

Improving the Teaching of Physical Education in Primary School on the Basis of Modern Approaches

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ABSTRACT

The scientific article focuses on ways to improve the quality of lessons, optimize lesson plans, and inculcate national and universal values in students based on best practices, based on modern approaches to teaching physical education in grades 1-4.

KEYWORDS: State educational standard, lesson, competence, modern approaches, types of lessons, lesson structure, pedagogical requirements, types of education, national values, universal values.

August 23, 2019 President of the Republic of Uzbekistan Educating young people in the spirit of patriotism under the leadership of Sh. M. Mirziyoyev and measures to enhance the status and prestige of the teacher in society School education in a video conference on the topic development is a great national goal and a nationwide movement In our society, there is a high level of respect for teachers

Despite the positive changes, there were still problems in the education system, the material and technical base of schools, and the fact that the knowledge and skills of some teachers did not meet modern requirements. After that, the relevant ministries and local authorities need to create a modern and rational system of education in the formation of "family-neighborhood - school - university" cooperation, the creation of teaching methods, educational standards, textbooks and manuals, the use of advanced foreign experience in education, the task of establishing school-university cooperation in improving the quality of education through national traditions and values. Today, one of the main issues facing us is to pay attention to the quality of education of secondary school students and the mechanisms for its implementation, to educate students on the basis of national and universal values. In the education system, general secondary education covers grades 1-9, and this stage of education is the most responsible period for students. Primary education has a special significance in the first stage of general secondary education, during which children are armed with primary concepts. All subjects in primary education are taught according to the curriculum, including physical education. Physical education, physical development and health of students are at the heart of all efforts to improve primary education. In this regard, we considered it appropriate to pay special attention to the physical education of primary school students. Physical education of primary school students today:

- physical education classes;
- extracurricular and extracurricular activities;
- physical education in out-of-school institutions;
- In the form of physical education in the family is increased.

The most important form of physical education for students is physical education. Because the lesson is a systematic form of physical education, the curriculum is taught by classified teachers in accordance with the State Education Standard for general secondary education.

According to the State Education Standard and the curriculum of secondary schools in the field of physical education approved by the Ministry of Public Education of the Republic of Uzbekistan in 2017, physical education classes for primary school students are 2 hours per week, 66 hours for 1st grade and 68 hours for 2-3-4 grades. as well as gymnastics, athletics, movement games, elements of sports: basketball, volleyball, handball, football, chess.

Primary school according to the requirements of the state educational standard The following requirements are required for teaching physical education to students marked. Requirement A1:

- can follow the rules of the agenda;
- Morning physical training and exercise during the lesson can do;
- can follow the rules of cleaning and walking;
- knows the types of mobile games and their rules;
- knows the effects of exercise on human health;
- Knows the basic rules of chess.
- Exercises (rowing, acrobatics, pole vault, balance storage, leaning and hanging, climbing) exercises can connect sequences to each other;
- physical qualities (agility, strength, speed, flexibility, endurance and coordination);
- can play logic games (chess, checkers, etc.) ;
- Prevention of injuries during exercise can follow the rules;
- Heart rate before and after exercise can determine the norm;
- Technical safety during exercise

can follow the rules. [1]

Age, gender and physicality of students in conducting lessons organizing and conducting trainings, taking into account their readiness expedient. Physical education for primary school students classes 2 times a week for 45 minutes on a strict schedule organized and held.

Students will have the knowledge, skills and knowledge provided in the science program acquisition and improvement of skills.

The following definition of knowledge, skills, competencies and competencies in pedagogy was given.

Knowledge - remembering and re-explaining learned information Give Ability is the ability to apply learned

knowledge in familiar situations. Qualification is the unfamiliarity of learned knowledge and formed skills apply in situations and generate new knowledge. Competence - everyday knowledge, skills and abilities available ability to apply in activities. [1]

In physical education, these concepts are interpreted as follows:

Knowledge - in physical education, students are exposed to new movements receives data and is at the initial imperfect level assumes performance. Ability is to make certain parts of the movement extremely fast, precise and purposeful represents the ability to perform appropriately, and it is in the learners occurs as a result of repetitive exercise.

Qualification - the same conditions of physical activity in students is formed as a result of repeated repetition in itself. [8] Physical education is unique in its content and organization features in gyms, special facilities, playgrounds held in the school yard, in the hallways of the stadium, in such a place special conditions are created for students to teach. To students in physical education classes, not in the usual school uniform, but special required to be in sportswear. In this case, physical activity will be easy to do.

The most basic that is related to physical education classes one of the issues is the structure of this lesson.

The structure of the lesson is the number of parts of the lesson, their sequence and content, duration - can be described as. [2] Lessons by experts in specialized scientific literature Different views have been expressed on the structure. For example, some experts that the lesson consists of introduction - preparation - main - final parts they know. A number of other specialist physical education classes organizational - main - final parts. [4] In fact, in our opinion, physical education classes today consists of three parts according to the structure and they are the preparatory part of the lesson, the main part of the lesson is called the final part of the lesson.

