

THE IMPORTANCE OF USING METHODS IN PHYSICAL EDUCATION AND SPORTS LESSONS

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Annotation: using methods in physical education and sports lessons plays an important role in effectively organizing the learning process. Methods help conduct lessons in a systematic and concise manner, encourage active participation of students, and enable quick acquisition of skills and abilities. Additionally, with the help of methods, coaches can take into account the individual needs of each student and adapt the educational process accordingly.

Key words: physical education, sport, methods, effective learning, student participation, individual approach, physical fitness, skills, strategic thinking, discipline, safety, injury prevention, learning process, motivation.

Annotatsiya: jismoniy tarbiya va sport darslarida metodlardan foydalanish o'quv jarayonini samarali tashkil etishda muhim rol o'ynaydi. Metodlar darslarni tizimli va lo'nda shaklda o'tkazishga yordam beradi, o'quvchilarni faol ishtirok etishga undaydi hamda mahorat va ko'nikmalarni tezda egallashga imkon yaratadi. Shuningdek, metodlar yordamida murabbiylar har bir o'quvchining individual ehtiyojlarini inobatga olib, ta'lim jarayonini moslashtira oladilar.

Kalit so'zlar: jismoniy tarbiya, sport, metodlar, samarali ta'lim, o'quvchilar ishtiroki, individual yondashuv, jismoniy tayyorgarlik, ko'nikmalar, strategik fikrlash, intizom, xavfsizlik, jarohatlarning oldini olish, o'quv jarayoni, motivatsiya.

Аннотация: использование методов на уроках физического воспитания и спорта играет важную роль в эффективной организации учебного процесса. Методы помогают проводить занятия системно и лаконично, стимулируют активное участие учащихся, а также создают возможность быстрого овладения мастерством и навыками. Кроме того, с помощью методов тренеры могут учитывать индивидуальные потребности каждого ученика и адаптировать учебный процесс.

Ключевые слова: физическое воспитание, спорт, методы, эффективное обучение, участие учащихся, индивидуальный подход, физическая подготовка, навыки, стратегическое мышление, дисциплина, безопасность, предотвращение травм, учебный процесс, мотивация.

Every qualified teacher has innovative methods they use during lessons. For a pedagogue, the main and central task in their work is to organize the learning process effectively and with quality. Generally, innovations arise as a result of attempts to solve traditional problems in new ways, and after a long process of gathering and understanding facts, new qualities with innovative meanings emerge. Therefore, teachers often introduce non-traditional, unique technologies into their practice. Teaching physical education requires special knowledge and

activity-specific methods from the teacher. Although there are many teaching methods, none of them is universal. Knowing the descriptions of educational methods allows selecting the most suitable methods from among them and choosing relatively effective ones to solve teaching tasks.

General requirements for teaching methods include:

1. Scientific grounding (related to higher nervous activity).
2. Conformity of the method with the set teaching task.

If a clear goal is not defined in advance, it becomes impossible to choose the correct teaching method. For example, if the lesson task is to teach (train) jumping off one foot with support on the other from a "kozyol" position, choosing a method can be difficult (only reliance on methods like breaking down the movement into parts or teaching the complete action is possible). If the task is more specific, such as teaching "deposition" of the hands while jumping from "kozyol," then the method of teaching by breaking the exercise into parts can be applied.

Description of teaching methods:

Teaching methods aimed at increasing students' knowledge, mastery, and skills are divided into three groups. Each group encompasses several methods. Based on their role in the educational process, these methods are grouped as verbal methods, visual methods, and practical methods, all of which are widely used in pedagogy.

Alongside this, innovative methods do not limit students' physical activity to only lessons but also serve as an important tool to further strengthen their interest in sports. Continuing students' physical education activities and integrating physical exercises into everyday life is a key direction of the overall health improvement process. Innovative methods emphasize the importance of considering students' individual needs, creating comfortable and effective conditions for them, and continuously increasing their motivation. Technologies such as digital learning tools, virtual classrooms, digital curricula, and mobile applications make physical education lessons more effective and engaging. The primary goal of these methods is to transform students' physical activity, organize lessons interactively and motivationally, and encourage their interest in sports. Moreover, applying modern technologies in physical education contributes significantly to developing students' cognitive and physical skills. These innovative methods, based on rapidly evolving pedagogical technologies, allow teachers to optimize lessons efficiently and timely. Through these methods, students develop not only physically but also socially and psychologically, shaping into healthy and happy individuals. Ultimately, sports and physical activity enable students to achieve success in all areas of life. The effective implementation of these methods in the physical education system, along with the broad adoption of advanced pedagogical practices, ensures significant progress in students' comprehensive development. Innovative approaches in physical education foster students' interest in sports and physical activity, broaden their intellectual and physical potential, and serve as a fundamental means not only for conducting quality and effective lessons but also for promoting a healthy lifestyle within society. Furthermore, organizing physical education lessons with innovative methods improves students' physical condition and supports the development of their psychological and social potential. These methods substantially influence not only students' physical but also moral, social, and intellectual growth.

The effective use of methods in physical education and sports classes plays a crucial role in the physical, mental, and social development of students. Methods help organize the educational process, making lessons interactive, engaging, and efficient. This, in turn, increases students' interest in sports and physical activity and enhances their physical potential. Innovative methods, such as electronic educational tools, virtual classrooms, and digital applications, boost students' motivation and ensure their active participation in lessons. These methods allow for the organization of physical exercises in practical, life-related, and interesting ways. Furthermore, by adopting an individualized approach that takes into account the needs and abilities of students, the use of tailored methods further develops their physical and psychological potential. Through these methods, not only physical skills are formed, but also social adaptation, teamwork, and communication skills. Therefore, the use of methods in physical education and sports classes is one of the key factors that contribute to providing quality education, fostering a healthy lifestyle among students, and enhancing their overall potential.

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