

ORGANIZATION OF PHYSICAL EDUCATION CLASSES BASED ON PEDAGOGICAL METHODOLOGY

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Annotation: *This article presents information on the principle-principle in the theory and methodology of physical education of the laws of nature, which govern the process of physical education and Physical Culture, affect the human body, physical growth, organizing physical education lessons based on pedagogical methodology.*

Keywords: *younger generation, healthy lifestyle, physical culture, activity, mental state, pace of training, technical-tactical.*

Аннотация: *В данной статье представлена информация об организации уроков физического воспитания на основе педагогической методике, о закономерностях природы, управляющих процессом физического воспитания и физической культуры, влияющих на организм человека, на физический рост, принцип-принцип в теории и методике физического воспитания.*

Ключевые слова: подрастающее поколение, здоровый образ жизни, Физическая культура, активность, психическое состояние, темп обучения, технико-тактический.

It is considered an extremely important condition for the formation of the physical and spiritual health of the growing young generation in our country, the desire for a healthy lifestyle and the absorption of love for sports. The population is particularly concerned with the physical education of young people and mass sports, increasing their confidence in their will, strength and capabilities in young people through their participation in various sports competitions. Physical education and sports are important in the development of the growing younger generation in every possible way, mentally, morally and physically, and help in the formation of feelings of courage, patriotism, loyalty and honesty in them. The head of our state has put forward 5 important initiatives to establish work in the social, spiritual and educational spheres on the basis of a new system. In this, the second initiative is aimed at creating the necessary conditions for the physical conditioning of young people, their ability in the field of sports.

There are many benefits that can be obtained through physical education training, which helps young people grow up to be responsible adults who know the importance of a healthy lifestyle. The laws of nature that govern the process of physical education and Physical Culture, affect the human body, physical growth, have received the name principle-principle in the theory and methodology of physical education. Knowing the general principles of the development of the organism and their application in practice will bring the process of physical education of students to a more effective level.

In the literature on physical education and pedagogy, the principles are described differently, but the analysis of sources shows that one principle, defined by different names, indicates the following content:

- conscious, understood Organization of physical exercises for the comprehensive development of students in the process of physical education classes;
- using different forms of exhibitionism to better master the exercises you are teaching;
- to ensure the simplicity, intelligibility of specific goal-oriented and psychological weights that are offered to each student;

To strengthen the demand and provide the groundwork for further training as students involved strengthen what they have mastered in previous training sessions. Considering that in pedagogical science these principles are relevant in teaching, we call didactic principles. It is more legal to call principles methodical rather than didactic - methodological, since physical education, training in physical exercises and arming those involved with knowledge, covering the upbringing of physical qualities.

The basic methodological principles used in the formation of skills and competencies are the same and necessary for all, regardless of the age of the students. Knowledge conscious mastery of skills has the following characteristics: the purpose of education, the awareness of its need for life; conscious acquisition of factual materials and the ability to distinguish them among themselves; the perception of the processes of learning, strengthening, repeating knowledge; the ability to assess the results achieved by oneself on the subject of the theme. Activity, in turn, provides the basis for the upbringing of strength in children. These principles are complementary phenomena, the essence of which can be understood only when conceived as processes that are directed from the outside to the inside and from the inside to the outside. When activity is conceived as a process that is directed from the outside to the inside, then we realize the upbringing of strength in children in the form of personal quality.

Mental activity is aimed at the formation of mental tasks, processes, States and personal characteristics in athletes, which ensure the smoothness of the tasks

of training and training in competition. The concept of mental training includes two concepts: general mental training and preparation for certain competitions. In addition, he will improve special types of progressives, such as in the formation of the mental environment in the sports team and the team, in the education of volitional qualities, the development of processes of progressiveness, in particular, the hiss of the opponent. In addition to the spiritual state dictates, its honesty. the accumulation, distribution of develops its transition from one to another. It is necessary to organize the ways of forming skills and competencies in such a way that they are always in development. It should also be remembered that the teacher has only special good training in the course of the lesson or does not work only with backward students, of course. It is necessary that he work with all students in the class in reliable problems and with a complete understanding of each other. So, what characteristics of students should be taken into account for this, and what should be followed in accordance with these? Before all, it is necessary to distinguish between the child's attitude to reading and its outcome, and students who react negatively to reading and its outcome should be in the regular focus of the educator.

In conclusion, it is necessary to use different methods of methodological influence on them. To master and strengthen the training material, there is a huge difference in the need for exercises. The number and size of the necessary exercises in each student is different the pace of training of different individual practitioners. A highly qualified athlete must quickly find reasonable solutions and know how to apply the most effective technical and tactical actions for a particular competition situation.

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