

## DESIGNING PHYSICAL EDUCATION LESSONS ON THE BASIS OF MODERN APPROACHES

I. Q. Shamsieva

Navoi State Pedagogical Institute

### ABSTRACT

This graduation work is about physical education lessons in high sport school is to teach students about the physical attributes to the introduction of innovative technologies aimed at the development of modern methods of teaching movement, the general classification of the essence, the concept of vision. Physical education theory and methodology of noise that can be used in educational technology in teaching students how to study the concept. Final work of students in the physical qualities of positive effects on the body.

**Keywords:** Competition, exercise norms, load, qualities, general developmental, cyclic, acyclic, practical, verbal, demonstrative, methods.

**Pedagogical Design** – it is a process of gradual exchange of situations, characterized not only by activity, but also by the degree of ordering of new tasks, types, information, etc. of activity. In the scientific pedagogical literature, the design process is to expand the boundaries of the design situation in order to ensure the following three): transformation phase: divergence (creating a sufficiently large area to search for a solution (creation of principles and concepts), convergence (choosing the optimal solution from a number of alternatives). K. Johnson's rule is perfect.

As a pedagogical technology in the general pedagogical aspect, it is the process of developing (substantiating) and implementing a didactic system of teaching science that ensures that the goals of teaching are achieved in a guaranteed way.

The generalization of scientific and pedagogical works on pedagogical design, teaching and pedagogical experience, the need to find effective pedagogical effects on students on the basis of a more detailed description of the design stages of the experimental work in secondary schools.

The components of the content of the technology cycle consist of goal-oriented, selective programming, motivation and motivation, operational-activity, evaluation-analytical components. These components form the content of the educational process only when they are combined and interconnected.

These components are organically added to the content of the steps named above. Pedagogical modeling is the development of pedagogical systems, processes or situations and the main ways to achieve them (general idea).

It is known that any pedagogical activity requires goal setting. As a goal, according to which later pedagogical systems, processes or situations are formed, there can be ideas, perspectives and even beliefs, as a result of which the educator creates an imaginary, goal-oriented ideal, that is, a model of his activities in relation to students. the teacher's personal experience, his

understanding of his students, also influences the creation. This model allows to predict the pedagogical process.

Pedagogical activity is defined by teaching methods and forms and has the following sequence:

1. Get acquainted with the objectives of training. Selecting goals and defining your own (meaningful and specific) goals.
2. Get acquainted with the content of the material. Selection of content and forms of its presentation.
3. Distribution of material content for teaching purposes.
4. Selection of teaching methods.
5. Formation of learning situations.
6. Select a course type. Introduction to the stages of the course macrostructure.
7. Selection of teaching aids.
8. Describe the topic of the lesson.
9. Distribution of lesson time in stages.
10. Demonstrate teacher-student interactions at each stage of the lesson, with notes on the board and in the student's notebook.

Thus, the system of lessons and (ES) -emotional-volitional design technology allows the teacher to formalize and minimize the activity of creating a system of lessons on the topic, because this work will increase the effectiveness of the lesson and the quality of the lesson.

The importance of educational design technology for school students is as follows.

- The practical feature of the design of educational activities is that it allows you to form a wide range of socially valuable motives of student activities;
- Increases the understanding of the nature and necessity of their physical education and health activities, self-esteem, creates conditions for the individual to express their abilities in a creative way;
- In the process of participating in the projected training, the social experience of the trainees, their skills in seeing, distinguishing and solving personal, educational, communicative and social problems are formed;
- social relations expand, the ability to interact with different people develops.

Design-based teaching technology helps to create a pedagogical environment for the student to develop the creative skills and qualities necessary for his or her creative activity in the future, regardless of a particular profession.

After the course project is described on paper, a self-examination of the quality of the course project is carried out:

- whether the choice of goals and objectives is correct; - Completion of assignments and tasks, time for students' answers;
- Are there any distractions in the classroom?
- all opportunities were used;
- adequacy of exhibition, technical support and distribution materials;
- whether the objectives, content and methods of the lesson are properly linked.

Today, in the presence of a computer, the goals and objectives of the study of science, teaching methods, techniques and tools, systematization of teaching materials and exhibitions, illustrations, literature, manuals on such topics in school, topics, problems, academic subjects, features of working with problematic children creating a database is easy.

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