

## DEVELOPMENT OF TECHNOLOGICAL TECHNIQUES DURING A PHYSICAL EDUCATION LESSON FOR SCHOOLCHILDREN

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### Abstract:

This article is about the development of technological techniques for physical education lessons.

**Keywords:** *Educational technologies, teaching, motivating student positions, study time, physical education.*

Indicators of the effectiveness of educational technologies are the progress and patterns of students' assimilation of educational material, the ability to analyze and correct the progress and results of their work, the validity and consistency of analytical, search independent work aimed at solving pedagogical problems arising in the process of work, current and final results of work, the emerging focus personality and trends in its development. The effectiveness of educational technologies is facilitated by the influence of the active-activity method of learning. Under its influence, internal personality changes occur. The essence of internal changes lies in the "appropriation", the acquisition by students of historically justified experience of cognition and activity, which has a direct impact on the development of cognitive abilities and personal qualities. The active-activity method of learning is used taking into account the patterns of development and individuality of each person.

A feature of the educational technologies being developed is also the position of the student in the educational process as a subject of his own development. The teacher needs to ensure not only that students acquire knowledge and skills, but also develop important personality qualities: curiosity, observation, intelligence, moral and emotional stability, which is necessary when overcoming difficulties that arise in work, and firmness of belief in the social and personal value of the work performed. This will depend on the role assigned to the student: a conscientious performer of the teacher's tasks or showing activity and independence at all stages of learning when determining the goals and objectives of educational work, planning educational material, organizing his work, analyzing the results of its implementation, self-organizing his behavior in different collective situations, group and individual activities. An important role is the formation of motives for the activity and behavior of the student as a subject, encouraging the independent formulation of

additional tasks that specify the work of each student, the independent search for ways to solve them using acquired and past educational experience, and the organization of cooperation with the teacher and with peers.

The positively motivated position of students as subjects of development, engaged in physical culture and sports, an active-activity method of training and education encourages the desire for self-organization of a healthy lifestyle.

It should be noted that this is a relatively new direction in searching for ways to improve the educational process in school physical education. Educational technology, being adapted to this discipline, is aimed at fundamental changes in the nature of didactic thinking and practical actions of teachers and students. At the same time, the physical education teacher develops a didactic system for each of the cycles of the educational process technology, where didactic processes are presented as an invariant and one of the system-forming elements. In this regard, the technology of the educational process in the subject “Physical Culture” is understood as the development and practical implementation of a didactic system focused on the unconditional achievement of the goals and objectives of this discipline.

The use of a wide range of modern educational technologies makes it possible to use study time productively and effectively and achieve high results in the process of physical education of students.

In the process of physical education, motor abilities and motor skills develop. Physical education is a pedagogical process aimed at the formation of motor knowledge, abilities and skills, the physical development of a person, as well as the formation of the personal qualities of those involved.

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