



## THE NEED TO USE INNOVATIVE EDUCATIONAL TECHNOLOGIES IN THE ORGANIZATION OF PHYSICAL CULTURE AND SPORTS TRAINING

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### **Annotation**

This article describes the role of physical education and sports in the education of the younger generation, the need for non-traditional organization and opportunities for Physical Culture training.

Also, the teacher-coach's training sessions highlight modern methods, ways to achieve high efficiency in the teaching process through the use of innovative educational technologies, the peculiarities of teacher and student cooperation.

### **Keywords**

physical education, sports, continuing education, innovation education, interactive methods, non-traditional education, design, educational purpose, efficiency, pedagogical technology, cooperation, guaranteed result.

Physical education and sports promote the development of a person in every way perfect and mature, forming as a person. Therefore, the emphasis on sports in the politics of our state today is one of the most important. In particular, as a result of the general public discussion, a new Uzbekistan development strategy for 2022-2026 was adopted based on the principle "from the strategy of action - towards the strategy of development" by the decree of the president of the Republic of Uzbekistan No. 60 of January 28, 2022. It is no coincidence that in the implementation of this decree, the emphasis on improving the quality of education and physical education and sports was specifically cited in the 67th purpose of this development strategy, which is called "increasing the number of citizens who regularly engage in physical education and sports." For this purpose, such plans as popularization of national sports among the youth of the Republic, further development of health care in remote areas and villages of our country were established [1].

It is known that since the solution of the basis of all reforms in society depends on educational upbringing, the need to organize the forms of the educational process in all branches of the system of continuing education on the basis of modern pedagogical Technologies has become one of the pressing issues of today. After all, advanced pedagogical technologies, as a socio - historical necessity and spiritual - pedagogical phenomenon, entered the educational life from the second half of the 20th century and served to increase the effectiveness of reading – teaching work as a pedagogical mechanism that introduces young people to the problems of the development of science. Since today every educator, sports coach, physical education teacher works with young people, it should definitely be remembered that the use of advanced pedagogical Technologies is a necessity and an important factor in order to organize and conduct classes in an interesting, meaningful, high-quality way.

In the pedagogical process, the teacher's Organization of training on the basis of advanced pedagogical technologies further increases the activity of students and ensures the effectiveness of Education. In the process of teaching, the teacher is instrumental in developing the physical qualities of students, acquiring and improving the skills of movement, educating them willingly and morally by conducting the training on the basis of various innovative methods [2]. In the course of the lesson, it is advisable to use different styles,

taking into account the characteristics and available capabilities of the student's material being studied. Improving the health of students in training, arousing their interest in sports, increasing their physical development and readiness, a healthy lifestyle and their application to the educational process are considered important in the activities of each educator.

The effective use of innovative technologies in the process of training educates students to free and independent thinking, and independent knowledge acquisition, working skills and qualifications are formed in students with the help of a teacher. Students acquire their new knowledge on the basis of Scientific Search, Research. The realization of this process is sometimes achieved by working alone, sometimes in small groups or on a pair basis. In the process of working in groups, the activities of each student by the teacher are monitored and analyzed, the basis for the strengthening of the knowledge and skills given. Each session using innovation technology allows students to think freely, articulate their point of view, and further increases their interest in training.

The 21st century is the age of Information Technology. In ensuring the development and stability of our society, it is necessary, first of all, young people who are independent, able to independently analyze the information received. Therefore, the role and importance of innovative methods, technologies in the educational process is incomparable. The search for solutions to innovative pedagogical problems is carried out in the field of education with the analysis of the results of the classification and verification of the nature, content, content of the innovational process. Management of the educational process requires great skill from the teacher [3]. In the process of training, the teacher clearly develops ways to organize his activities and activities of students, ways to control the knowledge of students. The use of interactive methods in this process will be the basis for the implementation of the intended goal. In the Zamiri of interactive methods lies the cooperation of the teacher and the student. The peculiarity of such a pedagogical cooperation process is that the student's aptitude for the course process, his non-activity is taken away, and he is attracted to independent thinking, creativity, research, the constancy of his interests in the educational process, science is ensured.

From the methods known and widely used to us today, technologies such as "mental attack", "cluster", "Venn diagram", "BBB", "FSMU" show their effective results in the process of Physical Culture and sports training, further increasing the interest and motivation of young athletes in training, sports games. Methods such as "Zinama zina", "round table", "analysis of concepts" and the role of "gaming technologies" in ensuring the effectiveness of the lesson are important [4]. Based on the age nature of students, all types of games that are organized motivate the student to be strong-willed, energetic, brave, fearless, bring the given work to the end with responsibility, and most importantly, to mutual cooperation, serve as a factor that ensures their growth in the team and in the team as reliable to spiritual and moral views. Therefore, in order to implement advanced pedagogical technologies in the process of Physical Culture and sports training, the correct implementation of didactic systems, such as a clear definition of the educational goal based on the content of the training, guaranteeing the results according to the goal, pre-designing the educational process to achieve a guaranteed result, is one of the main tasks. Another feature of the application of advanced pedagogical technology in physical education is that on the basis of conditioning and strengthening exercises, wellness and badantarbi exercises, general movement-forming exercises, the goals of Physical Culture are expressed, knowledge recipients are interested in the science of Physical Culture and sports competitions. Therefore, in educational activities organized on the basis of advanced pedagogical technologies, there is a didactic system that increases the activity of learners, and the main goal in the system of educational and educational processes is also aimed at ensuring the quality and effectiveness of education.

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