

Innovative Pedagogical Technologies and Modern Educational Approaches in Physical Education Lessons

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Abstract:

This article discusses various modern educational and innovative technologies used in physical education classes, and discusses in detail their effectiveness, importance, and issues of ensuring the quality of education.

Keywords: modern education, pedagogical technologies, innovation, respiratory gymnastics, fitness, portfolio, information and communication technologies (ICT).

ENTRANCE

The knowledge of scientific schools, founded by great scientists who made a huge contribution to scientific progress and are famous throughout the world, is being defined in a modern form, promising directions are being determined and brought to the level of world standards. Increasing the level of general and professional knowledge of people, cultivating the literacy of youth based on new requirements, and introducing a continuous education system remain a continuous, urgent requirement of our time. Radical reform of the existing education system, raising it to the level of modern requirements, building a new system, raising a competent, capable generation for the future, and improving pedagogical methods have been identified as priority tasks today. These requirements require high knowledge from teachers and scientists, comprehensive and competent development of the individual. The humanization of teaching goals is the need to organize a new approach to science and its goals, teaching methods and content in higher educational institutions based on innovative technologies through modern innovative technologies. The above-mentioned problems are implemented at the level of requirements established in the educational standard,

based on the integrative process and one-sided systematic approach found in modern science, and the application of various pedagogical technologies emerging from the laws of interconnection of educational disciplines in the education system. Interactive processes must be used in the educational process, be it theoretical or practical, because the interconnection and complementarity of disciplines will always remain an important and urgent problem. "The educator must behave in such a way that his every action educates and he must always know what he wants and what he does not want. "If the educator doesn't know this, who can he educate?" says AS Makarenko.

The teacher's skill is the ability to organize an educational process that educates students at the required level of education, development and knowledge in any conditions. Every qualified teacher has innovative methods that he uses in the teaching process. The most important and central task of the teacher's activity is to effectively and qualitatively organize these methods in the educational process. As a rule, innovations are the result of attempts to solve a traditional problem in a new way, as a result of a long process of collecting and understanding facts, a new quality with an innovative meaning appears. Therefore, teachers often introduce non-traditional, original technologies into their practice. We will talk about them now.

LITERATURE ANALYSIS AND METHODOLOGY

Having achieved independence, Uzbek scientists began to establish economic, social, political and scientific-educational ties with foreign countries. As a result, advanced and effective technologies began to enter our country. Among them, the concept of progressive pedagogical technology in the world was briefly defined by one of the Russian scientists, VM Monakhov: "PT is a system of systematic actions that lead to previously planned results and are subject to implementation," and draws attention to its main features. "PT technologizes the educational process, increases its reproducibility and stability of the pedagogical process, freeing it from the subjective characteristics of the performer of this process," he says.

To compare these definitions with those given far abroad, we present the definition given by the Japanese pedagogical scientist T. Sakomoto. "PT," says Sakomoto, "is the introduction of a systematic and comprehensive way of thinking into pedagogy, in other words, the bringing of the pedagogical process into a certain whole."

In recent years, special attention has been paid to the educational significance of pedagogical technologies (LV Golish, N. Azizkhadjieva). Innovative methods are widely understood as a didactic condition that ensures not only the system of students' knowledge, but also the development of their cognitive abilities, activity, interests, and mental activity (VP Bepalko).

There is also a narrow methodological understanding of technologies as a means of ensuring the consistency of curricula and textbooks in various disciplines. At the same time, there is a strong tendency for pedagogical technologies to be separated into independent didactic principles (G.K.Selevko. N. Azizkhodjaeva.) .

As we have already noted, to date, an ideal system of innovative technologies has not been developed in educational organizations. At the same time, the need for this system is a necessity of the times, since innovative technology is a process that increases the efficiency of students' mastering knowledge, skills and qualifications on the basis of a certain system. It should be reflected in the tasks, content, methods, means, forms of organization and results of studying through innovative technologies. Improving theoretical and practical knowledge of students in studying physical education through innovative technologies is an important scientific and pedagogical problem. For this, it is necessary to use new teaching methods, including innovative technologies.

Restorative breathing technologies (AN Strelnikova's respiratory gymnastics):

Today, the number of schoolchildren suffering from various health problems has increased significantly. Many children lag behind in physical and mental development, often suffer from infectious and viral diseases, etc. They often get sick - they have difficulty in learning on time. One of the ways to prevent and strengthen children's health is breathing exercises for schoolchildren. A. N. Strelnikova Respiratory gymnastics is a system of exercises aimed at improving the body. For children, especially the youngest, special complexes of simple (and sometimes very interesting) exercises have been created on this basis. The purpose of conducting breathing exercises with schoolchildren is, first of all, to strengthen their health.