The preparatory part of the lesson teaches students the basics of a comprehensive lesson without preparing for the main tasks to be performed in the section This part is usually on average about 8 - 12 minutes, sometimes longer time is planned. The lesson is structured by the teacher in the main part of the lesson according to the development is defined in the curriculum of physical education in the classroom new exercises are taught or exercises previously taught are repeated.

The necessary theoretical knowledge is imparted. Physical 25-30 minutes for the main part of the lessons is appropriate. The organization of the main part of the lesson is different may be different. That is, State education in physical education standard curriculum sections (gymnastics, athletics, mobility games, elements of sports games, chess) in the main part of the lesson requires organization in different methods.

It usually takes 3-5 minutes for the final part of the lesson. Then the lesson In the main part, the physical activity of the students is reduced, and it ends with light exercises. Students are encouraged, reprimanded, assessed, and given homework if necessary. Organized, they leave the classroom. Properly organized lesson sections provide a great opportunity to ensure the continuity and effectiveness of the lesson.

Another way to improve physical education classes is to diversify physical education classes according to their pedagogical objectives.

In the effective organization of physical education classes, according to the pedagogical tasks of education and health, physical education classes, introductory lessons", "lessons of new materials", "mixed lessons", "improvement lessons", "control lessons" and "final lessons" rotates. [4]

Introductory classes are classes that begin at the beginning of a new semester of the school year, as well as at the beginning of a new section of the syllabus. They can also be organized in the form of lectures, talks, dialogues. In this case, the teacher can, for example, inform the students about the requirements of the curriculum, the work to be done during the school year, the requirements. Mixed lessons are the most common type in practice. The content of the mixed course includes sections such as explanation, teaching, mastery, reinforcement, and improvement. Reinforcement and refinement lessons - introductory, mastery of new materials, movement skills are formed after the lessons are organized in order to perform the exercises perfectly. Graduation courses are completely different from courses that vary in content and pedagogical function. These courses conclude the semester, a series of syllabi in the syllabus, and the syllabus during the school year. Final lessons are designed to assess students' knowledge and skills. In addition to the types of physical education classes mentioned above, classes also vary in the nature of their organization: accented classes, mixed classes, and complex classes. Accent lessons are organized according to the content of a separate section of the program. That is, the emphasis is on gymnastics, athletics, volleyball, basketball, and so on. The teaching process will focus on studying, reviewing, and improving the material in this section. Mixed lessons are focused on mastering and teaching several sections of the curriculum. In such classes, students are divided into groups and work under the supervision and guidance of a teacher on topics they have not mastered during the lesson. Complex lessons - the content is organized on the basis of several sections of the curriculum. In other words, according to specific pedagogical tasks, several subjects (volleyball, athletics, wrestling, gymnastics, etc.) are taught in one lesson. Such classes are rarely organized in practice. [3] In order to study the physical education classes taught in the primary grades of secondary schools, Samarkand region № 12, № 43, № 60 secondary schools. Bukhara region, 1, № 2, № Secondary schools No. 25. Sharof Rashidov of Jizzakh region № 40, № 44, № 46 secondary schools of the district. Jizzax № 6, № 10, № 14 secondary schools of the city physical education classes in the classrooms special pedagogical observations (interviews, special questionnaires) were conducted.

In total: 32 classes, 820 students, 18 primary classes teachers attended. As a result, the following cases were studied. Some physical education classes were not conducted at the required level and there are serious shortcomings in the physical education classes taught it turned out. These include:- Most of the school administration attended physical education classes the attitude is not positive. (The importance of physical education classes does not consider having a course).

- Low capacity of teachers, on their own failure or non-compliance with existing regulations.
- Equipment for the organization and conduct of physical

- education classes lack of
- Excellent in physical education for primary school the absence of a textbook.
- Special for the organization and conduct of physical education classes lack of facilities.
- Insufficient organization of open lessons in physical education and not to be discussed.

To overcome the above shortcomings, do the following we consider it necessary to implement and give as a recommendation.

- physical education classes (annual, quarterly, monthly and weekly) to make plans carefully and correctly;
- facilities and equipment required for physical education classes to ensure its availability;
- Physical education lessons in 3 parts according to pedagogical requirements to be, to follow the organization and conduct;
- The organization of student activities in the classroom by the teacher to be able to use the most effective methods;
- clear definition of pedagogical tasks in physical education lessons;
- of the next lesson with the tasks of the previous lesson adherence to the teaching of the task;- age, sex, level of physical fitness of students, taking into account their physical health

Exercise that has a positive effect on the development of the right choice;

- Physical education with other subjects on the agenda adhere to appropriate conduct;
- Carry out other types of education in physical education

- classes take into account the need to increase;
- to the professional activity of a physical education teacher it is necessary to develop a mechanism to increase motivation;
- Organize physical education classes on the basis of the State Educational Standard management control over the delivery and transfer necessary.
- Physical education on the basis of national and universal values to organize and conduct lessons.

Primary school according to the above recommendations to organize and conduct physical education classes for students gives high results and ensures the quality of the lesson.

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