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**THE USE OF MODERN EDUCATIONAL TECHNOLOGIES IN THE  
 ORGANIZATION OF PHYSICAL EDUCATION IS A GUARANTEE TO  
 INCREASE THE EFFECTIVENESS OF EDUCATION**

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**ABSTRACT**

*During the writing of this article, I looked at a lot of physical activity, as well as the organization of physical education classes, the attitude to this science, their study, to get acquainted with its peculiarities. In this article, I have tried to shed light on what we need to focus on in order to develop physical education teachers through professional competencies. They are short and limited in size, rich in content, and written in prose.*

**KEYWORDS:** *In Physical Education, Sports, Muscle, Training, Success, Sports Facilities, Tourism, Games. Subject Matter, Physical, Standards, Accomplished, Educator, Experienced, Inclusive Teaching, Develop Skills.*

**INTRODUCTION**

It envisages the development of a system of targeted training that will meet the needs of society and the state in qualified and competitive personnel in our country. The education system should increase the opportunities, importance and prestige of knowledge in meeting the diverse educational needs of man and society, as well as focus on the general, cultural, professional and scientific training of specialists, ensuring the fundamentality of the knowledge they acquire. Education is considered a key factor of socio-economic development, a very important value and the main investment of society, its priority and driving force, it is able to think independently, creatively, acquire new knowledge, socio-professional activity. Higher education is not only a scientific institution in the formation of personality, but also a cultural, educational, scientific, methodological, spiritual and educational center of the country. During the years of independence, significant structural, organizational and substantive changes have taken place in the education system of Uzbekistan. Especially in the field of education, the introduction of

modern, innovative pedagogical technologies, increasing the effectiveness of teaching is a topical issue today.

Modern development of physical culture of youth based on national values requires a new approach to the promotion of physical culture, physical education, health, physical maturity, physical development, health promotion, healthy lifestyle. The task of physical education is to develop health, physical qualities, prepare the younger generation for mental and physical labor, and protect the Motherland. This idea has always been reflected in the spirituality of our ancestors. In particular, it is reflected in a number of epics, such as "Alpomish", "Gorogly". Man's physical maturity is glorified and valued in all aspects of historical development. The concept of physical culture is seen as part of folk culture. Physical culture is the accumulation of material and spiritual wealth accumulated in human society and used for human perfection.

Physical culture is a set of achievements in the creation and rational use of special tools, methods and conditions for the purposeful realization of the physical maturity of members of society.

Physical culture plays a role in the development of society:

1. Establishment of reasonable norms (norms) of human activity.
2. Provides services for the collection (informatization) of cultural information on physical education and its transmission from generation to generation.
3. Formation of interpersonal communication.
4. (Aesthetic) service of the person who meets the requirements of movement aesthetics.
5. (Biological) service related to meeting a person's natural need for constant movement and ensuring his physical condition to the extent necessary for daily life.

The starting point of physical culture is conditionally created through "preschool and school physical culture". By this we mean that physical culture is a compulsory subject in secondary schools and other pre-school educational institutions. This, in turn, lays the foundation for general physical education, the full development of physical abilities, the formation of a solid health base. This ensures that the foundation of the level of physical potential required for a comprehensively developed person is laid.

The physical culture of the school serves as the main basis for the formation of the ground for physical education in the student. Therefore, the organization of physical culture education on the basis of modern educational technologies plays an important role in increasing the effectiveness of education.

The introduction of educational technologies in the process of physical education involves not only the continuous improvement of pedagogical skills of teachers, preparation for the implementation of the educational process at a high theoretical and methodological level, the formation of skills to use advanced methods., shapes and tools. However, observations show that it is still difficult to understand the role of teachers in the formation of a single concept of 'pedagogical technology' and its place in the teaching system, the learning process and the integrity of each specific lesson.

It should be noted that in today's rapidly developing world, professors and teachers of educational institutions have great tasks. In this regard, on June 5, 2018, the President of the Republic of Uzbekistan Sh.M. Mirziyoyev's resolution "On additional measures to improve the quality of education in higher education institutions and ensure their active participation in the ongoing comprehensive reforms in the country" brought the education system to a new level.

Of course, this document is an important step in training. This was the basis for creating adequate conditions for the development of the higher education system. The introduction of innovative pedagogical and information technologies in the education system is one of the most pressing issues today. Therefore, it is important to introduce modern methods, tools and technologies of teaching physical education in the education system. The following are the teaching methods and technologies used in the education system.

Basic pedagogical methods and technologies

- 1 Traditional education (class-lesson form, monologue, one-sided scheme of communication).
- 2 Interactive methods.
- 3 Non-traditional methods.
- 4 Educational technologies.
- 5 Educational technologies in the field of education.
- 6 Pedagogical methods based on the ethical and personal direction of the pedagogical process.
- 7 Problem-based learning;
- 8 Pedagogical methods based on the effective management and organization of the educational process.
- 9 Didactic lessons and reconstruction of materials based on pedagogical methods.
- 10 Pedagogical methods in educational disciplines.
- 11 The author's pedagogical methods are "The best teacher of the year".
- 12 Alternative methods.
- 13 Nature-friendly methods.

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