

IMPROVING THE MECHANISMS OF LESSON ORGANIZATION

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ABSTRACT: This article is devoted to familiarizing students of higher educational institutions with the concept of physical qualities through the use of innovative technologies. It discusses modern methods of teaching movements, their classification, and significance. The importance of organizing the educational process and its effectiveness is revealed in the context of how physical qualities affect the human body. Lesson design includes certain requirements, construction principles, algorithms, and features that play a key role in organizing the participants' activities and achieving educational outcomes. The article also focuses on the role of pedagogical technologies in teaching the subject "Theory and Methodology of Physical Education."

Keywords: competition, exercise standards, load, quality, general developmental, cyclic, acyclic, practical, oral, demonstrative methods.

INTRODUCTION

In the modern educational system, increasing attention is paid to improving the quality of education through innovative and active teaching methods. The process of lesson organization is one of the central components of the pedagogical system, which determines not only the effectiveness of knowledge acquisition but also the development of students' physical, intellectual, and creative abilities.

When planning a lesson, a teacher must determine its goals, content, and methodological structure. The success of this process largely depends on how well the methods and means of teaching are chosen. Properly designed lessons ensure the activation of students' cognitive activity, promote their motivation, and foster the development of physical and mental capacities. Physical education plays a vital role in the overall development of an individual. Through systematic training, students form the necessary motor skills, enhance physical endurance, and strengthen health. In the methodology of teaching physical education, a wide range of teaching methods are used — verbal, visual, and practical — each of which contributes to the realization of the lesson's objectives.

Modern pedagogical technologies allow teachers to create interactive and student-centered learning environments. The integration of digital resources, simulations, and multimedia into lesson design enhances student engagement and comprehension. The concept of "lesson design" in pedagogy implies not only the selection of content but also the prediction of learning outcomes, the definition of student activities, and the establishment of evaluation criteria.

The process of lesson organization requires compliance with several pedagogical and psychological principles, such as consistency, consciousness, activeness, accessibility, and visibility. Each lesson should be structured in a way that ensures the logical connection between theoretical and practical parts.

In the teaching of physical education, teachers must consider:
the age characteristics of students,
their individual physical abilities,
and the level of preparedness.

The structure of a physical education lesson typically includes:

Preparatory part – general warm-up exercises to prepare the body for physical load.

Main part – exercises aimed at developing specific physical qualities (strength, speed, endurance, flexibility).

Concluding part – relaxation, stretching, and reflection on achieved results.

The rational organization of these parts helps optimize physical load, improve performance, and prevent fatigue.

The effective use of teaching methods is essential for improving the mechanisms of lesson organization. The combination of verbal explanation with demonstration and practical repetition provides the best learning outcomes. In addition, incorporating problem-based learning, project methods, and game elements stimulates students' motivation and active participation.

Physical qualities such as endurance, agility, and coordination develop through regular and correctly structured exercises. The use of innovative technologies — including video feedback, digital fitness trackers, and mobile learning applications — contributes to increasing interest and ensuring objectivity in assessing results.

Moreover, lesson organization should also consider the individual differences among students. Personalized teaching methods and differentiated tasks allow for a more inclusive and equitable learning process. Collaborative exercises and pair or group work improve communication skills and promote teamwork.

CONCLUSION

Lesson design and organization are among the fundamental elements of the educational process. The analysis shows that the effectiveness of physical education depends on how well the pedagogical technologies and teaching methods are integrated into lesson structure.

Each teaching model has its own strengths and weaknesses. However, the use of task-based learning as the leading model in computer-assisted education can be considered the most effective, as it promotes the development of problem-solving and analytical thinking skills.

In creative education, it is advisable to combine the positive elements of all models and integrate them harmoniously into the teaching process. In mother-tongue education, as in physical education, the use of modern lesson models and design methods plays an important role in shaping students into active, creative, and critical thinkers. Every lesson should be designed not as a traditional routine but as a goal-oriented, system-based activity aimed at achieving measurable educational results.

A well-planned lesson helps students develop the ability to understand, analyze, apply, and creatively express knowledge.

RECOMMENDATIONS

Integrate interactive teaching technologies and digital tools into lesson design to enhance engagement and feedback.

Apply differentiated learning strategies to meet the needs of students with varying physical and cognitive abilities.

Combine theoretical and practical components to ensure a balanced development of physical and intellectual skills.

Conduct systematic monitoring and evaluation of the educational process to identify and address shortcomings in lesson organization.

Encourage teachers to share best practices and collaborate in developing innovative lesson models.

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