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INNOVATIVE TECHNOLOGIES IN PHYSICAL EDUCATION CLASSES

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ABSTRACT

The article discusses the importance of using modern pedagogical technologies in physical education and sports lessons, some recommendations on the formation of worldview and thinking, the formation of physical, spiritual and moral qualities.

KEYWORDS: *Pedagogical Technology, Innovation, Interactive Methods, Communicative Method, Interactive Methods, Interactive Training, Cognitive Methods, Experimental Activities, Motives, Modeling, Etc.*

INTRODUCTION

Ensuring the prospects of the independent Republic of Uzbekistan at the level of world development depends on significant changes in the economic, social, political and cultural spheres. Participating in such changes requires people to have a high level of general and specialized knowledge, a high level of culture, spirituality and a broad outlook. Reconstruction of the education system on the basis of these requirements will serve to meet the needs of society in the field of education of future generations. Nowadays, teachers are highly qualified, pedagogical skills, high spiritual and moral qualities, deep knowledge of ideology, effective use of modern pedagogical technologies, interactive methods in educational work. High scientific, methodological knowledge and practical work of pedagogical staff as the main link of the huge creative work carried out to ensure the development of the younger generation in all respects mature, educated, highly spiritual, harmonious, patriotic individuals. implementation of measures to ensure that they have high skills in Today, there is a growing interest in the use of innovative technologies and interactive methods in the educational process. The use of such methods increases the effectiveness and efficiency of education, increases the motivation of students to learn.

Innovation is the creation of something new. This means that the use of a form of work aimed at increasing the effectiveness of the educational process on the basis of innovations, rather than on the basis of the same templates as in traditional education is an innovation. Relying on pedagogical technologies and striving for innovation in education, the use of various interactive methods aimed at activating students will help to effectively achieve the goals of education.

Communication techniques are widely used in this technology, and we will look at some of their key features.

It is a well-known fact that interactive methods are used in the current interactive training. In the future, it is desirable that these methods to some extent move to interactive technology. In our opinion, this is the difference between the concepts of this interactive method and technology.

Interactive teaching method is implemented by each teacher at the level of available tools and capabilities. In this case, each student learns at different levels, depending on their motives and intellectual level.

Interactive learning technology allows each teacher to conduct the learning process as intended for all students. In this case, each student will master the lesson at the intended level, with their own motives and intellectual level.

Based on the experience of some interactive sessions, we can identify some of the factors that affect the quality and effectiveness of these sessions. They can be conditionally called organizational pedagogical, scientific-methodical and factors related to the teacher, students, teaching aids. We need to keep in mind whether they are positive or negative in nature.

Organizational and pedagogical factors include: training of a group of trainers from teachers to conduct interactive lessons;

- Organization of interactive teaching of teachers;
- Creating the necessary conditions for interactive learning in the classroom;
- Ensuring a comfortable workplace for the speaker and participants;
- Prevention of violations of sanitary and hygienic norms;
- Ensuring compliance with safety regulations;
- Attendance and discipline;
- Organization of control, etc.

When designing a lesson plan, the teacher should clearly define the forms of their work and the scope of students' work in the process of acquiring skills. It is also important what teaching methods he uses. Focusing on more interactive methods when choosing a method will increase the effectiveness of teaching.

(The word interactive means interaction, that is, action.) Interactive methods are learning through interaction. There are 4 main types of interactive methods. These are:

- Cognitive methods;
- Games, experimental activities;

- Business games, modeling;
- Practical training, direct activity.

All interactive methods involve collaboration between teacher and student, active participation of the student in the educational process. For example, in the modeling section of a topic, the teacher may use the Brainstorming method before demonstrating the model to the students. That is, students are asked how they understand the problem and how they can master the skill, and their opinions are summarized. There is no criticism of students' opinions. In the practical management section, the teacher can use the Teach Your Companion method. This method allows students to critically monitor their activities and correct mistakes, allowing for optimal organization of the lesson. Here's how to use it:

The class is divided into first and second partner parts. Using the lesson transition model, the first partner teaches the second part and the second partner teaches the first part of the model. The teacher first explains and then shows the parts of the model to the students using teaching methods. Students repeat and follow what the teacher says and shows.

The teacher chooses 2 volunteers to supervise the class. The teacher will work with the partners to complete the model step by step. Helps them understand and learn what they don't understand.

The teacher tells the class to teach and complete the first part. It helps them control their work and overcome shortcomings. Only then will we move on to the next stage. The teacher's colleagues help the teacher to control the class. This method continues to work on other parts of the model. It teaches students to be demanding of each other and themselves, to correct mistakes in a timely manner, to critically evaluate the work.

The teacher can use a variety of interactive methods (Boomerang, Wheel, Mind Wheel, etc.) to test concepts. For example, "Charxpalak method" Students are divided into groups and given a task sheet.

After the students completed the assignment, their work was distributed to the other students in the group. Once they have made the appropriate changes, they are passed on to the other students, so that the work of each student passes into the hands of all the students in the group and eventually returns to them. Everyone can make changes from their own point of view. Then the teacher shows the correct answer. In this way, students have the opportunity to think creatively, express themselves freely and be aware of their shortcomings.

The Mind Wheel develops students' logical thinking skills, fluency, and the ability to respond quickly and accurately.

The game involves groups of two or three students. The first student says one of the terms related to the topic. The second student repeats the term the first student said and says the same term. The third student repeats the previous two terms and adds one term. It is the turn of the first student to repeat the previous three terms and add one more. Any student who gets lost or repeats the terms will be eliminated from the game. That way, the student body continues. It is important that the purpose of the game is clear and that the knowledge, skills, and abilities that students acquire are taken into account. For example: Name the sports:

Student 1: Football

Student 2: Football is volleyball

Student 3: Football - Volleyball - Boxing

Student 1:: football - volleyball - boxing-tennis

Student 2: Football - Volleyball - Boxing - Tennis - Karate

Student 3: football - volleyball - boxing - tennis - karate, etc.

If a student makes a mistake in saying the words over and over again, he / she will be eliminated from the game. The same game can be used to study "Sports" and other topics. This game is especially useful for summarizing and reviewing lessons.

It is important to develop students' motivation to study in physical education classes. Because the motive motivates students to the educational process, encourages them to actively participate in the lessons, to acquire knowledge. Interactive methods help to develop reading motivation.

Each lesson helps to develop students' physical qualities need they are inseparable in the process of their development. Student, hear at the same time mastering this exercise also develops. But keep in mind that this process should not be natural to cultivate any quality without exercises that do not apply to it not allowed. It's just a matter of constantly increasing the demand on the student, making him physically fit promotes the development of (9, 10, 11). But all you need is speed, strength, endurance, agility, flexibility is not enough.

In short, interactive methods increase the fun and impact of the lesson, making students active participants in the learning process.

The development of our independent state requires major reforms in the field of physical culture, as well as in all areas of education. The training of competitive personnel is a prerequisite for meeting the vital needs of society.

To meet the needs of society for highly qualified competitive personnel, it is necessary to constantly search, search and discover new effective methods of education from the primary school.

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