

METHODOLOGICAL FEATURES OF THE ORGANIZATION OF STUDENTS ' ACTIVITIES IN THE LESSONS OF PHYSICAL CULTURE

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ABSTRACT

This article is about the methodological features of the organization of student activities at the school's physical education classes, which provides guidance on the methods used in physical education.

Keywords: Physical education, style, reader, activity, occupation, didactic, teacher, education.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Actual tasks on the way of independence of the Republic of Uzbekistan, defining the mechanism and strategic directions of development of the national education system, are reflected in the section on priority directions of development of the social sphere in The strategy of actions for 2017-2021. Key importance is the management of the process of activity of students in the classroom physical education in secondary school.

Under the management of the educational process of students is understood the approach of the teacher to the organization of physical exercises in accordance with his curriculum.

To improve the quality of the educational process and self-education through physical education are used frontal, variable, separate, individual, and circular method of exercise. Below you will see the features of these methods.

The frontal method of organizing classes is that all students perform physical exercises simultaneously with the teacher.

The advantage of this method is that all students are equally covered and engaged in the exercise, which allows them to achieve high intensity exercise, and the load performed is the same for all, regardless of the level of preparedness.

Flow method of organization of educational activities. The flow method provides for the continuity of the complex of exercises, that is, without pauses and stops, which significantly increases the density of classes, activates the activity of the Central nervous system and the attention of students.

The advantage of this method is that it allows you to increase the volume and intensity of the load, which becomes the same for all students in the group (regardless of their physical fitness).

This method is mainly used in the preparatory and final parts of the lessons, the development of new material, to increase the density of lessons with students. With this method, you can determine and evaluate the overall physical fitness of students, and make a comparative

analysis of the level of physical fitness of a group or class.

Group method - is to divide a large number of students into smaller groups or departments, taking into account their physical development, physical training, the variety of tasks and the necessary equipment to solve them.

This method is mainly used in the main part of the lesson. The organization of work of pupils, group method, allows them to be engaged in physical education and physical preparation in the course of training. This, in turn, creates an advantage over the learning process, taking into account the strength of the students, physical capabilities and time spent on the learning process.

Each group is led by the most prepared student, regardless of the task, and is taught by a teacher. This method assumes the responsibility of the teacher for the training of a small group of activists who can work as the leader of each subgroup, prepared in advance, aware of the subject.

Individual approach to work with students is mainly used in the classroom during the school year, according to the curriculum, the state educational standard and thematic plans. In individual classes with students, it is necessary to have theoretical and practical knowledge, to ensure self-control, to form skills and abilities, and most importantly, to know the methods, techniques, principles of learning.

The shape of the individual approach is an implementation of a differentiated approach to the training and education of pupils and can be used for different purposes: to align the training of pupils; for the elimination of imbalances in physical development of the students; to empower physical perfection strong students and stimulate learning and cognitive activity lagging; to facilitate the formation of skills of independent work and the development of creativity. The use of this form is typical for classes with middle and high school students who have already mastered the skills of self-organization and control over the correctness of movements, the ability to regulate the load and choose rational solutions to motor problems. Depending on how the sequence is carried out, distinguish "circular" form of organization, shift and variable.

The circular form of the organization provides for alternate work in small groups, each of which consistently performs a series of tasks on specially prepared places ("stations"), usually located in a circle of the hall.

The effectiveness of this form of organization is that it saves time, and all students simultaneously perform tasks on their "stations". When mutual form of organization of classes students need to master the technique called "Crashing". There are four variants of this technique.

When organizing classes in a round-Robin way, students should know:

- the meaning and technique of the exercise;
- rules of mobile games;
- rules of General and personal hygiene;
- features of physical development of the body.

During lessons of physical culture the following options for circuit training.

1. Passing the "circle" at each exercise station for a set time at an arbitrary pace, as accurate and consistent as possible, or repeating the exercises a specified number of times at a specified pace.

2. The passage of the "circle", performing exercises at each station as many times as

possible during the set time.

3. The passage of the "circle" in the shortest time with the repetition at each station of a set number of certain movements.

Each of these options is used in accordance with the objectives and content of the lesson of physical culture, which includes a circular training session. This takes into account the characteristics of age, sex, health, physical development and level of physical fitness of students in this class.

To circular training brought the greatest benefit, it is necessary to follow the rules:

- Simplicity, accessibility and security;
- Repetition and cyclicity;
- Consistency and comprehensiveness of exercises;
- Alternation of load and rest;
- Metering load

Should be considered normal if after lap the pulse of students increased to 140-160 beats per minute. By the end of the pause for rest, the pulse rate should be reduced to a level slightly higher than the normal rate at rest.

As a rule, the complex of circular training consists of 4-10 exercises, i.e. the circle includes from 4 to 10 stations. The duration of the exercise at each stage should be within 20-30 seconds, and the duration of breaks and rest in the transition from one exercise to another initially reaches 30 seconds, and then gradually reduced to 20, 15 and 10 seconds. This significantly increases the overall physical activity in the classroom. The duration of the circular training as a whole (for any of the three options) can be brought to 15-20 minutes.

When you include in the round-Robin training games should take into account that each of them takes from 3 to 6 minutes.

The options of circuit training

1. According to the method of prolonged continuous exercise. Classes are held without breaks and consist of one, two or three laps. They are used mainly for the development of General and strength endurance.

2. By the method of extensive interval exercise. It is used to improve the overall, speed and strength endurance, speed and strength qualities, etc.

3. By the method of intensive interval exercise. It is designed to improve speed power, maximum strength, special, speed and strength endurance.

4. By the method of repeated exercise. It is proposed to use for the development of maximum and high-speed endurance.

Thus, the above recommendations are usually used in physical education lessons and in sports sections. As a result, physical qualities (strength, flexibility, endurance, agility, speed) develop during exercise. This helps to properly form the anatomical and physiological structure of students.

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