Respiratory gymnastics is of great importance because:

- Exercises for the respiratory system help saturate every cell of the child's body with oxygen;
- exercises teach children to control their breathing, which in turn forms the ability to control themselves;
- proper breathing improves the functioning of the child's brain, heart and nervous system, the respiratory and digestive systems of the body, and strengthens overall health;

Respiratory gymnastics is an excellent prevention of respiratory diseases.

Performing breathing exercises is useful, first of all, for schoolchildren who often suffer from colds, bronchitis and bronchial asthma. In children with respiratory diseases, breathing exercises significantly alleviate the disease, shorten its duration and reduce the likelihood of complications. In this case, breathing exercises play an additional role to traditional treatment (medication and physiotherapy). Properly selected respiratory gymnastics exercises help develop the child's still imperfect respiratory system and strengthen the protective forces of his body.

Fitness technologies (dance exercises and rhythmic):

Fitness technologies are, first of all, technologies that ensure the effectiveness of fitness classes. Competent and targeted introduction of fitness technologies into the system of continuous physical education, physical education for the improvement, development and upbringing of children and adolescents is currently one of the main and urgent tasks of modernizing curricula and programs. Bright moments in a physical education lesson are exercises to the elements of music, rhythm and dance.

During the training, accompanied by music, you can change the pace of the exercises and increase their intensity. Dance and rhythmic gymnastics, various types of aerobics, artistic elements are reflected in one or another direction of physical education classes: athletics, gymnastics, games, etc., which contribute to the diversity of the means used in the preparatory, main and final parts.

Also, fitness technologies are actively used in various types of physical education and health work. Practice shows that the introduction of fitness technologies into physical education lessons causes positive motivation to the lesson, great interest and a desire to engage in many of them. Thus, we can conclude that fitness technologies help change the negative attitude towards physical education lessons; contribute to the preservation and strengthening of students' health, are an effective means of increasing the level of physical activity.

Portfolio technology:

New approaches and new technologies are needed to assess the student's personal results. One of these technologies - Portfolio technology - is aimed at forming the experience of collecting, systematizing and presenting the results and achievements of students in the subject of "Physical Education".

Tasks:

- determine the dynamics of physical fitness indicators to create a state of success, increase self-esteem and confidence in one's own abilities;
- to reveal individual abilities, to develop cognitive interest in the subject of "physical education";
- Acquire self-esteem skills; strengthen relationships between family and student.

A portfolio is an indispensable document when working with students. A portfolio helps the teacher identify gifted students, classify the "growth" of their students, and for students, such a tool for assessing their success helps them improve themselves, motivate themselves, and classify their results.

Information and communication technologies:

The development of society today requires the use of new information and communication technologies in all aspects of life. Nowadays, a computer at home and at school is no longer a luxury, but a tool for work. Is the use of ICT in physical education classes mandatory? Is it appropriate? After all, physical education is, first of all, movement.

The teacher's task in the lesson is to choose teaching methods that allow each student to show his activity, creativity, activate the student's motor and cognitive activity. The use of new information technologies, Internet resources allows you to solve many problems and achieve maximum results in physical education lessons.

It allows solving problems of diagnosing the health and physical fitness level of participants.

Using presentations in class allows you to present theoretical material in a more detailed and demonstrative way, which makes the learning process most effective.

Also, with the help of a presentation, it is possible to explain the rules of sports games, tactical actions of players, present historical events, biographies of athletes in a colorful way. The presence of a visual range of information allows you to fix it in memory.

Creating flash presentations and videos with sets of general developmental exercises (GDEs) can be helpful for teachers. Such material can also be used by science teachers in morning classes.

One type of homework is to create presentations on topics such as "Healthy Lifestyle and Me", "Training Methods", "Harmful Habits", "Gymnastics", etc. Children can complete such tasks both independently and in groups, which allows them to move on to the implementation of projects. In the lesson, tests can also be conducted to check and consolidate students' knowledge. ICT can also be used in extracurricular activities: presentations of teams, design of competitions, descriptions of competitions, etc.

Conclusion

Methods and means of increasing the effectiveness of the use of modern innovative pedagogical technologies in physical education lessons, incorporating teaching methods. Nowadays, physical education teachers, like all educators, are required to use advanced pedagogical technologies, such as organizing lessons based on modern innovative pedagogical requirements, forming an innovative approach to the lesson, and teaching students to think independently during the lesson.

These modern innovative technologies serve to enhance the learning process of students in physical education and sports, enhance their knowledge acquisition, and develop their personal qualities by increasing the interaction between students and teachers in the educational process.

Thus, the design of the educational process in the conditions of new requirements for a physical education teacher implies not only other approaches to planning educational outcomes, but also to

choosing the content, methods, forms and technologies of education. The use of modern innovative technologies in physical education is, first of all, a creative approach to the pedagogical process in order to increase interest in physical education and sports. This is the main goal that we are striving for in connection with the task of improving the level of the educational process in order to maintain health.

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