evaluation, and other methods and methods of mental training.

Meditation and thinking techniques

It is in itself the action activity that fulfills the basis of the methods organizes thinking and reasoning. In the physical education system, independent thinking, imitation, and mental performance of the main phases of an exercise are of great importance.

Of course the independence of those involved their cognitive activity is mainly limited to listening to the teacher's comment.

Practitioners take the initiative on their own to a very limited extent, with very few independent meditations. Therefore, it is advisable to use a variety of exercises based on the independent and practical activities of the participants after verbal explanations in physical education classes.

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