

Aspects of the Use of Innovative Technologies in the Teaching of Athletics

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Abstract:

This article describes the pedagogical methods of using innovative technologies in teaching athletics in the process of teaching for university students of all directions, methods of teaching athletics, an example of using a methodological system of exercises and tasks related to the use of innovative technologies.

Keywords: *training, athletics, innovation, technology, method, method, physical development, exercise, task.*

Physical education is carried out in a certain area of social life, in the process of social activity, characterized by a certain orientation, forms and methods of implementation. For the realization of the physical formation of youth, not only the individual's own desires and aspirations are important, but also the practice of mastering social reality. The current rapidly changing times and expanding globalization open up new and enormous opportunities for humanity, especially for young people. At the same time, there are various threats and challenges that we have not faced before. To do this, we need to talk more with young people, listen to their opinions, know what they care about, and provide practical assistance in solving problems. At the same time, we must pay special attention to working with unorganized youth¹.

According to M. S. Olimov, one of the most urgent problems today is to properly educate the younger generation and prepare them for big sports. Athletics consists of all-around, i.e. walking, running, jumping and throwing. This requires the use of modern tools and techniques when teaching young athletes techniques of these types.

Using modern tools and methods, it is possible to train young athletes in sports techniques and develop their muscle strength, joint mobility, flexibility, speed of movement and endurance.

¹ Mirziyoyev Sh. M. Ensuring the rule of law and human interests is a guarantee of the country's development and the well-being of the people. – Tashkent: Uzbekistan, 2017. – 48 p.

When developing basic qualities, athletics exercises should be taken into account. In particular, we know that the great strength of the thrower and the power of the nuclear propeller do not allow it to show good results when running long distances, or that the runner cannot throw projectiles (core) far when throwing light weight. To make the right choice in training tools, a coach or instructor must have a good understanding of what qualities should be possessed and what qualities should be cultivated in a short- or medium- and long-distance runner, a high jumper, a long jumper or a discus thrower, a javelin thrower, and a shooter.

Independence creates real prerequisites for the physical education of young people, but no less important is the desire of the individual for self-expression, self-realization and self-disclosure. No matter how organized and purposeful the educational process, the pedagogical impact of patriotic education, they do not give the necessary results without the initiative of the individual, without her desire for self-realization. This means that patriotic education should be aimed, first of all, at encouraging a person to self-realization.

In this regard, the search for new forms of presentation of educational material is of particular relevance. Last but not least, this applies to pedagogical technologies that are used in educational institutions. In particular, the problem of using innovative technologies as the basis for teaching the technique of long jump in the way of "bending the legs" training, in our opinion, has undoubted scientific and practical significance and remains extremely relevant today.

In order for the learning process to become mutually interesting and meaningful for both the teacher and the students, pedagogy offers various ways: fostering responsibility, developing motivation, adapting educational material to the student's learning opportunities, etc. The modern educational situation requires the search and development of new forms of educational interactions between participants in the learning process. In this regard, there is a need to introduce innovative methods and new pedagogical technologies into the educational process, designed to ensure the individualization of education and upbringing, develop students' independence, as well as promote the preservation and promotion of health. Interactive methods fully meet these requirements.

Interactivity is gaining special importance these days. This is a complex process of teacher-student interaction based on dialogue. Participation in a dialogue requires the ability not only to listen, but also to hear, not only to speak, but also to be understood.

While maintaining the ultimate goal and the main content of the educational process, interactive learning changes the usual forms into dialogical ones based on mutual understanding and interaction.

Interactive teaching methods are very effective because they contribute to a high degree of motivation, maximum individuality of teaching, and provide ample opportunities for creativity and self-realization of students. There is a more solid assimilation of the material, as students acquire knowledge independently, consciously, experiencing every step of learning.

In the course of our work, we used a methodical system of exercises and tasks related to the use of innovative technologies, namely graphic organizers, Venn diagrams, a conceptual table "ZHU" and a case method for a practical lesson on the topic: "Methods of teaching the technique of long jump in the way of "bending legs". In the course of the study, we came to the following conclusions:

- Firstly, pedagogical technologies were created in order to make the learning outcome more predictable and independent of the experience of an individual teacher. Therefore, an important feature of pedagogical technology is the transfer of experience, the use of it by others. It is aimed at mastering the basic skills of an open information space, developing the qualities of a person involved in intercultural interaction. The technology is open to solving a wide range of problems in the educational field.

Critical thinking is one of the types of intellectual activity of a person, which is characterized by a high level of perception, understanding, and objectivity of approach to the information field surrounding him. Critical thinking, therefore, is not a separate skill, but a set of skills and abilities that are formed gradually during the development and education of a child. The technology of developing critical thinking offers certain methods, techniques and strategies that combine the learning process by type of educational activity in the step-by-step implementation of each stage of the lesson. The technology of developing critical thinking through reading and writing is a lesson structure consisting of three stages: the challenge stage, the semantic stage and the reflection stage.

Secondly, in order to achieve specific educational goals for the course "Physical Education", the use of graphic organizers aimed at developing critical thinking, in particular, such techniques as the Know, Want, Learn table, Venn diagram and the case method, is fruitful for students.

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